



# *Kelling Chiropractic Center*

310 S Platte Clay Way Ste A

Kearney, Mo 64060

816-628-6141

**Newsletter**

**November, 2018**

## **What are you Thankful for?**

I hope you've all had a blessed year so far. Let's all give thanks for what we have in our lives.

I've been blessed with a thriving practice and thousands of awesome patients, patients that truly appreciate what we give them every time they come into the clinic. I have the BEST staff I've ever had in nearly 33 years in Kearney. I'm surrounded by employees that really care about the patients they serve and want to improve their quality of life.

Are you grateful for what God has given you? Are you thankful for your family? Your spouse, kids, grandkids, siblings and extended family?

Give thanks for your neighbors, friends, even your kids' friends, coaches and teachers; anyone who is making a positive impact on someone you know and love. (Be that person for someone else.)

Be thankful for your **HEALTH!!!** No matter your health issues, be grateful for what you can still accomplish everyday. Whether it's going for a walk, climbing your stairs or being able to put on your socks without help. I guarantee there is someone out there who is worse off than you.

Lastly, let's live in gratitude for having friends we've been blessed with in this great country- the freedom of speech and religions, the free choices we get to make everyday.

**Dr. Kelling**



**Luke 6:38:** *Give, and it will be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your lap. For with the measure you use, it will be measured to you.*

# Headaches Part 1

Do you suffer from headaches? There are actually several different kinds of headaches. In this article, we are going to focus on the most common type, tension headaches. The most classic presentation of this headache is dull pressure that starts at the base of the skull and wraps around the head and feels like a hat that is on too tight. They often start out mild and progressively get more severe. 80% of adults in the United States reports suffering from this headache type fairly regularly.

The unfortunate part of these headaches is that their cause is largely unknown. There are many factors that may contribute to getting a tension headache but there is a broad spectrum of how these headaches present. There are some cases where there is actual muscle tension that triggers the headache, but that is not always the case. Stress is another trigger for these type of headaches, whether it be emotional from a conflict in our personal lives or physical from poor posture. There are many stressors that can trigger a tension type headache so what can we do about it?

The most important thing if you suffer from these headaches is to keep a log of them to try and identify what your specific triggers are. Many find success doing relaxation techniques like breathing exercises, meditation or yoga. There are lots of ways to help reduce stress and finding a method that works for you is key. If the headaches are a result of muscular tension then both massage therapy and chiropractic can help! Massage therapy helps release the muscles that can be causing the headaches. Chiropractic treatment can also help release these muscles and ensure that your neck is in proper alignment so muscle tension does not return as quickly. If your neck is out of alignment, that can be one of the stresses triggering a tension headache. There are many triggers for these headaches, but since we see lots of patients with these issues we can help focus on the most common causes.

These headaches are incredibly common, but fortunately there are many ways to help treat them. If you are suffering from these headaches or know someone who does, then tell your chiropractor. We can help you with these issues.

Dr. Newberry



## Thanksgiving Trivia

Each year the President of the United States pardons a turkey. This lucky turkey is guaranteed to spend the rest of its life living freely and not ending up on a turkey platter.

## Thanksgiving Trivia

Benjamin Franklin wanted the turkey to be the national bird, not the eagle.



IT'S  
Fall  
y'all!



gobble 'til  
YOU Wobble!

HAPPY TURKEY DAY!

We will be closed Thanksgiving Day 11/25 & the day after, 11/26 to be with our loved ones during the Holiday. We hope everyone has a wonderful Thanksgiving!

Did you know?

The name '**November**' comes from the Latin for nine (novem), as it was the ninth month of the Roman calendar.

Exercising, with  
Low Back Pain.

You may feel like resting, but movement is better for your back pain. If lifting weights or using the weight machines are too much for you, try low-impact aerobics to help reduce chronic low-back pain. Always take what your body is willing to give you, everyone's body is different and not everyone's pain is the same.

OPTION: COMPLETE 2X

## Thanksgiving Day Workout

Each Exercise: 60 Seconds

Planks

High knees

Alternating Lunges

Push Ups

Wall Sit

Burpees

Bicycle Crunches

Squat Jumps

Side Plank

Mountain Climbers

Jumping Jacks

Leg Lifts



Not getting enough movement? Re-examine your schedule and give your health greater priority. Start by walking, which can help you get fit, reduce stress and prevent low back pain.

# 5 tips for Back-Pain Relief

## 1. Work on Your Posterior Core

Your core comprises both abdominal and back muscles. Generally, people have stronger abdominal muscles. Spend more time on the muscles in your back when you are at the gym.

## 2. Practice Endurance Over Strength

Focus on getting more repetitions out of your back exercises rather than increasing weight. The "plank," is an isometric core exercise, and is a great way to strengthen the muscles in your back.

## 3. Try the "Hip Hinge" Instead

When you're bending down to lift something, make it a point to do the "hip hinge" while keeping your back straight. When you avoid bending your back, you will avoid most back injuries.

## 4. Wear Better Shoes

Shoes help your body and spine stay aligned. They should fit nicely around your heel without being too tight, to avoid a bad walking or standing posture.

## 5. Get Up From Your Desk Regularly

Your lower spine is three times more stressed when you are sitting, compared to standing. Long periods of continued sitting can lead to chronic back conditions. Take a break from work every 30 minutes or so. Even a quick walk is enough.

## DID YOU KNOW?

One in seven Americans rely on food pantries and meal service programs to feed themselves and their families.

### The Hunger in America Study Showed:

- Nationwide, 25% of military families need help putting food on the table.
- 33% of households have at least one family member with diabetes.
- 65% of households have a child under 18 or someone 60 or older.

## WE NEED YOUR HELP



During this holiday season we will be accepting donations on behalf of the local food pantry. All non-perishable items will be accepted along with household necessities, such as but not limited to, can goods, box dinners, toothbrush, toothpaste, toilet paper, etc.

# Bloomin' Apples

## Ingredients

Cooking Spray  
4 tbsp. Melted Butter  
1 Tbsp Brown Sugar  
1 tbsp. Granulated Sugar  
1/2 tsp. Ground Cinnamon  
4 Green Apples  
4 Chewy Caramel Squares  
Breyers Natural Vanilla Ice Cream (for serving)  
Caramel, for drizzling

Prep Time: 15 Mins.

Total Time: 45 min



## Directions

1. Preheat oven to 375° and grease a medium baking dish with cooking spray. In a small bowl, whisk together butter, brown sugar, sugar, and cinnamon.
2. Slice top off of each apple then use a melon baller (or a teaspoon) to scoop out core. Using a paring knife, make three circular cuts in apple. Place apple cut side-down on a cutting board and slice crosswise.
3. Place cut apples in a small baking dish. Fill each apple with two caramel squares then brush melted butter mixture on top. Bake until the apples are tender, about 30 minutes.
4. Serve warm with ice cream and drizzle with caramel.

## Prep for Thanksgiving With Chiropractic Care

By Genevieve Cunningham

It's almost that time of year for Americans. The time when we overeat, watch football and spend quality time with friends and family. You guessed it: Thanksgiving! While this time of year is something so many of us look forward to, others are less than enthusiastic. It's not because we don't enjoy it, but rather that this particular season can wreck havoc on our health. To get yourself prepared for the season ahead, take a look at how adding chiropractic care to your normal routine can boost your health and protect you from some of the typical Thanksgiving pitfalls.

### **It's Time for Serious Travel (and Back Pain)**

Thanksgiving is the number one travel holiday of the year. More people will hop in car or stand in line at the airport than at any other point in the year. So what does this mean for your health? Potentially, it could mean a lot of back pain. All of that time cramped in one seat, plenty of waiting and sitting, and a complete lack of movement for hours or even day is enough to make your back quite sore. Chiropractic care is great for easing back pain. The chiropractor will properly align your spine, and with con-

tinued care, they'll keep it there. This helps to alleviate discomfort now, and it may help to prevent some of those pains from returning or from being at their worst during your busy travel season.

### **It's Time for Overeating, Less Exercise (and Body Stiffness)**

There is no denying that Thanksgiving means tons of food, most likely far more than any of us eat on a regular day. And since we're most likely on the go, it also means less movement and exercise. For your health, this is bad for your weight as well as your flexibility. All of the food plus inactivity may mean your joints become stiff and painful. Chiropractic's can help in this area by keeping the entire body in a properly aligned state., which also mean an overall healthier state. Joint pain relief is one of the many positive side effects that many people claim after regular care. Begin treatment now, and you may help prevent that stiffness and improve flexibility of your body in time for your day of indulgence.

# HAPPY BIRTHDAY

Valerie A.	Barb D.	Crystal R.
Steve A.	Cynthia D.	Marylin R.
Amy A.	Jerre G.	Leah R.
Austin B.	Alishia G.	Zach S.
Brenda B.	Tony G.	Tim S.
Justina B.	Dan G.	Krista S.
Deb B.	Jerry H.	Casey S.
Julie B.	Chuck I.	Lisa S.
Linda B.	Julie K.	Caleb V.
Nicole B.	Dennis L.	Tim V.
Owen C.	Hilary M.	
Rebecca C.	David M.	
Ed C.	Shannon N.	
Lisa C.	Barb O.	
Amy C.	Mark P.	
Richard D.	Amy R.	

IT'S MY  
**BIRTHDAY**  
MONTH!

I am now accepting  
birthday  
dinners, lunches and gifts.

"If at first the idea is  
not absurd, then there  
is no hope for it"

-Albert Einstein



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**M-W-F 8:00am -6:00pm**

**Tue & Thur 12:00pm-6:00pm**

## OUR STAFF

**Dr. Brian Kelling Dr. Clayton Newberry**

**Krystle, Tammy - Insurance/Billing**

**Gail, Courtney, Rachel - Therapy**

**Dawn, Hilary - Massage Therapists**

All major credit cards accepted. For insurance coverage  
and billing, please direct your calls to Krystle or Tam-  
my.

## You may benefit from colonics if:

- ♦ **You have acne or other skin issues**
- ♦ **You are feeling run down/sluggish**
- ♦ **You suffer from frequent constipation**
- ♦ **Your diet has consisted of processed/  
sugary foods for prolonged periods**
- ♦ **You are depressed/stressed**

**Call Kay today to schedule**

**your appointment:**

**816-506-8303**