

Are You Having Heel Pain?

If you've been putting up with chronic heel pain, please ask me about it. I know a lot of people think that chiropractors only work on back problems, but we can help with foot, ankle and heel pain.

I would say in approximately 75% of our patients, we can give relief to their chronic heel pain. I will determine the course of treatment that will work best for you, using chiropractic, EMS, ultrasound therapy, stretching, kinesio taping, and cold laser therapy.

I personally have had half a dozen episodes of heel pain or planter fascitis. Generally, you will see improvement in 4 treatments or less. On occasion, when a patient does not get better or has a heel spur, we will refer you to a well respected podiatrist in our area that we trust. Remember, I won't take you on as a patient if I don't think I can help you.

Dr. Kelling

4 Ways to Lower your Risk of Dementia

It can be very difficult to watch someone you love deal with the symptoms of dementia, which often include memory loss and trouble with language, along with personality changes, delusions, agitation and less ability to solve problems or control their emotions. It's important to note that although dementia risk increases with age, it is *not* part of the normal **aging process**.

As the unfortunate death of legendary University of Tennessee women's college basketball coach Pat Summitt remind us, dementia can strike even younger people-she was diagnosed with early onset Alzheimer's at the age of 59 and died at the age of 64.

It's certainly clear that there's a lot of pain and suffering involved with Alzheimer's and Alzheimer's drugs have consistently come up short when it comes to curing the disease. There is light at the end of the tunnel, though. A recent small breakthrough study published in the journal *Aging* found using a comprehensive, personalized approach, including diet and exercise, actually *reversed* symptoms of Alzheimer's disease. The results were so robust and sustained that many of the study participants were able to return to work.

With comprehensive treatments on the horizon, we can feel hopeful that integrative, personalized approaches could be the key to fighting this disease. In the meantime, though, it's also important you take relatively simple steps to lower your risk of dementia now-before the disease has a chance to set in. Let's take a look at some of the emerging ways to lower your risk, based on the latest research.

4 Ways to Lower your Risk of Dementia *cont'd*



1. Beware of High Copper Levels in Your Water

You need trace amounts of heavy metal **copper** to survive because it's vital for bone, hormonal and nerve health. Too much of a good thing, though could be bad for your brain. A 2013 study published in the *Proceedings of the National Academy of Sciences* found that copper can trigger the onset of Alzheimer's and fuel the disease. In fact, the study found that copper in drinking water at levels one-tenth of the water quality standards set by the Environmental Protection Agency caused a toxic accumulation of the pro-Alzheimer's protein amyloid beta. (3)

The researchers can't yet say what the exact level of "too much" copper is, but if you have copper water pipes, getting your water tested for excess copper is a good place to start. Water filters that are NSF-certified under NSF/ANSI 53 for copper reduction will reduce copper to below the EPA's maximum contaminant level or lower.

2. If possible, Avoid Allergy Drugs and Other Pills Linked to Dementia



Drugs **linked to dementia** include common allergy and sleep medications, including popular medications like Benadryl, Dramamine, Advil PM and Unisom, among others. These pills are known to have anticholinergic effects, something researchers are increasingly linking to dementia.

A 2016 study published in *JAMA Neurology* is a unique one that used brain imaging to detect how anticholinergic drugs impact the brain. By utilizing MRI and PET scan imaging technology the researchers were able to show how people taking anticholinergic drugs experienced lower brain metabolism and higher brain atrophy. Participants taking the anticholinergic drugs also tested worst on memory tests.

4 Ways to Lower your Risk of Dementia *cont'd*

University of Washington scientists also found the chronic use of certain anticholinergic sleep aids and hay fever meds increased a person's risk of dementia. The study only found the link for people taking these drugs for three or more years.

Find out if your drugs possess anticholinergic properties. Aside from older allergy drugs and some sleep medications, certain antidepressants, **COPD** and asthma medications, along with drugs for overactive bladder issues, could. If they do, find if safer options are available or work with your health care provider to possibly work more natural treatments into your healing plan.

For instance, learning to use **essential oils for allergies** could ease your symptoms. A 2010 study published in the *Journal of Ethnopharmacology* suggests peppermint oil acts as a relaxant and exhibits antispasmodic activity, inhibiting contractions that cause you to cough. (Peppermint oil isn't a good choice for children under 30 months as it can impact the heart, lungs and circulations in dangerous ways.)



3. Sleep in This Brain-Friendly Position

Sleep positions matter. Most people-and wild animals-sleep on their sides. Now, we may better understand the brain-friendly reason this is the case. In 2015, researchers found that sleeping on your side could improve on the brain's waste-clearing processes, lowering the risk for neurological diseases like Alzheimer's and **Parkinson's**.

The link between certain types of dementia and sleep are well-established, but a recent study took a closer look at how the way you sleep impacts drainage of harmful substances in the brain. The *Journal of Neuroscience* study found that the brain's glymphatic pathway a complex system that clears wastes and other harmful chemicals from the brain, worked most optimally when people sleep on their sides, as opposed to belly or back sleepers. Similar to how the body's lymphatic system clears waste from organs, the glymphatic pathway is responsible for filtering cerebrospinal fluid through the brain and exchanging it with interstitial fluid to clear waste like amyloid and tau proteins, chemicals that negatively affect brain processes if they build up.



4. Avoid Brain-Damaging Pesticides

It's increasingly clear that dementia isn't solely a genetic issue and that environmental triggers are often present. Such is the case with DDT, the insecticide once thought "safe" but later banned in the 1970's. Research led by the National Institute of Environmental Health Sciences shows that people with higher levels of DDT in their blood are much more likely to be diagnosed with Alzheimer's disease. People with Alzheimer's had, on average, 3.8 times higher of DDE, a DDT breakdown product, in their blood compared to people who did not have Alzheimer's disease.

"If you're going to think anyway, you might as well think big."

Donald Trump

"It is not the stronger of the species that survives, not the most intelligent, but the one most responsive to change."

Charles Darwin

"Great spirits have always encountered violent opposition from mediocre minds."

Albert Einstein



Blessed is the nation whose God is the Lord.

Psalm 33:12

FOUNDING FATHERS

"To the kindly influence of Christianity we owe that degree of civil freedom, and political and social happiness, which mankind now enjoys...Whenever the pillars of Christianity shall be overthrown, our present republican forms of government-and all blessings which flow from them-must fall with them."

JEDDIAH MORSE

"I've lived, sir a long time, and the longer I live, the more convincing proofs I see of this truth: That God governs in the affairs of men. If a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise without His aid? We've been assured in the sacred writings that unless the Lord builds the house, they labor in vain who build it. I firmly believe that without His concurring aid, we shall succeed in this political building no better than the builders Babel."

BENJAMIN FRANKLIN

"It is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor."

GEORGE WASHINGTON

"We have no government armed with power capable of contending with human passions unbridled by morality and religion. Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other."

JOHN ADAMS

BUFFER YOUR BRAIN FROM STRESS WITH PS

Have you ever felt so stressed out that you couldn't organize your thoughts, remember simple things, make rational decisions, or lashed out in anger? This is your brain on stress. Stress has a real physical effect on our bodies, but some of the most obvious effects are psychological in nature. Forgetfulness, anxiety, irritability, anger, fear, and depression are all very real side effects of stress, and they all come from physiological changes in your brain. Research has shown that stress kills brain cells, shrinks the brain, accelerates aging in the brain, alters memory function, and can trigger changes in the brain's hardwiring, making it more sensitive to future stress.

So how do you stop this damage from happening? Certainly reducing your stress levels is a good place to start, but unless you live completely isolated from society (then you probably have other problems to wrestle with), you are going to experience stress; it is simply a part of the human experience. Enter phosphatidylserine (fos-fa-tidyl-serine), or PS for short. A member of the phospholipid family, PS is found in every cell membrane in the body and is a key component for giving cells their shape, strength, and fluidity, influencing the overall health of the cell. PS is especially concentrated in the brain, where it maintains the structural integrity and plasticity of neurons, enhances communication between neurons, and ensures that cell membranes are healthy and functioning optimally so they can withstand stress' worst blows.

PS is necessary to replace and rebuild nerve cell membranes and create new synapses (the junction where neurons communicate), and according to PS expert Parris Kidd, PhD, it is likely that the body's supply of PS directly determines the amount of new cell membranes and synapses that can be made. As PS levels

decline, nerve cell membranes cannot be rebuilt, leading to a loss of healthy cells and a loss of communication between nerve cells. Ensuring the body has optimal levels of PS will allow your neurons to continue to create and maintain healthy cell membranes, even in the face of stress.

In addition to helping neuronal cell membranes remain healthy enough to withstand the damaging effects of stress and helping to repair damaged membranes, PS modulates the hypothalamic-pituitary-adrenal axis (HPA), the system of feedback interactions between the central nervous system and endocrine system that triggers the stress response and release of the stress hormone cortisol. Chronic stress disrupts this delicate feedback balance, resulting in the continued release of cortisol, but PS helps reset the HPA axis, blunting the body's hormonal response to stress. This may be especially helpful for those under chronic stress whose HPA axis is constantly turned on. Clinical research has found that PS supplements reduce the cortisol response to both mental and physical stress and can actually improve mood.

PS' role in maintaining neuronal cell membranes and regulating the body's hormonal stress response makes it key in protecting the brain from the damages of stress. Supplementation is the best means for acquiring the benefits of PS (the only food sources are organ meats such as liver and kidney). Studies have used anywhere from 200-800 mg daily, but Dr. Kidd suggests loading the body with 200-300 mg a day for a month or two to fully saturate the membranes, and then reducing the dose to 100-200 mg daily for maintenance. It also appears that PS works most effectively when there are optimal levels of the omega-3 fat DHA in the brain. This can be obtained from a quality fish oil supplement.



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If you're looking for a new vegetable to enjoy, I recommend you try butternut squash. A member of the [pumpkin](#) family, it's known for its creamy texture, nutty flavor and aroma, and mild sweetness. What makes squash great is that it is versatile. You can boil, sauté or, in the case of this recipe, roast it.

Ingredients:

1 butternut squash

- 1 Tbsp. [coconut oil](#)
- 1 ½ tsp. red pepper flakes, or to taste
- Pinch of salt
- 1 tsp. curry powder
- Fresh [thyme](#) (optional)

Procedure:

1. Preheat the oven to 375 degrees Fahrenheit. Cut the butternut squash in half and remove the seeds.
2. Combine the coconut oil, red pepper flakes, salt, curry powder and thyme. Rub the mixture on the squash.
3. Place the sliced squash face up on a baking sheet and bake for 30 minutes or until soft. Scoop out the insides of the squash into a bowl and mix to enjoy.

