



Kelling Chiropractic Center

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Newsletter

October, 2018

What do Medical doctors know about food?

When Americans hear about a health craze, they may turn to their physician for advice: Will that superfood really boost brain function? Is that supplement OK for me to take?

Or they may be interested in food choices because of obesity, malnutrition or the role of diet in chronic disease.

But a doctor may not be a reliable source. Experts say that while most physicians may recognize that diet is influential in health, they don't learn enough about nutrition in medical school or training programs that follow.

An estimated 50 to 80 percent of chronic diseases, including heart disease and cancer, are partly related to or affected by nutrition, according to Martin Kohlmeier, a research professor in nutrition at the University of North Carolina at Chapel Hill.

For those experiencing risk factors early on, a change in diet is important.

People are gaining a pound or two a year, and nobody says anything. But then by age 50 or 55, they've often gained 30 or 40 pounds, which has huge impacts on their health," said Walter Willett, an epidemiology and nutrition professor at Harvard T.H. Chan School of Public Health. "In the younger years, middle age, people are acquiring the risk factors that often don't show up as major diseases until later in

life."

"You can practice only what you know," Kohlmeier said. According to the Journal of Academy of Nutrition and Dietetics, malnutrition is prevalent but underrecognized in the United States. That does not surprise Kohlmeier, who said, "This is what happens when you don't teach nutrition."

Stanford and UNC are among medical schools working to turn that tide by integrating nutrition into their curriculums. Some such as Stanford and Tulane, have established teaching kitchens. Proponents say this hands-on element may be particularly valuable because it can help physicians discuss food with patients in a more engaged manner. Physicians who eat wisely tend to give better advice about eating.

"Just like it was really important that doctors stopped smoking—that made them advocates for not smoking," Willett said. "Doctors need to set an example, both for their own good and for the good of their patients."

(July 2018 KC Star)



Mark 10:27: Jesus looked at them and said, 'With man it is impossible, but not with God. For all things are possible with God.'

Fall is here and so are the Oak Mites

Everyone is enjoying cooler weather and until we have our first big freeze the microscopic, itchy pests are here to stay. Oak mites are microscopic parasites that feed on gall larvae found on oak trees. They reproduce very quickly and a single tree can drop 300,000 oak mites per day. They are very small and can travel long distances with a gust of wind and are small enough to easily pass through a screened in porch.,

So what can we do? There is unfortunately no sure way to prevent them from reproducing with sprays and no repellent has been proven to be 100% successful. There are some simple things you can do to prevent getting bitten. The first and most difficult is to avoid walking around or spending lots of time near oak trees until we get our first big freeze. Since oak trees are one of the most common trees and many of us have to do some degree of landscaping this fall, that first option is reasonable for everyone. Another recommendation is to wear clothes that cover most of your skin and to wear a hat to protect your head and neck. This is the most effective way to lower your risk of being bitten. After you have been around oak trees, immediately washing your clothes and taking a quick shower will help get rid of any oak mites that may have followed you.

Unfortunately most of us will get bitten at some point due to the sheer number of oak trees and how quickly these little guys reproduce. There are a few remedies out there; your typical hydrocortisone and anti itchy creams. There is one natural remedy to provide some relief for the itch. It is recommended that you heat the bite area with a hot pack or hot shower and then rub tea tree oil on the bite. Tea tree oil is also a generic, effective insect repellent. Hopefully, these tips help you avoid the oak mites' itch this fall!

Dr. Newberry

Did you know?

The oak mite, is thought to have originated in Europe. It has been recorded from Australia, India, Egypt, Chile and most recently, the United States.

The first recognition of this mite in the U. S. occurred in Kansas in the autumn of 2004 where it was estimated to have affected around 19,000 people.

Can your puppy dog get Oak Mites?

Veterinarians are warning members of the public to protect themselves and their pets this time of year from Oak Mites.

They're typically found around oak trees and fall onto humans and pets. Exposure can often mean an itchy rash.

Veterinarians recommend you use a topical anti-histamine cream or hydrocortisone cream to try to get the itching down. But if your puppy itches severely, seek out your local veterinarian because the little bites can get infected.



Do you want Free Money?

Give us a Google Review & we will be giving a \$5 credit to use in our office

We are now offering: Ashiatsu Massage

What is ASHIATSU?

In the Japanese language “Ashi” translates to foot and “Atsu” into pressure. Ashiatsu DeepFeet Bar Therapy is a barefoot massage technique in which the therapist delivers deep, broad, consistent pressure while utilizing their feet and body weight. Working with gravity instead of against it, Ashiatsu therapists are able to provide an effective therapeutic massage without causing pain or discomfort to themselves or the receiving client.

Cream or oil is applied to the client's body making this deep therapeutic massage fluid and relaxing. Parallel bars are used above the massage table for balance, support and client safety.

Benefits of ASHIATSU



DEEP TISSUE WITHOUT DISCOMFORT

If your clients are in need of deep tissue work, but don't enjoy discomfort that comes with pointy elbows and thumps, then Ashiatsu DeepFeet Bar Therapy is the treatment for you! Gravity enables Ashiatsu therapists to deliver up to 3x deeper pressure than with traditional hands-on treatments. Utilizing the broad surface of your foot as your massage tool provides consistent pressure and contours nicely to the body. As a result clients will enjoy the same extra range of movement and decrease in chronic tension relief without having to endure painful strokes.



FREES UP BUNDLED NERVES

Movements along the para spinals and lumbar region can relieve muscle spasms and open the intervertebral foramen (where spinal nerves pass through). It will give the nerves more space as well as increase circulation by bringing more freshly oxygenated blood to the area being treated.



ELONGATES MUSCLES AND DETOXIFIES

Many Ashiatsu strokes help to elongate the spine. These movements dramatically stretch shortened muscles, which help in relieving pain and discomfort. The long fluid strokes also help flush the body's lymphatic system, which releases metabolic waste at very high rate. We recommend drinking plenty of water before and after a treatment to help with detoxification.

Pumpkin Spice Overnight Oatmeal

- 1/4 Cup brewed Coffee, Chilled
- 1/4 Cup Milk or Silk Unsweetened Almond Milk
- 2 Tablespoons Plain Greek Yogurt
- 1/4 Cup Pumpkin Puree
- 1 Teaspoon Pumpkin Pie Spice
- 1/2 Teaspoon Vanilla
- 2 1/2 Teaspoons Sugar
- 1 Tablespoon Chia Seeds
- 1/2 Cup Old Fashioned Oats
- 1 Teaspoon Mini Chocolate Chips



Prep Time	Chilling Time
10 min	8 Hours

Instructions

1. In a bowl or jar, combine all of ingredients except the oats & stir until combined and smoothed
2. Add the oats & stir until moistened
3. Place in the refrigerator overnight
4. If desired, stir in additional milk to desired consistency before serving & sprinkle on toppings

Low-Dose daily aspirin may raise death in older adults, study

(NBC Linda Carroll-Sep. 2018)

finds

For decades, a daily dose of aspirin has been widely considered a way to protect healthy people from cardiovascular disease and even cancer. But a larger international study finds that even at low doses, long-term use of aspirin may be harmful—without providing any benefit—for older people who have not already had a heart attack or stroke.

The new research reinforces the results of a study published in late August, which found that daily low-dose aspirin was too risky to be prescribed to patients at moderate risk of heart disease. In the August study and the new one, researchers found a significant risk of internal gastric bleeding caused by the medication, which thins the blood. Older patients experienced no health benefits from taking aspirin, according to the new report, published Sunday in the *New England Journal of Medicine*.

“We knew there would be an increased risk of bleeding with aspirin, because there has always been,” said study coauthor Dr. Anne Murray, a geriatrician and epidemiologist at the Hennepin Healthcare Research Institute and the University of Minnesota Minneapolis. “But not only did it not decrease risk of disability or death, it did not decrease the risk of heart attack and stroke, and there was an increase in the rate of death.”

“For healthy people 70 and older who don’t have a reason to be on aspirin, such as a previous heart attack or stroke, there was no discernible benefit.”

The current guidelines recommend a daily aspirin for adults in their 50s who are at high risk of cardiovascular disease, with high blood pressure, high cholesterol or a history of smoking. The new study was designed to find out whether low-dose aspirin could prolong healthy, independent living in seniors who had not shown signs

of heart disease.

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“For healthy people 70 and older who don’t have a reason to be on aspirin, such as a previous heart attack or stroke, there was no discernible benefit,” Murray told NBC News.

The trial followed 19,114 seniors—2,411 from the U.S. and 16,703 Australians—for an average of 4.7 years. The minimum age was 70 for Caucasian participants and 65 for African-American and Hispanic volunteers, due to their higher risk of dementia and cardiovascular disease.

At the end of the trial, 90.3 percent of the aspirin-treated patients were still alive, compared with 90.5 percent of those who received placebos. Rates of physical disability and dementia were similar between the groups. The rates of coronary heart disease, heart attacks and strokes were also similar.

The big difference between the groups was in the rate of internal bleeding in other sites that required transfusion of hospitalization occurred in 361, or 3.8 percent, of participants in the aspirin-treated group and 265, or 2.7 percent, of those in the placebo group.

Rise in cancer risk?

There was also an increase in cancer deaths in the aspirin-treated group, which surprised the researchers. Previous studies have found that aspirin may be protective against certain kinds of cancer.

It may ultimately turn out that there are more benefits than risks in certain populations, said the study’s lead author, John McNeil, a professor of epidemiology at the School of Public Health and Preventive Medicine at Monash university in Melbourne, Australia.

“But we have not identified results that are strikingly different,” McNeil said in an email. Further research that may identify which groups would benefit from regular aspirin use is underway.

Dr. Erin Michos, a cardiologist, called the results “alarming,” saying that aspirin should be prescribed only selectively.

Big changes have occurred in preventive medicine since the original aspirin research was done, Michos told NBC News in an email. Patients now get statins to lower blood pressure.

“I think it is time we started to phase out the use of aspirin broadly for the purposes of prevention in individuals who have not had a heart attack or stroke,” said Michos, director of preventive cardiology at the Ciccarone Center for the Prevention of Heart Disease at the Johns Hopkins School of Medicine.

Dr. Ravi Dave says aspirin may make sense for a small group of older healthy patients who have not had a heart attack or stroke and who are not at high risk, “I would consider taking them off,” said Dave, director of interventional cardiology at the university of California, Los Angeles.

That’s a decision Dr. Mark Huffman plans to make in conversations with his patients.

“Some of them will say, ‘If it ain’t broke don’t fix it’” predicted Huffman, an associate professor of preventive medicine at Northwestern University’s Feinberg School of Medicine and cardiologist at Northwestern Medicine. “Others will say, ‘If the data suggest I might not have any benefit, I would like to take fewer pills.’”



Welcome

Kay Stark began providing Colon Therapy in our building as of September, 2018. Some of you have already had the pleasure of meeting her. Kay is in charge of scheduling all of her appointments. If you are interested in learning more or setting up an appointment give Kay a call at 816.506.8303.

We are very excited to have Kay in our building!

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Make sure you hop on over to our Facebook page to stay updated on the latest things happening in our office daily.

7 Natural Remedies for your Upset Stomach

1. Ginger
2. Chamomile Tea
3. BRAT Diet
-bananas, rice, applesauce, and toast
4. Peppermint
5. Apple Cider Vinegar
6. Heating Pad
7. Mint

What is Colon

Hydrotherapy?

Colon Hydrotherapy is the gentle rinsing of the colon with warm water, to remove encrusted fecal matter, gas, and mucus. This allows vital nutrients to be absorbed more easily and leaves you feeling rejuvenated and healthier.

What happens during Colon Hydrotherapy?

During a colon cleanse, large amounts of water — sometimes up to 16 gallons (about 60 liters) — and possibly other substances, such as herbs or coffee, are flushed through the colon. This is done using a tube that's inserted into the rectum. In some cases, smaller amounts of water are used and are left to sit in the colon for a short time before being removed.

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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 Tammy.

DID YOU KNOW?

HALLOWEEN IS CORRECTLY SPELT
AS HALLOWE'EN



Happy Birthday

Ginger A.	Joann E.	Tommy S.
Bill B.	Dalton G.	Lorie S.
Dennis B.	Jennifer G.	Chayse T.
Jeff B.	Devyn G.	Jeff T.
Marsha B.	Barb H.	Travis T.
Connie B.	Jesse J.	Katie W.
Dawn B.	Jennifer M.	Janet W.
Joe B.	Larry M.	Karl W.
Rocky B.	Jacob M.	Rebecca W.
Tom B.	Tim M.	Kathy W.
Barb C.	Debbie N.	Sarah W.
Susan C.	Deb P.	Briona Y.
Rosalie C.	Kim P.	
Kim C.	Marty P.	
Phyllis C.	Jill R.	
Ashley C.	April R.	
Sharon D.	Christiain R.	
Maurie D.	Richard S.	
Aaron D.	Lisa S.	