



Ventura Chiropractic & Massage

~ *Holistic Center for Healthy Living* ~

Kristofer Young, D.C. & Joanne Young, CMT

3160 Telegraph Road, #103, Ventura, CA 93003 www.Ventura-Chiropractor.com

658-0123

July 2011

Office Calendar

Office Closed
July 3-22

40th Wedding Anniversary
Trip :)

Back in the office on Saturday,
July 23!

SAVE \$20 ON NEXT MASSAGE

Massage appointment slots that are unfilled in the 24 hours prior to their scheduled commencement can be purchased for 33% off the regular \$60 charge. You can call Joanne at 658-0123 to check for these open slots, and/or you can give Joanne your e-mail address so that she can send you notices of availability.

Office open on:
Monday ~ 10-6
Wednesday ~ 10-6
Saturday ~ 9-4

Call us at:
658-0123

Miracle Cure Brings Tears to Troubled Eyes

Ten months before, and virtually overnight, this 57-year-old woman began a progressive loss of vision in both eyes. Fearful, she began asking for, searching for help.

After consulting with 5 doctors, including an optometrist, and an ophthalmologist, she was left with a diagnosis of pseudopapilledema, no understanding of the cause, and no relief.



Today, accompanied by her husband, she was in my office. After a thorough medical history I explained that there were a number of important aspects of her physiology that could be affecting her vision. I also told her that there was ample evidence in her history indicating that dysfunction in her neck could be playing a role in her loss of vision.

I outlined a number of lifestyle measures that I wanted her to take, including removal of potential dietary allergens, nutritional supplementation, and the taking of epsom salts baths.

Finally, I examined her entire spine for areas of stiffness, and manipulated, with particular attention to the neck, those joints that did not move freely. No treatment other than manipulation of the spine was provided.

The visit concluded and the patient was advised to return for a follow-up appointment.

Thirty minutes later, while treating another patient, my office manager (and wife) came to the treatment room door, apologized for interrupting, and stated that the previous patient was on the phone and crying with joy. When I got to the phone, the patient was still crying. She apologized, and through her tears told me that on the drive home she realized that her vision had improved enough that she was able to read the road signs.

Note: I use the word “cure” here, loosely, to draw attention to a very important true account. While “cure” is probably an overstatement, it is obvious that the effect of this one spinal treatment provided clear-cut improvement in the patient’s vision in less than 30 minutes. Not a bad start.

Monthly Vitamin Special for July \$5.00 Off Vitamin C

Reg \$19 -> now \$14

Fruits and vegetables high in vitamin C are associated with a reduced risk of death from all causes including heart disease and stroke. Even small increases in levels of vitamin C in the blood reduced the risk of heart disease and death in healthy adults.

<http://articles.mercola.com/sites/articles/archive/2001/03/14/vitamin-c-part-one.aspx>

~ One per patient. Not valid with other offers. ~



Community of Health ~ Ventura (COHV)

COHV will not be meeting in June or July. See you in August!

COHV is a gathering that I created, and serves individuals who are interested in doing a better job taking care of their health. We meet for 90 minutes in Ventura, on the second Thursday of each month, from 7-8:30 PM. Attendance is limited to 20 people in order to maintain a personal feel.

Our speakers have included Ventura's Mayor, Bill Fulton, and Sandy Curwood, Food and Nutrition Services Dir. of the Ven. Unified School District, and County Supervisor, Steve Bennett.

The most powerful and important factors that influence health are: knowledge about health, actual self-care, and lifestyle. They are more powerful than drugs, surgeries, chiropractic treatments; and certainly more powerful than medical insurance. At future meetings, we will be talking about food, pain, depression, sleep, relaxation, family, cancer, allergy, vitamins, behavior, and more. Seating is limited, so please call us at 658-0123 if you would like to attend. We now have a Facebook group called Community of Health Ventura CA, and a simple website at: <http://communityofhealthventura-ca.webs.com>



Have you ever seen a YouTube video? I would like to recommend that you take 40 seconds and watch this video of my Canadian friend and colleague, Michael Lyon, MD stating his appreciation for my chiropractic treatment of his neck. At YouTube, search Michael Lyon MD, or use this link:

<http://www.youtube.com/watch?wmuqguxqc>



Birthday Gift from My Kids

First off, my birthday was in October, but I just got the gift last Sunday, March 27th. The wait was more than worth it, as you will see!

Since 1997 my kids don't by me ties anymore. Now they read a book on health and give me a book report. Their health is the greatest gift they could ever give me! This year my son Kenn and his sweetheart, Jenny, read The Better Brain Book by David Perlmutter, MD. You can see and hear their report at: <http://www.vimeo.com/21576405>

I am comforted by their interest in, knowledge of, and practice of health!

I shared the video with Dr. Perlmutter last week and he said, "Kris, This is incredible! This is the most flattering event I have experienced in years !! What awesome kids !! Thanks for forwarding this. David"