



# 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](http://www.Ventura-Chiropractor.com)

**658-0123**

**August 2011**

## Office Calendar

Office Closed

September 27 - October 4

Our son, Kenn's wedding in New York!

Back in the office on Wednesday, October 5. Doctor's 60th!

### Community of Health Ventura (COHV)

will be a virtual event for our August meeting. If you wish to try this out, please send me an e-mail at [kychiro@pacbell.net](mailto:kychiro@pacbell.net) and I will invite you to Google+ and you can join us in a teleconference on health..

We will meet online from 7-8:30 PM on Thursday the 11th of August. Set it up and join us!!!

Dr. Young

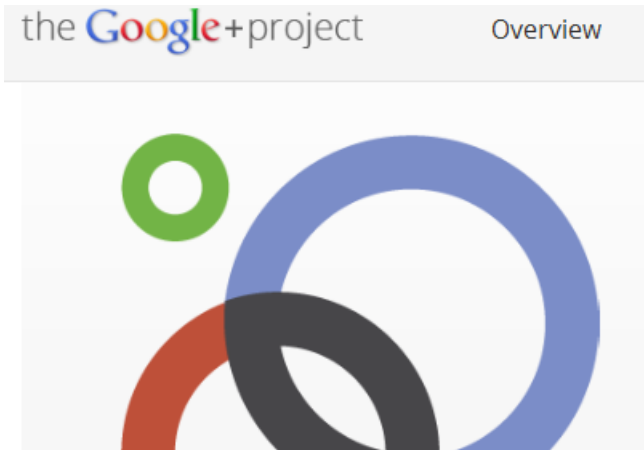
Office open on:  
Monday ~ 10-6

Wednesday ~ 10-6

Saturday ~ 9-4

Call us at:  
**658-0123**

## Google + Us May = Better Health



Google has released a beta version of a new social networking platform that may compete with Facebook, and that provides a number of very attractive and functional features not offered by Facebook. Unlike Facebook, the Google+ project allows you to choose which groups you want to share things with. Google+ also offers free video conferencing which it calls

Hangouts.

So what's the connection between hanging out on Google, and health?

Individuals can now come together, without leaving their own homes, to share, and discuss the important issue of health; personal, public or global.

Shortly, I will begin using Google Hangouts to consult with some of my patients.

“Community of Health Ventura” public health education meetings will begin offering Google Hangout attendance at our monthly meetings. I will use this function to enable other health experts to join us and speak on the areas of their expertise. Right now I'm thinking about inviting my friend, Thomas Sult, MD (3rd Opinion: Functional Medicine Clinic) of Willmar, Minnesota, to speak to us about the practice of Functional Medicine.

Groups like the Ojai Valley Green Coalition and Citizens for Peaceful Resolutions could expand access to their monthly meetings, and their work on local and global issues by offering live video conferencing of the events.

I am also imagining and looking into offering mini-classes on health, chiropractic and Functional Medicine to teachers in classrooms in the Ojai Unified School District and the Ventura Unified School District.

This excites me!

## Community of Health ~ Ventura (COHV)

Thursday, August 11  
7-8:30 PM

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>



## Monthly Vitamin Special for August \$5.00 Off Calcium

Reg \$14.50 -> now \$9.50

Bone health and more.

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

## 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 pseudo-papilledema, 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.

The YouTube logo, consisting of the word 'You' in black and 'Tube' in white on a red rounded rectangle background.

On YouTube, search for "Kristofer Young" - find my videos, and watch [7-year-old Talks Chiropractic](#) - my grandson, Zion.