



Ventura Chiropractic & Massage

~ *Holistic Center for Healthy Living* ~

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

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658-0123

September 2011

Office Calendar

Thurs, Sept 8th - 7:00 PM
Community of Health Vent.

Office Closed

September 27 - October 5

Our son, Kenn's wedding in New York 10/01 and the doctor's 60th on 10/05!

Back in the office on Thursday, October 6.



Turning 60 Consciously *with something to say*

For those of you who have been following along since I started this, my first book, on my 59th birthday, on Oct. 5, 2010, I want to let you know that the writing is complete and now I am working on the editing and layout.; more work than I realized. :)

At this time I have not decided whether to make the push and try to have printed copies in hand by Oct 5, 2011 - my 60th bday - or take it a bit easier.

If you want a copy of the book, please consider a pre-order. I know for certain the cost will be a maximum of \$20, and may be as low as \$15.

Community of Health Ventura (COHV)

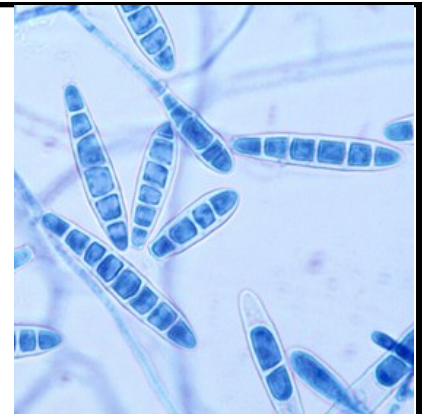
will again be a virtual event for our September meeting. If you wish to try this out, please send me an e-mail at kychiro@pacbell.net and I will invite you to Google+ and you can join us in a teleconference on health..

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

Who Would Have Gessed?

As we learn more about ourselves and the universe in which we live, we have relatively recently learned that while the human body is made up of roughly 10 trillion cells, there are roughly 100 trillion one-celled organisms, bacteria and fungi, living in and on us. Ten times as many of their cells as ours.

Knowing this, could and should change one's life. If it doesn't jump out at you, at least, consider what they eat, and who's feeding them.



The Road Back

In a recent e-mail, my dear friend, and brilliant medical doctor, Tom Sult wrote, "The road from chronic dis-ease is generally not convenient."

Understated, and true.



My advice to all who find it difficult to make time for actively building health, beware Sult's rule of the road.

Office open on:

Monday ~ 10-6

Wednesday ~ 10-6

Saturday ~ 9-4

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the Google+ project

Overview



Google + Us May = Better Health

As I have written previously, Google now provides free video conferencing through its new Google+. This free service makes it possible for more people to virtually-attend meetings

for health education and health inspiration, that I offer.

Barring technical difficulties, "Community of Health Ventura", my public health education meetings will begin offering Google video conferencing for virtual attendees at our monthly meetings. I will also use this function to enable other health experts to join us and speak on the areas of their expertise. My dear friend Thomas Sult, MD (3rd Opinion: Functional Medicine Clinic) of Willmar, Minnesota, has agreed to speak to us in the future, about the practice of Functional Medicine.

This Google video conference service will also be used for consultation with my patients who live distant, or who are unable to come to the office.

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

This excites me!



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



Your Child Needs ...

- 1) an annual check-up with Dr. Young,
- 2) a Vitamin D blood test,
- 3) a great multivitamin,
- 4) a fish oil supplement,
- 5) a 3-ring binder containing all of her/his health records

URINARY INCONTINENCE

Vitamin D Council - Press Release - 4/2/2010

Researchers at SUNY Upstate Medical University in Syracuse New York recently announced that **pelvic floor disorders in women are associated with low vitamin D levels.**

In a paper published in the April issue of Obstetrics and Gynecology, Dr. Samuel Badalian and Paula Rosenbaum studied 1,961 women and found 23% of American women over the age of 20 have a pelvic floor disorder, which often leads to urinary incontinence. Women who are overweight or who have had more than one child are at an increased risk.

The researcher found that low vitamin D levels predicted pelvic floor disorders, even in younger women and that **urinary incontinence was twice as likely in vitamin D deficient women** compared to women with higher vitamin D levels. **The authors concluded:**

"Our findings suggest that treatment of vitamin D insufficiency and deficiency in both premenopausal and postmenopausal women could improve pelvic muscle strength, with a possible reduction in the prevalence of pelvic floor disorders, including urinary incontinence."

John Cannell, MD,
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