



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

October 2011

Office Calendar

Office Closed

Saturday, October 29

Tentative date for one memorial service for my sister, Tori.

Thurs, Nov 10th - 7:00 PM

Community of Health Ventura



Tori Caldwell Janaya ~ May 11, 1962 to October 7, 2011

My dear sister, Tori, died on October 7th. She was a love and a joy to me and Joanne, to her husband, Rusty, and to many more. We will miss her. We are uplifted by the enormous joy that she lived, and brought into our lives.

Community of Health Ventura (COHV)

will again be a virtual event in November. Our topic will be "Holidays Without Illness or Weight Gain". If you wish to join us, send me an e-mail at kychiro@pacbell.net and I will invite you to Google+.

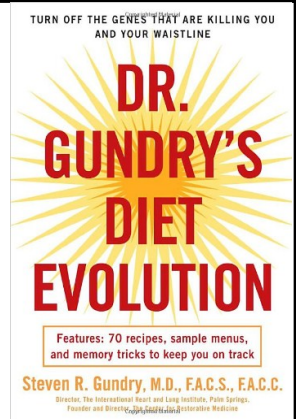
We will meet online from 7-8:30 PM on Thursday the 10th of Oct. The first 10 attendees at one of my Google+ conferences will receive \$10 off on their next chiropractic appointment.



On YouTube, search for "Kristofer Young" - find

my videos, and watch [7-year-old Talks Chiropractic](#) - my grandson, Zion.

This is the next book on health that I would like you to read! I recently listened to a one-hour interview with Dr. Gundry. He is a brilliant cardiovascular surgeon who became more brilliant when he realized that what we eat is much more powerful and beneficial than surgery. He now has a center in Palm Springs where he helps patients reverse heart disease, diabetes, arthritis, cancers and neurodegenerative diseases such as Parkinson's disease. My kids are already starting to read this book for my birthday present. Let me know what you think!



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. :)

I will let you know when the book has been published and shipped. 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.

Office open on:

Monday ~ 10-6

Wednesday ~ 10-6

Saturday ~ 9-4

Call us at: 658-0123

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,
Executive Director
The Vitamin D Council
1241 Johnson Ave., #134
San Luis Obispo, CA 93401



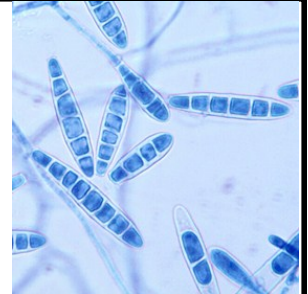
Monthly Vitamin Special for October \$5.00 Off UltraMeal powder or bars

Excellent nutrition in a meal-replacement shake or bar!
Available with soy or rice protein.

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

Who Would Have Guessed?

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 Google+project Overview



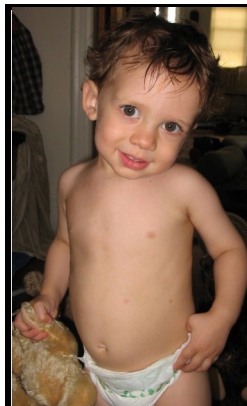
Google + Us May = Better Health

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 offer Google video conferencing for virtual attendees at our monthly meetings. 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.

The first 10 attendees at one of my Google+ conferences will receive **\$10 off on their next chiropractic appointment.** Email me for an invite to Google+.



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