

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

December 2011



Office Calendar

Thurs, Dec 8th - 7:00 PM
Community of Health Ventura
Office Closed
Saturday, December 24th

Please consider writing a Google review of our office. Do a Google search for "Ventura chiropractor 93003", find our office and write a Google review. **Help others find the health they need!**

Community of Health Ventura (COHV)

COHV will again be a virtual event in December. Our topic will be "New Year's Resolutions".

Search "google plus", sign up for a Google account if you don't have one, and sign up for Google+. It is simple and free to use. You need an internet connection, microphone and video camera connected to your computer.

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

Office open on:

Monday ~ 10-6

Wednesday ~ 10-6

Saturday ~ 9-4

Call us at: 658-0123



You Know Oprah, Right?

Then you have probably heard of Mehmet Oz. Dr. Oz now has his own show. Well, Oz taped a show Dec 2, on "food as medicine", that will be aired in the future. He recruited these 4 doctors for that show. From L-R they are David Perlmutter, MD, Wendy Warner, MD, Mark Hyman, MD, and Susan Blum, MD.

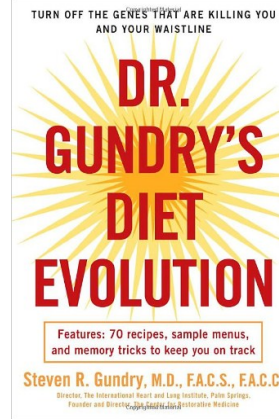
All four of these doctors are brilliant! And 3 of the 4 are friends of mine: Perlmutter, Hyman, and Blum.

Watch the show when it airs!

NOW FOR SALE IN OUR OFFICE \$15

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!

kychiro@pacbell.net



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 that she brought into our lives.

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



Who You Gonna Call When You've Got Health Issues? Ghostbusters?

Few Americans have a proven and valued health mentor, a health guru, a real doctor. And face it, few Americans have enough experience to be their own guide in the frontiers of health and disease.

Most of us focus on health only when we have lost it. Few Americans actively practice health maintenance, and even fewer study health.

When illness does "strike" we are apt to seek symptom relief. Unfortunately, chances are that our healthcare practitioner will be interested in the same thing we are. There will probably be no discussion of the causes of the illness, nor the lifestyle factors that could predictably restore health.

Right now American health is on life support. If we are going to be the change we would like to see in the world, here is what we might do:

- 1) begin gently to study health. You could start reading Dr. Gundry's Diet Evolution,
- 2) start practicing basic health; you know, no dairy, vegetables, walking, forgiveness,
- 3) find yourself a great health mentor; examples would be Mark Hyman, MD, or me.

Who you gonna call now?

Monthly Vitamin Special for November \$5.00 off Vitamin B Complex

The Vitamin B Complex supports and increases the rate of metabolism, maintains healthy skin and muscle tone, enhances immune and nervous system function, and promotes cell growth and division, including that of the red blood cells. B Complex is often referred to as the "stress vitamin" due to its benefits and the greater need when one is under stress.

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



twitter 

Mark Hyman, M.D. @markhymanmd replied to you: 



markhymanmd Mark Hyman, M.D.

@Dr_Kris_Young I like that! "National Do-Something-About Diabetes Month!!

Nov 02, 6:55 AM via web

In reply to...



Dr_Kris_Young Kristofer Young, DC

@markhymanmd Maybe we need a National Do-Something-About Diabetes Month. #insulinresistance

Nov 01, 6:25 PM via web



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.

HAPPY HOLIDAYS - PEACE ON EARTH