

# 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

January 2012



Who better than you to tell others about our practice? Please write a Google review. You don't have to write a book or a poem; a single sentence will do.

- 1) Do a Google search for "chiropractor ventura"
- 2) Find our office in the top 6
- 3) Click on the blue link = "15 Google reviews"
- 4) Click on red box = "Write A Review"

Help others find health!

## Community of Health Ventura (COHV)

Our January meeting will be held here at our office on the second Thursday of the month, the 12th, from 7-8:30 PM.

I will be speaking about, and we will be discussing starting your health out right in the new year.

Make a commitment to yourself now to attend each of our monthly meetings as a part of your plan to stay on track with exercise, healthy eating, weight loss, vitamins, etc...

If you can't join us in person, join us live through Google+

## Office Calendar

Thurs, Jan 12th - 7-830 PM  
Community of Health Ventura

**Office Closed**

**Monday the 16th**

**Dr. Martin Luther King Day**

## The Dr. Oz Show

On Friday, January 13th Dr. Oz' show will be on the Top 4 Disease Detectives of Functional Medicine.

As I explained in last month's newsletter, I was friends with 3 of the 4 doctors that are to be featured. Since then I have been in communication with Dr. Warner, and now feel that they are all friends.

I highly recommend that you watch the show. It will improve your health!

Check your local listings here: <http://www.doctoroz.com/find-station> and be sure to set your DVR's!

From L-R they are David Perlmutter, MD, Wendy Warner, MD, Mark Hyman, MD, and Susan Blum, MD.

Each of these four doctors is brilliant! And Oz is no slouch himself!



**Monthly Vitamin Special for January**  
**\$5.00 off**  
**The supplement you need!**

Start the year off right with any supplement that we carry, and take \$5.00 off! To a happy, healthy new year, from us!

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

**Office open: Monday~10-6 Wednesday~10-6 Saturday~9-4 Call us at: 658-0123**

## As Your Doctor

Every 3 months, to every 3 years, depending on our age and condition, we all need to have blood work done to track our health, or our illness.

Many of you have a primary care doctor that orders this testing for you. If so, you need to make sure that I have a copy of your most recent testing at all times.

If you don't have a doctor that orders testing for you, I would be happy to do that for you. If you need high quality, very low cost testing for cash, I can provide that also.

Beware that doctors often do not order appropriate nor complete blood work, even for patients with obvious health issues. It is your job to have a clue about your health and your conditions, and to have an idea, or ask questions about the testing that you need.

Everyone - everyone needs to know their **Vitamin D** blood levels. Most Americans have low levels and are therefore at greater risk for heart disease, cancers, diabetes, arthritis, obesity, depression, etc... When ordered and billed normally, this test usually costs around \$250. When I order it on a cash-basis for patients, I charge \$50.

You would be wise to have your blood tested for **Omega 3 oils**.

When looking at your latest blood work, note your fasting glucose (sugar) level. Though most doctors will tell you that 70-100 mg/dL is OK, medical research suggests that above 83, ones risk of stroke increases.

As your doctor, I'm just saying let's work on your health together; health is not an easy game.



## 1 IN 3 AMERICANS DIE OF HEART DISEASE.

**If you are an American, or if your family has a history of heart disease, pay attention!** One of the critical factors in heart disease and heart health is the omega 3 family of fatty acids. These are the healthy oils that are found in fish. Individuals with low blood levels of these fats are more apt to die from heart disease than those with higher levels.

**How can you know if you or your spouse is at risk?** Testing is now available in our office to measure your levels and your risk. All that is required is a finger stick; a few drops of blood, collected at home.

**What does it cost to be safe?** You can have the test and a follow-up visit to discuss the results for \$125.

**But what if you don't have a family history of heart disease?** Not to worry! No one is left out. Most Americans have very low blood levels of Omega 3 oils. These oils reduce inflammation, improve mood and behavior, reduce risk of cancer, facilitate weight loss, reduce pain, and support general well-being.

**If you have any of the following conditions, you need to be tested:**  
acne allergy arthritis back pain depression anxiety ADHD  
headache knee pain diabetes neck pain obesity recurrent infections  
PMS carpal tunnel syndrome jaw pain tennis elbow asthma

**Don't wait for the big one.** Call now to get your testing done. 658-0123

**For more information visit:** <http://www.omegaquant.com/>



## Turning 60 Consciously

*with something to say*

Have you ever had a big, important project to do, but life kept getting in the way? Me too! I am working on the layout for the book, but progress is slow.

On the up side, we have something to look forward to this year besides the elections.

## Buy a Thumper Massager

When we get to 12 of us who would like a Thumper, I will place the order and distribute them. Place your order at: <http://www.thepoint.com/campaigns/campaign-0-3623> for \$159.

