

# 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)

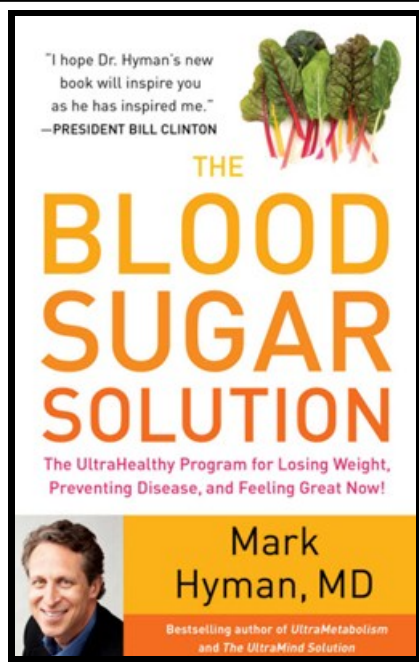
658-0123

March 2012



## Diabetic/Overweight or not ... Read This Book!!!

In **THE BLOOD SUGAR SOLUTION**, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer, is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness: nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind, and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, **THE BLOOD SUGAR SOLUTION** is the smartest way to lose weight, prevent disease, and feel better than ever. I am not biased by my friendship with Dr. Hyman; when you read *The Blood Sugar Solution*, you will see that he is a brilliant doctor who can help you heal your body and help us heal our Country! ~ Dr. Young



## Office Calendar

### MARCH

8 Thursday - COHV 7-9 PM

9 Friday - Office Open

10 Saturday - Massage only - Dr. Young at "Awakening the Dreamer" workshop

17 Saturday - Joanne's birthday - no massages today :)

### Office Closed

Wed May 30th - Sun June 3rd

Dr. Young will be attending the 19th International Conference on Functional Medicine on Cardiovascular and Metabolic Dysfunction, at which Dr. Mark Hyman will speak. Joanne will get 3 well-deserved days to lie by the pool, read, and go for walks. :)

Your children's health?



## March Vitamin Special \$5.00 off Fish Oil

Fish oils reduce risk of heart disease, are used in the treatment of diabetes, lower cholesterol, improve arthritis, improve weight loss, decrease inflammation, improve skin, and can help with depression. You were hoping for more?

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



Original Grassroots Campaign

## IT'S OUR RIGHT TO KNOW

CALIFORNIA BALLOT INITIATIVE TO LABEL GMOs IN OUR FOOD

Please consider signing the petition at our office or elsewhere! It is our right to know! Genetically modified (engineered) food is not proven safe. - Dr. Young

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.

**Make sure that I have a copy of your most recent blood tests!**

If you need high quality, very low cost testing for cash, I can provide that.

Everyone - everyone needs to know their **Vitamin D** blood levels. You would be wise to have your blood tested for **Omega 3 oils**. Look at your latest blood work and note your fasting glucose (sugar) level. You need to be between 70 and 90 mg/dL.

## Community of Health Ventura (COHV)

Each second Thursday of the month, 7-8:30 PM I provide a free program on health for our community. You can learn more about COHV at our website. Given that most folks value their health, and don't have enough money to buy treatments for all their ills, and given that you can't buy health, it is a wonderful thing to have your doctor providing free guidance so that you can learn to live healthily and be supported in doing so. You would be wise to make a commitment to yourself now to attend each of our monthly meetings as a part of your plan to stay on track with learning about, and practicing health. The other options are emergencies and diseases. Set an example for your kids?

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. 19 of you have written reviews. Will you take a minute and do this for your doctor and for those who need to find a good doctor?

- 1) Do a Google search for "chiropractor ventura"
- 2) Find our office in the top 6
- 3) Click on the blue link = "19 Google reviews"
- 4) Click on red box = "Write A Review" and write it!

Help others find health!

**From my Blog - <http://dr-kristofer-young-chiropractor.blogspot.com/>**

**Spinal Fusion: a Last Resort** - In the low back, or lumbar spine, spinal fusion is usually a final attempt to stabilize a part of the spine that just won't heal. Sadly, it is common that individuals undergoing this procedure have never been advised to consider their standard American diet (SAD) as a probable contributor or cause of the inability of their spine to heal. Last ditch surgeries are performed commonly before the patient has made changes in his highly inflammatory diet.

The Ventura County Star recently featured a story on failed fusions.

Diet, including components such as sugars, alcohol, and food allergens such as dairy and gluten (protein in wheat) must be discussed with patients. Common foods in the SAD can interfere, in many cases, with the healing of a low back pre or post surgery.

**Prostate Cancer the Ornish Way** - "People often think that advances in medicine have to be a new drug, a new laser, or a surgical intervention to be powerful—something really high-tech and expensive. They often have a hard time believing that the simple choices that we make in our lives each day—what we eat, how we respond to stress, whether or not we smoke, how much we exercise and the quality of our relationships—can make such a powerful difference in our health, our well-being, and our survival, but they often do."

"More recently, Dr. Ornish and colleagues published a randomized controlled trial in collaboration with Peter Carroll, M.D. (Chair of Urology at the School of Medicine, University of California, San Francisco) and William Fair, M.D. (Chair of Urologic Oncology at Memorial Sloan-Kettering Cancer Center, now deceased) showing that the progression of early-stage prostate cancer may be stopped or perhaps even reversed by making similar changes in diet and lifestyle. This was the first randomized controlled trial showing that the progression of any type of cancer may be modified just by changing what we eat and how we live. What's true for prostate cancer may be true for breast cancer as well."

With brilliant healthcare pioneers like Dean Ornish, MD guiding us, I don't even have to write a word for this blog. The two paragraphs above are taken directly from his website: <http://www.ornishspectrum.com/proven-program/>

