

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

June 2012



The Blood Sugar Solution

At our OFFICE for \$25.00

Dr. Mark Hyman reveals 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. 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

Dr. Young Attends International Conference on Cardiology with Dr. Mark Hyman

Dr. Hyman is a doctor that you may have seen on the Dr. Oz show. He is also the Chairman of the Board of the Institute for Functional Medicine, and the author of the NY Times Best Seller, *The Blood Sugar Solution*.



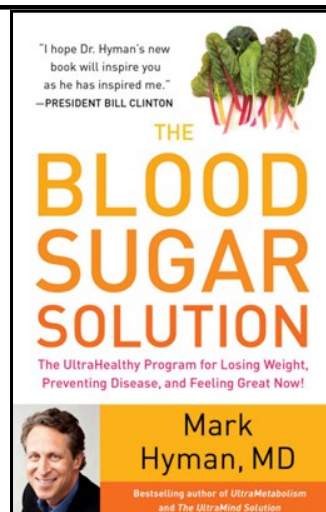
Please watch this one-minute video as Dr. Hyman summarizes the conference that we attended. Go to YouTube or to our site: www.Ventura-Chiropractor.com

World-renowned cardiologists lectured about the relationship between heart disease, diabetes and excess weight. They talked about the roles of diet, food allergy avoidance, exercise, supplements and loving relationships in the treatment of these conditions.

June Vitamin Special \$5.00 off Vitamin E Complex

Vitamin E is a critical antioxidant that protects body tissues from damage caused by unstable substances called free radicals.

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



World-renowned cardiologists lectured about the relationship between heart disease, diabetes and excess weight. They talked about the roles of diet, food allergy avoidance, exercise, supplements and loving relationships in the treatment of these conditions.

Office Calendar

June

Office Closed

11 Monday- Our son, Ken and his new wife, Jenny will be visiting for 2 days. Can't miss this time with them.

Office Open

We will be open all the rest of our regular days in the office.



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



Things Sneak Up On Us

photo by Mike Baird from Flickr

Not unlike rough seas, things can sneak up on us.

Things like heart attacks ... cancers ... dementia ... arthritis ... diabetes ... vision loss ... hearing loss ... dental caries ... divorce.

But do things have to sneak up on us? Is there nothing we can do?

Unlike rough seas, the illnesses and challenges that I have listed above, do not arise suddenly. They take years to develop. So, while it is true that it is risky being alive, we usually have time, and can massively

reduce the risk of these things sneaking up on us by living healthfully.

- First of all, don't try to do this on your own. A buddy system or a health support group are keys to success.
- Begin to learn what foods are harming you, and get rid of them. Dairy? Gluten? Eggs? Corn? Nightshades? Beer? Sugar? Almonds?
- Increase the quantity and variety of the organic vegetables that you eat.
- Take a great multivitamin, some quality fish oil, and some magnesium glycinate.
- Walk, yoga-stretch and meditate 5 times a week.
- Have a blood test for your Vitamin D level.
- Establish a relationship with a doctor who does more than just crack backs or prescribe drugs; one who will teach you, guide you and inspire you on your path to health.
- Commit publicly to a life of health.

Wondering about the divorce part? Well, divorce often sneaks up on us like a heart attack. Better health makes for better mood and behavior, and therefore better conditions for marriage. But if I were you, I would also find a coach to teach you about Nonviolent Communication (NVC developed by Marshall Rosenberg, PhD). The quality of our marriage directly affects our health, and our health directly affects our marriage. The NVC coach that Joanne and I have used, and highly recommend, is Victoria Hodson in Ventura - 805.653.0261 .

A number of **YOU** have written reviews of our practice!

Please write a **Google review of Ventura Chiropractic & Massage!**

You don't have to write a book or a poem; a single sentence will do. Will you take a minute and do this for your doctor, your massage therapist, 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 3
- 3) Click on the blue link = "19 Google reviews"
- 4) Click on red box = "Write A Review"
- 5) sign up for a Google account if you don't have a gmail account, and write it!

Help others find health!

We collected the signatures; over 850 thousand to put it on the ballot! In November we will get to vote for our right to know! Genetically modified (engineered) food is not proven safe. Please talk to others about this issue!

- Dr. Young



Original Grassroots Campaign

IT'S OUR RIGHT TO KNOW

CALIFORNIA BALLOT INITIATIVE TO LABEL GMOs IN OUR FOOD