

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

July 2012



WEIGHING THE RISKS

“(Surgery) has its place. If you can lose weight any other way, try that first.”

Who's eating surgery costs?

When it comes to the cost of bariatric surgery, being poor may not be a help.

Weight-loss operations range from \$12,000 to \$25,000, with private insurance coverage varying from \$500 to more than \$10,000 out of pocket, even for patients in indigent, charity and poor-surgical-risk programs.

“The procedures are covered because losing excess weight improves and may eliminate conditions caused by obesity: diabetes and heart disease. It means fewer people will get sick and fewer people will die,” Wharfside said.

“There's a perception that this is a medical solution to a nonmedical problem,” said Wharfside, adding that the procedures are medical, not cosmetic. “If there's someone out there who wants to go to their 20-year reunion and look nice, we would not be from life to death.”

A 34-year-old Ventura man is suing the 1-800-GUT-IT-OUT marketing campaign, a surgery center and others alleged to have misled him with a large claim regarding the death. The defendant says the claim is false.

A Monterey woman suffered a heart attack that doctors said could have been avoided if she had lost weight, a lawsuit filed in federal court.

“I was very worried because I had a heart attack. I didn't want to go into the hospital,” she said. “I was very worried because I had a heart attack. I didn't want to go into the hospital.”

VCStar.com
Ventura woman prepares for weight-loss surgery.

“I was very worried because I had a heart attack. I didn't want to go into the hospital.”

VCStar.com
Ventura woman prepares for weight-loss surgery.

“I was very worried because I had a heart attack. I didn't want to go into the hospital.”

VCStar.com
Ventura woman prepares for weight-loss surgery.

Ventura County Star - Sunday, June 17, 2012 by Tom Kiskan

Great, needed article, and I am ready to weigh in. But first, I want to be clear that it is not my intention to speak against, nor unkindly toward anyone; those with weight problems (health problems more accurately), those who have had or are considering bariatric surgery, not anyone. Rather, my comments are intended to bring light to the known risks, and to advise those who don't know, that there is enormous evidence that there are better and safer ways for most people to lose weight and become healthy.

(continued on back)

Office Calendar

Office Closed July 4

4 Wednesday- Independence Day

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.

We are often judged by those with whom we associate. It would be an honor to be judged by association with my friend and colleague, Mark Hyman.

July Vitamin Special \$5.00 off Vitamin C

Fruits and vegetables high in vitamin C are associated with a reduced risk of death from all causes including heart disease and stroke. Even small increases in levels of vitamin C in the blood reduced the risk of heart disease and death in healthy adults. ~ One per patient. Not valid with other offers. ~



“I hope Dr. Hyman's new book will inspire you as he has inspired me.”
—PRESIDENT BILL CLINTON

THE BLOOD SUGAR SOLUTION

The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!

Mark Hyman, MD

Bestselling author of UltraMetabolism and The UltraMind Solution

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

WEIGHING THE RISKS

Who's eating surgery costs?

Operations to cure obesity raise questions

Dr. Kenneth Billy and his team use high-definition scopes to see their progress as they perform a Lap-Band surgery at St. John's Regional Medical Center in Oxnard.

Edith Reyes wants to cure her diabetes. The 240-pound Ventura woman dreams of a body and life that will protect her and her four children away from drive-thru cheeseburgers, insulin and cardiologists' tests. Now in size triple-extra-large, she aspires for large, maybe medium.

Her hopes pushed her into a Ventura operating room on Monday. A surgeon stapled her stomach, shrinking it from a football to an egg in a gastric bypass that will be funded by taxpayers. If she can keep off the weight that should melt from her body, her diabetes, asthma and worries about future heart problems may disappear.

"I stopped my medicine already," she said, remembering her mounting fears at the desperation of her act. "I was very worried because of my kids. I didn't want to go into a lot of complications. Thank God everything went fine."

Weight-loss surgery is riddled with controversy and growing medical promise — issues that stretch from life to death.

A Simi Valley man is using the 1600-GET-THIN marketing campaign, a surgery center and others allegedly associated with a Lap-Band and hernia operation that he claims resulted in his wife's death. The defendants say the claims are false.

A Moorpark woman suffered a heart attack that doctors said could have been avoided if she had had bariatric surgery.

VCStar.com
Ventura woman prepares for weight-loss surgery.

Edith Reyes, of Ventura, participates in a Zumba class at the Cabrillo Village community center May 22 as she prepares for gastric bypass surgery.

See SURGERY, 2A
See HEED-CAL, 2A

Dr. Young's comments on bariatric surgery, following publication of "Weighing the Risks" in the Ventura County Star - Sunday, June 17, 2012 by Tom Kiskan

Risks to the individual are substantial. According to the Mayo Clinic, longer term risks and complications of weight-loss surgery vary depending on the type of surgery. They can include:

Bowel obstruction; Dumping syndrome, causing diarrhea, nausea or vomiting; Gallstones; Hernias; Low blood sugar (hypoglycemia); Malnutrition; Stomach perforation; Ulcers; Vomiting; Death (rare).

Additionally, there are risks to our culture by promotion of a fix that doesn't address the cause of obesity, and by the lack of attention to the lifestyle, nutritional, physiologic and emotional causes of obesity.

In my general practice, spanning almost 30 years, I have advised many patients that food allergies often cause weight gain. Removing dairy products from the diet often results in weight loss without counting calories or measuring portions. It is well known that removing gluten (the dominant protein in wheat) from the diet often results in weight loss. It is important to note that the removal of dairy and gluten don't just result in weight loss for many, but also clearly and consistently improve health, energy and mood.

A 32 year-old female patient of mine lost 65 pounds in 9 months when, as I advised, she took gluten completely out of her diet. She had struggled with her weight her entire life.

Most Americans are deficient in vitamin D; the sunshine vitamin. Turns out that low blood levels of vitamin D have been shown to correlate with difficulty shedding unhealthy pounds.

There is no single magic bullet for weight loss (the real goal is getting well, excess fat loss follows), but I can tell you that patient after patient that I treat for weight issues, has never been previously advised that dairy products, gluten and low vitamin D can be powerful factors in weight gain. These are just 3 examples of factors that most obese and overweight individuals have never had the opportunity to consider or to experiment with for themselves.

My friend, Mark Hyman, MD is a world-renowned expert on weight loss through a Functional Medicine approach. His most recent New York Times bestseller is entitled *The Blood Sugar Solution*. If you want to really look at smart and doable ways to lose weight through becoming healthy, please read his book! Dr. Hyman helped President Clinton gain the amazing health that he has today, through this plan.

For me, this discussion of the obesity part of our disease epidemic, is not about who is wrong, bad, or to blame. It is about our mutual future, that calls for us to work together in friendship for our common good, our common health.

From <http://functionalmedicinechiropractor.blogspot.com/>



Thanks for your Google reviews! Keep 'em comin'! Last week a young Irish man traveling in California, took your advice. I was able to help him w/ his severe low back pain so he could fly back home!

For those who haven't yet, will you take a minute and do this for those who need to find a good doctor?

- 1) Do a Google search for "chiropractor Ventura"
- 2) Find our office in the top 2
- 3) Click on the blue link = "19 Google reviews"
- 4) Click on blue box = "Write A Review"
- 5) sign up for a Google account if you don't have a gmail account, and write it!