

# Ventura Chiropractic & Massage

~ Holistic Center for Healthy Living ~

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658-0123

September 2012



## Dr. Young Provides Wellness Program for City of Ventura

On August 2nd, the City of Ventura and Dr. Young launched their pilot Wellness Program for City employees. As a volunteer, Dr. Young will teach 12 biweekly classes, scheduled to end on December 20th. The classes will be held at the City for one hour, for 15 employees.

Topics to be covered in the program are: Vitamins – news to use; Arthritis, Tendonitis, Bursitis – they all hurt!; What's Your Health Plan?; Weight Loss – The Real Story; Your Blood Work – get to know it; Exercise – Really?; Sleep, Rest, Energy and Stress; Relationships, Love and NVC; Heart Disease or Heart Health?; Cancer; and Happy Aging.

Interest in the program was pronounced! Days after the program was announced, two six-month sessions had been filled, and additional employees were left waiting for a proposed 3rd session beginning in July of 2013.

This amazing woman lost 112 lbs. in a little more than a year!!!



**Yes, same woman! And no fake photo editing!**

Weight-loss drugs? Boot camp work-outs? Weight Watchers? Calorie counting? Portion sizes? Vitamins? Hypnosis? Acupuncture? Bariatric surgery? Liposuction? Fasting? Deprivation? The Zone Diet? The Atkins Diet?

**Nope! But I bet you will flip this sheet to find out what did it!**

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

## Write a Google review 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 4
- 3) Click on the blue link = "22 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!

## Lost 112 lbs.

It's actually an interesting story. An acquaintance of hers came to see me first. Her friend removed gluten from her diet, as I had advised her, and lost 20 lbs. in 6 weeks. Seeing the results her friend had, this amazing woman, Molly Wingland, removed gluten from her diet and lost 65 lbs. She was very happy with her weight loss, but had some back pain that she came to see me for. At the beginning of her visit in my office, she thanked me for the weight-loss that she achieved through the advice I had given her friend. As a part of her treatment for her low back pain, I advised her to also stop eating dairy products. Her back pain resolved, and she again began to lose weight. In just over a year Molly lost 112 lbs. by removing gluten and dairy from her diet. She didn't do any of those other things listed on the other side of this newsletter. Molly is one of the biggest losers, and one of the biggest winners!!!



Could you lose unhealthy weight by removing dairy and gluten from your diet? **Warning** - some individuals will need the guidance of a knowledgeable doctor, like myself, to obtain excellent results.

## On the November 6 ballot we get to vote on Proposition 37.



A YES vote will give us our Right to Know whether there is genetically engineered plants or animals in our food. I want to know what is in my food, and I don't want to be eating GMOs. Please educate yourself and understand the risks for our children and ourselves.

## What's a Real Doctor?

My current definition of a "real" doctor would be a person who: is positive, is intelligent; is caring; listens; views the world, patients, and conditions holistically; realizes that the most powerful and sustainable factor in health is lifestyle; has developed a personal philosophy of how best to benefit humanity; believes, and acts in ways that demonstrate a commitment to care-for-patients being first and income being second; committed primarily to helping patients successfully care for themselves, rather than just selling treatments (e.g. spinal adjustments, drugs, surgeries, needling); understands that the true meaning of science is much more than a simple, single-variable study (as customarily used with drugs); and has a healing affect.

Real doctors are not limited by degree: DC, DDM, DO, DPM, DVM, LAc, MD, ND, OMD, etc...

## Office Calendar

**Thursday, September 21**

International Day of Peace

**Saturday, September 29**

Joanne will be in the office doing massage. Dr. Young will be away at a Lifestyle Medicine Summit.

**Saturday, November 3**

Office closed - we will be in Texas for nephew, Ian Young's wedding

**Tuesday, November 6**

Election Day

## September Vitamin Special \$5.00 off Multivitamin

The Big One - regularly \$28 -  
now \$23

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

