



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

November 2012

Office Calendar

Regular office hours in November

November Vitamin Special



\$5.00 off UltraMeal & UltraMeal Bars

Great meal or snack with vitamins, minerals and protein (non-GMO soy or rice protein)

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



Diabetes and Foods

Eat a gluten-free diet for type 2 diabetes and celiac disease

Natural News.com Friday, June 01, 2012 by: Sarka-Jonae Miller

"New research finds that almost one in four adolescents in the United States have diabetes or pre-diabetes,

according to The New York Times. These are not children with juvenile diabetes but full-on type 2 diabetes. More than 25 million adults already have diabetes and 79 million may have prediabetes, yet few people consider a diabetes diet. There is a definite correlation between diet and diabetes symptoms. Studies suggest that eating a gluten-free diet without dairy could be good for diabetes and celiac disease, a condition characterized by an allergy to gluten.

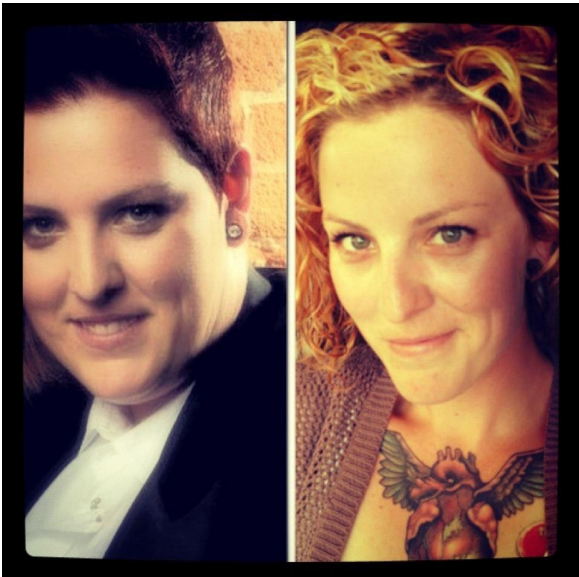
... a study published in Diabetologia journal reports that diabetics should consider a gluten-free diet too.

The study observed people with type 2 diabetes on the Paleo diet versus the Mediterranean diet. The Paleo diet calls for no grains, no dairy, no salt. It recommends fruits, vegetables, nuts, seafood and lean meats. The diet is based on how early man ate and discourages any processed foods. The Mediterranean diet also allows fruits, vegetables, seafood and lean meats. The main difference is that the Mediterranean diet recommends unrefined grains, such as whole grain products. A little dairy is also acceptable on the diet.

The results of this study found that people on the Mediterranean diet had very little, if any, improvement in diabetes symptoms. The group who followed the Paleo diet experienced a reverse in diabetes symptoms, showing a clear correlation between a gluten-free diet and diabetes."

Comment by Dr. Young: It does not appear to me that the gluten-free aspect of the diet was necessarily what caused the benefits to these diabetics. As stated, the paleo group avoided all grains and dairy. My advice to diabetics is to experiment with a paleo diet and find out if you are sensitive to gluten. Remember, type II diabetes can be cured in most people. Be safe, not sorry. If you need guidance, make an appointment to see me.

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



112 lbs. in 14 months You ready for a change?

**Yes, same 38 year-old woman!
And no photo editing!**

No drugs, surgery, boot-camp workouts, dieting, calorie counting, or portion sizing!

My patient, Molly Wingland, removed gluten and dairy from her diet and lost 112 lbs. She didn't do any of those other things listed above. Molly is one of the biggest losers, and one of the biggest winners!!!

Most people lose unhealthy weight, simply by doing a trial removal of all dairy and gluten from their diets!

Warning - some individuals will need the guidance of a knowledgeable doctor, like myself, to obtain excellent results.

Either way, you know that your excess fat puts you at risk for every disease that you don't want. Together we can change that. Let's get started!

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...



Dr. Young Provides Wellness Program for City of Ventura

On August 2nd, the City of Ventura and Dr. Young launched their pilot Well-

ness 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.