



# 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**

**December 2012**

## Office Calendar

Limited office hours

Mon the 24th

Wed the 26th

Mon the 31st

Call for appointments

## December Vitamin Special



**\$5.00 off  
Vitamin B  
Complex**

Vitamin B Complex supports and increases the rate of metabolism, maintains healthy skin and muscle tone, enhances immune and nervous system function, and promotes cell growth and division, including that of the red blood cells. B Complex is often referred to as the "stress vitamin" due to its benefits and the greater need when one is under stress.

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

## How to End Migraines

You remember my friend, Mark Hyman, MD? Take a look at what he has to say about migraines.

"One was a physician from the Mayo Clinic, the Mecca of conventional medicine. This woman had severe, disabling migraines that made it nearly impossible for her to function at work. She depended on oxycodone (a strong morphine-like narcotic) and Zofran (a powerful anti-nausea drug used for chemotherapy patients). She had seen every specialist at the Mayo Clinic and had traveled far and wide to other top neurology headache centers but never found relief. ... So I put her on high doses of magnesium and cleaned up her diet. Within a couple of days, she was migraine free and never had another migraine." (Sound familiar?)

Read the whole story at:

<http://drhyman.com/blog/conditions/how-to-end-migraines/>



## 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.

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



## 112 lbs. in 14 months Are you ready to lose weight and feel great?

**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!

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.



## 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.