



# 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**

**January 2013**

## Office Calendar

Office closed Mon the 21st -  
Martin Luther King Day

## January Vitamin Special \$5.00 off Any supplement!



One per patient. Not valid with other  
offers. ~

## Joanne and I would like to wish you a Happy & Healthy New Year !!!

You probably don't believe that happiness and health are born primarily of good wishes. We don't either. We also know that happiness comes more easily when one is healthy.

Those of you who have been with us for years, you know that I (Dr. Young) am constantly trying to improve on how I help you to be well. We all know that plans, not good wishes, are keys to health.

While I have been, for years, encouraging each of you to create a personalized written health plan, I don't feel I have done quite enough. So, I have created a one-page template that you can use to start your own written health plan, and I have **printed it on the back of this newsletter**. It can also be found on our website under 'Forms'.

Please consider beginning one now, or adding to your existing health plan. I ask that each of you bring either this blank plan outline, or your own written plan to each office visit that you have with me. Your plan will help me be aware of your current and chronic conditions, your self-care efforts, testing you have had done, and the treatments you have received. Together we start a new year; let's make it a healthier and happier year!

## Personalized Lifestyle Medicine Institute

## Big Honor for Dr. Young in 2013

Dr. Young has been invited to write articles for, and provide expert opinion on lifestyle medicine for the brand-new Personalized Lifestyle Medicine Institute when it launches its website on February 1st this year!

Founded by Dr. Jeffrey Bland, the founder of the Institute for Functional Medicine, the PLMI's mission is to reduce the global burden of chronic ill-

ness through the incorporation of personalized lifestyle medicine in the delivery of health care.

The PLMI will be a global leader in the development of the understanding of the disease linkage between genes and environment, and will provide leadership in the management of chronic illness by synthesizing the latest information related to the science of individualized health promotion, disease prevention, and early intervention associated with lifestyle and environment-related illness. The PLMI will increase the understanding and dissemination of authentic and emerging information related to the biological, social, and environmental sciences to enable better medicine and empower patient awareness. The objective of the PLMI is to build a community of networked users with diverse perspectives and technical expertise, and act as a dynamic and continuously evolving forum for exploring diagnostics, therapeutics, and new insights into disease prevention.



Dr. Jeffrey Bland

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