



Ventura Chiropractic & Massage

~ *Holistic Center for Healthy Living* ~

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658-0123

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Our third grand-child is due on March 17th!

The Blood Sugar Solution Cookbook by Mark Hyman, MD

Available now in our office for \$20!!! Cover price is \$29.99 + tax.

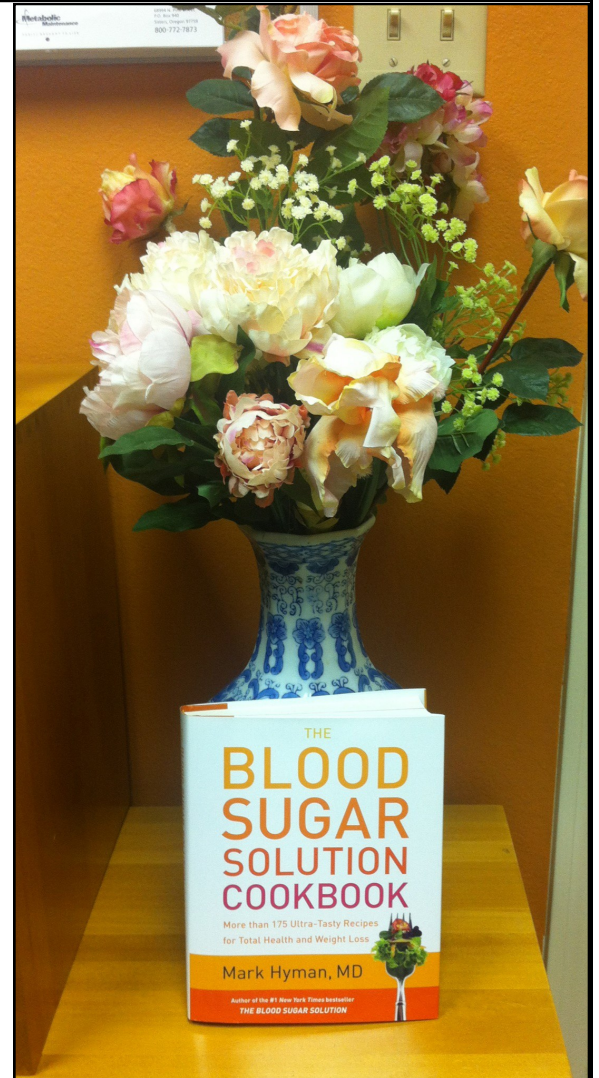
Want to: eat healthy, show your kids healthy eating, lose weight, unbecome diabetic, reduce cancer risk, reduce heart risk, improve mood?

Could you use a lot of guidance for navigating dairy-free and/or gluten-free living?

Whatever your needs, Dr. Hyman has created just the cookbook to help you on your healthful path!

Add this to your kitchen!

Dr. Young :)



March Vitamin Special \$5.00 off



Fish Oil!

One per patient. Not valid with other offers. ~

A Health Plan You Can Afford !!!

Let me cut to the chase. 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. It can be found on our website under 'Forms', and is called "My Written Health Plan".

Please consider beginning one now, or adding to your existing written 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 let's make a healthier and happier life! ~ Dr. Young

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

You and your family need to have your Vitamin D levels tested!!!

Go to my website and search for Vitamin D.
<http://Ventura-Chiropractor.com>

Go to the Vitamin D page and see that you can be tested with a simple finger-stick in your own home for \$65 or less!!!

I took kits to New York years ago to test my daughter, son-in-law, and my two grandkids (ages 3 and 5). Not a single tear was shed. The two grandkids were very low, son-in-law at the bottom end of OK, and my daughter was in an OK range.

Remember that Vitamin D is cancer protective.

If you are a patient in our office, and you are OK with a regular blood draw, I can order the test for you in Ventura for \$50 cash.

Dr. Young

Join the ^{vitamin}**D·action** Coalition to **PROTECT OUR CHILDREN NOW!**

What's the Problem?

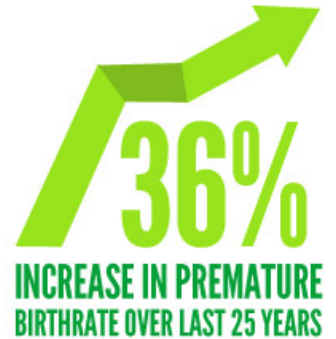
The US premature birthrate has risen 36% over the last 25 years. Over half a million preterm births happen in the US each year; it is the number one killer of newborns and the second leading cause of death in children under 5

Vitamin D could prevent 50% of preterm births, and cut the risk of preeclampsia, gestational diabetes, and prenatal infections in HALF

More than 80% of pregnant women are deficient in vitamin D, and these women are five times more likely to give birth to a deficient baby than mothers with adequate levels

Nearly every baby born to a mother getting only the recommended daily dose of vitamin D (400 IU/day) is born deficient

Routine screening is a simple and necessary step to preventing vitamin D deficiency, solving this epidemic, and protecting our children NOW and in future generations



GREAT GIFT IDEAS!

Whether it's a birthday, Mothers' Day, Fathers' Day, or just a way to show your love and support, don't forget how

much people love massage. You'd love one! Right?

Lots of people don't think to spend money on their own health. But, if you gave a certificate for a chiropractic adjustment, you can bet you'd be thanked!

Vitamins can be a welcome gift! You can make it possible with a gift of health!

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/>

