

Ventura Chiropractic & Massage

~ *Holistic Center for Healthy Living* ~

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658-0123

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Google+ Review #30

Google reviews tell the world about ones experience with a business. Here is the most recent review of me: "Dr. Young is the best physician I have ever met, hands down. He understands the human body and the pathologic basis of disease at a much deeper level than the majority of MDs in practice. The best part of seeing Dr. Young is not necessarily the great treatment you receive while you are there, but the plan he helps you develop to live life to its fullest long after you leave the office. He is not only a skilled doctor but a shining example of what all humans should aspire to be - loving, caring, and compassionate. I highly recommend Dr. Young for anyone suffering from any kind of ailment - you will be amazed what you can learn from him in a single session. - Michael Martinez, D.V.M.



What Can We Say?

On March 26th Adalina Sky Young, our new granddaughter came into this world!!! Our daughter-in-law, Jenny, and our son Ken, couldn't be

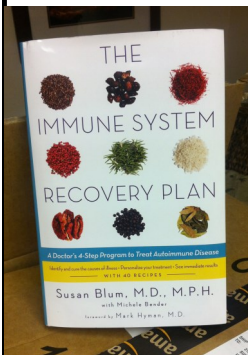
happier! Jenny and Ken had invited Joanne to be at the birth and to stay for 2-4 weeks after the birth to be a support and guide. Joanne has many years of birthing experience, and Jenny reports that Joanne was a great coach! This has been a close and special time for our family!

Adalina weighed 7 lbs 10 oz. and was 22 inches long. Within minutes of her birth, she proved that she was a champion nurser!

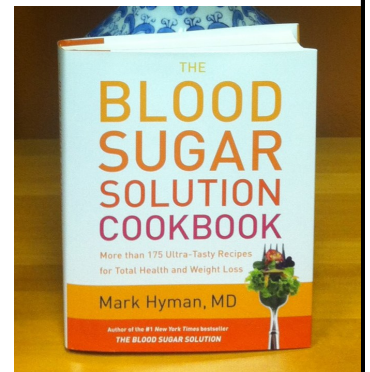
Dr. Young gets to fly to New York to meet Adalina and be with the family for a week on 4/6. :)



You Might Think We Are a Bookstore



But, no. Drs. Blum and Hyman are brilliant functional medicine doctors that I know and trust. When they write books that answer your questions and needs, I try to make them available. The Blood Sugar Solution Cookbook is now available in our office for \$20 (cover price \$29.99 + tax). It is a great-food, and mostly gluten-free, dairy-free cookbook. The Immune System Recovery Plan is \$25 here (cover price \$27.99 + tax). If you have thyroid problems, fibromyalgia, arthritis, or unexplained pains or symptoms that may be due to autoimmune disease, this book is for you!



April Vitamin Special \$5.00 off



Quercetin for Allergies!
One per patient. Not valid with other offers. ~

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?

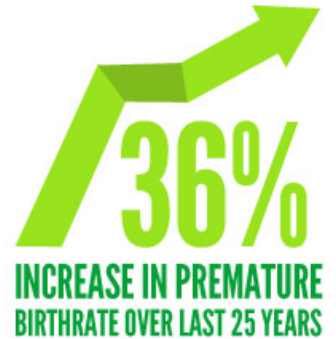
The US premature birthrate has risen 36% over the last 25 years. Over half a million preterm births happen in the US each year; it is the number one killer of newborns and the second leading cause of death in children under 5

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/>

