



Ventura Chiropractic & Massage

~ *Holistic Center for Healthy Living* ~

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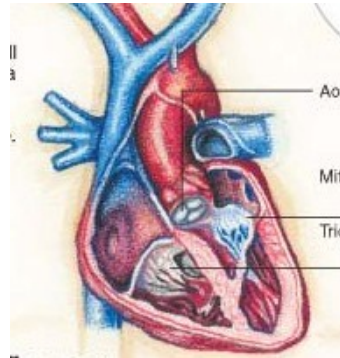
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May 2013

Heart Surgery 2nd Opinion from Dr. Young

Recently a 69 year-old man came to see me to get a second opinion about heart surgery, placement of a coronary stent, that he had been advised to have. The fact that this man came to see a functional medicine chiropractor for an opinion about heart surgery is testament to the fact that our culture, healthcare in America, and my practice have come a long way in the last 30 years!

Why would one ask a chiropractor about heart surgery? If the chiropractor were a chiropractor who focused excessively on the spine, other hand, the chiropractor were a functional medicine chiropractor who recognized that the heart is not an island unto itself, but rather a functioning part that is shaped by the condition of the rest of the body, then a second opinion from a chiropractor would make sense.



Keep in mind that medical science has shown that the most effective treatment for coronary artery disease is lifestyle improvement plus group support. Drs. such as Dean Ornish, Mimi Guarneri, and Steven Gundry have proven this effectiveness.

It can be difficult for patients to find doctors of any kind that can and will knowledgeably support them in regaining their health through safe and proven lifestyle therapies. I am glad that more Americans are studying and thinking for themselves regarding their health. And I am glad that I am visible enough on the Internet and in our community that this gentleman knew to call me. As you would suspect, I did not advise this gentleman about specifics regarding stents; because I am not informed. I did talk with him about the critical nature and proven effectiveness of lifestyle medicine in the treatment of cardiovascular disease.

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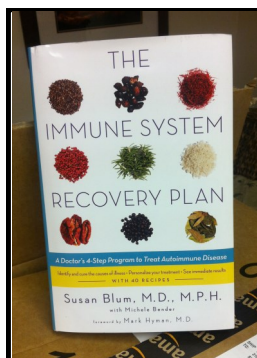
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May Vitamin Special \$5.00 off 12 UltraMeal Bars

High quality, nutritious, protein, energy bar. Dairy-free and gluten-free. Rice or soy. Great for a snack or a meal!



One per patient. Not valid with other offers. ~



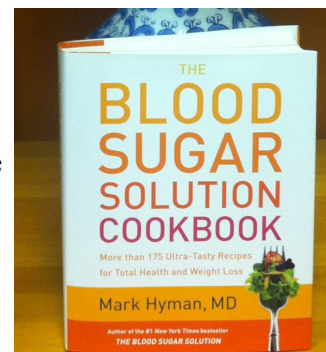
Autoimmune Disease ~ Blood Sugar Problems

You Might Think We Are a Bookstore

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 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!

The Blood Sugar Solution Cookbook is now available in our office for \$20 (cover price \$29.99 + tax). It is a delicious-food, and mostly gluten-free, dairy-free cookbook.



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



Review #30

Google reviews

tell the world about ones experience with a business. Here is a 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.



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! Adalina weighed 7 lbs 10 oz. and was 22 inches long. :)

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/>

