

Ventura Chiropractic & Massage

~ Holistic Center for Healthy Living ~

Kristofer Young, D.C. & Joanne Young, CMT

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658-0123

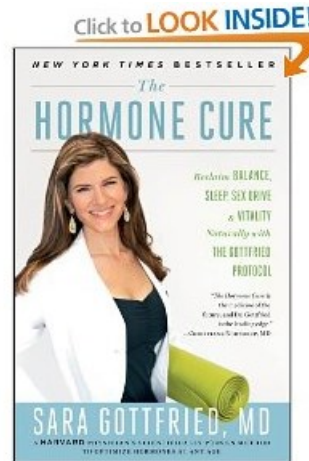
July 2013

Amazing Functional Med Psychiatrist

Kelly Brogan, MD ~

"I see women with debilitating anxiety, hyperarousal, insomnia, paranoia, suicidality, obsessions, intrusive rituals, and anorexia. I can offer them the option to take a medication, likely

laced with unstudied artificial dyes and preservatives, with largely pharmaceutical data for its efficacy and risks of short and long-term side effects, or we can work to uncover what is keeping their body in this state of sickness. Bodies want to heal. Toxic environments, diets, and stress get in the way and conspire with genetic vulnerabilities in an undercover operation called epigenetics. While it may feel like the sky is falling when we think about how bombarded we are, as a race, by the unintended consequences of our technological progress, I am here to argue that the sky only keeps getting bigger."



Amazing Functional Med OB/GYN!!!

I learned of Dr. Gottfried when my mentor, Jeffrey Bland, PhD, interviewed her in March on his monthly audio series, Functional Medicine Update. She is a brilliant doctor who connects with people. She is not all about drugs/hormones. She focuses, as do all Functional Medicine doctors, like yours truly, on the

causes of conditions and the safe, rational and effective ways of regaining health and balance! Buy The Hormone Cure at our office for \$25 total.

"I'm a gynecologist, but I don't treat problems. I don't even treat symptoms: I specialize in root cause analysis because I know – and evidence shows – that the greatest health transformations are triggered when you address the root cause, not the signs." ~ Sara Gottfried, MD

Got Your Own Health Program All Worked Out? No? Dr. Young to offer Wellness Support Group in 2014

I am planning a support group that I will run in 2014 called "Together Toward Health".

Here are factors I am considering:

1. max 20 members
2. meet one night every 2 weeks for 2 hours throughout 2014
3. commit to, and pay for the year in advance
4. \$20 per person per gathering
5. for those who want support in practicing health
6. for those who want to learn more about themselves and health

This African proverb is apropos; "If you want to go fast, go alone. If you want to go far, go together." I also recognize that we are all in the same boat. Please let me know if you are interested in being in the group, or have thoughts about it. One person has already signed up for the group! We have an interesting and valuable year ahead! :)



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

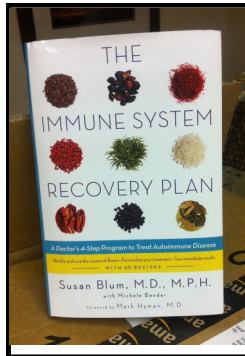
Google+ Review by

Amy Tomhave-Cornell



Doctor Young is a gifted chiropractor who knows how to help his patients find the relief they need when coming to his

office. But he is much more than that. He is a partner in the health and wellbeing of his patients. His commitment to all of us is evident. He is always learning about the ever evolving science behind care of the human and always eager to tell us what he is learning and how we can make changes in our lives in order to live better. When I leave his office not only does my back/neck/insert name of ailing part feel better, the rest of me feels better as well. And his wife Joanne is absolutely fabulous as well!



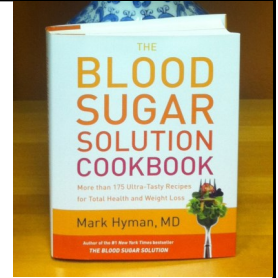
~ Autoimmune Disease ~

Dr. Susan Blum is a brilliant functional medicine doctor! Patients are raving about this book!

The Immune System Recovery Plan is available here in our office for \$25 (cover price \$27.99 + tax). If you have thyroid problems, fibromyalgia, arthritis, depression, weight-gain, or unexplained pains or symptoms that may be due to autoimmune disease, this book is for you!

Blood Sugar Problems?

Diabetic, pre-diabetic, over-weight, or just looking for a great cookbook to help you get healthier or eat healthier? 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.



July Vitamin Special

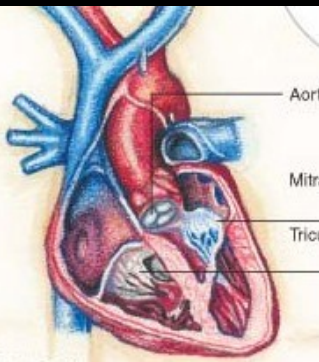
Vitamin C Save \$5.00 ~ now \$14.00



Fruits and vegetables high in vitamin C are associated with a reduced risk of death from all causes including heart disease and stroke. Even small increases in levels of vitamin C in the blood reduced the risk of heart disease and death in healthy adults.

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

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, that would be a good question. If, on the 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 us 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.