

# 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**

**August 2013**

## OUR VITAMINS DELIVERED w/ FREE SHIPPING

Finally, we have an online store for your Mag Glycinate, and all other Metagenics products! You can have supplements shipped anywhere in the US. You can even order and ship products to your family and friends!

### Our online store can be found at:

<https://venturachiropractic.mymetagenics.com/>  
use Coupon Code ALL30 to get our great prices!!!

**FREE SHIPPING** is provided if your order totals more than \$101. If you sign up for recurring orders (order one or more products every one, two, or three months) you get **FREE** shipping. An **EXCEPTION** to free shipping occurs when your order includes any refrigerated product; a \$3.50 refrigeration fee is applied.

### GREAT PRICES

- continued on back page -

my **Metagenics**

Store

Practice Info

Create Account | Login

Cart (0 Items)

site search

Search

Welcome to VENTURA CHIROPRACTIC & MASSAGE'S online Metagenics Store! -----  
New? Click "Create Account" in upper right.  
Returning? Click "Store" - top center.

## Amazing Functional Med Psychiatrist

Kelly Brogan, MD ~

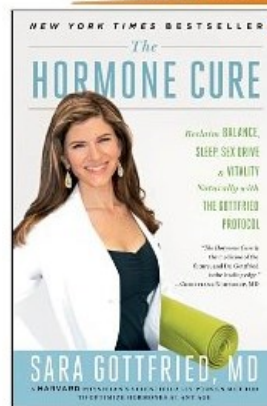


"I see women with debilitating anxiety, hyperarousal, insomnia, paranoia, suicidality, obsessions, intrusive rituals, and anorexia. I can offer them the option to take a medication, likely laced with unstudied artificial dyes and preservatives, with largely pharmaceutical data for its efficacy and risks 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 under-cover 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."

cial 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 under-cover 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!!!

Click to **LOOK INSIDE!**



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 re-

gaining 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**

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

## VITAMINS DELIVERED

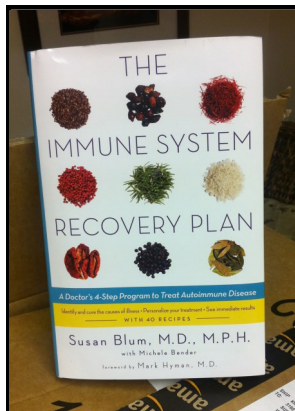
- continued from front page -

To receive our great prices on your entire purchase, enter ALL30 in the Coupon Code space on the check-out form. Due to the design of the online store, we are unable to set all product prices to match our in-office prices; some are the same, some less, and some more. They appear to even out.

### GREAT PRODUCTS including your MAG GLYCINATE

The Metagenics products that we carry in the office, and most commonly sell, are Mag Glycinate, OmegaGenics (fish oil), UltraFlora Plus (probiotic), UltraMeal Rice and Soy meal replacement powder and bars, and UltraClear (detox formula). You now have access to these and all of the Metagenics product line! You will notice that this store is only for Metagenics products and not for the other three vitamin lines that we carry.

Our new online store will help more of you maintain your health, and make quality, affordable, nutritional supplements easily accessible! ~ Dr. Young



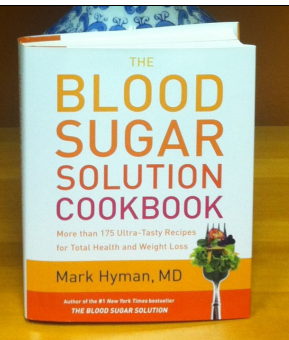
## ~ Autoimmune Disease ~

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.



## August

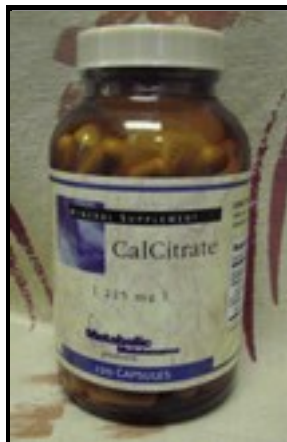
Vitamin Special

## Calcium Citrate

Reg \$18 ~ Save \$5.00 ~ now \$13.00

Bone health and more.

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



## 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! :)