



Ventura Chiropractic & Massage

~ *Holistic Center for Healthy Living* ~

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658-0123

April 2014

I am Not a Chiropractor ... Entirely

I've been thinking about this a lot. While I used to be a chiropractor, it is clear to me that now I'm only part chiropractor.

Don't be misled, I am proud to be a chiropractor. I love that part of me.

The schism occurred between our culture's understanding of chiropractic, and my own professional life in the healing arts.

The chiropractic profession was founded in Davenport, Iowa in 1895. The central thesis of its practice was that the function of the spine directly influenced the function of the rest of the body, and the central therapy was spinal manipulation. Though not as well known, chiropractors have historically also provided patients with physical therapy, laboratory testing; and lifestyle, exercise, and nutritional counseling.

Chiropractors are licensed in all 50 states and are only limited in our scope of practice in that we cannot perform surgery nor prescribe drugs.

While many satisfied patients in the last hundred years have directly experienced, and known the benefits of chiropractic care for problems such as constipation, menstrual cramps, allergies, and elevated blood pressure; the more obvious cures were of back pain, neck pain, sciatica and headache. Understandably, what stuck in our cultural mind was that chiropractors are back doctors, the treaters of musculoskeletal complaints.

From the day that I opened my practice in 1983 I wanted to treat both musculoskeletal and other conditions. In the first few years I had the opportunity to treat 2 insulin-dependent diabetics, who within 2 weeks of beginning spinal manipulation, had to reduce the amount of insulin that they were injecting by 50%. Years later I successfully treated a 19-year-old woman with ankylosing spondylitis who had been in and out of a wheelchair, and had been told that she would be on drugs for the rest of her life.

I have always loved relieving back pain, neck pain, and headaches, but have continued to be drawn to a deeper

- continued on back -



Can't Get Enough?

If you would like to see my daily comments about health, the state of the world, politics, and my family, come find me on Facebook. Look for Kristofer Young DC. Share the good!



April Vitamin Special Quercetin Save \$5.00

Quercetin is a non-drug treatment for allergies, without the negative drug effects. It is a natural anti-histamine, and anti-inflammatory.

Quality at a great price! ~ One per patient. Not valid with other offers.~

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

Not A Chiropractor

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involvement with patients. I have also been driven by the unmet health needs of our community, our nation, and our world that cry out for doctors who are willing and able to apply a Functional Medicine, or holistic approach to patient care.

This last month I was rewarded and fulfilled to treat an eight-year-old with excessive weight gain (unresolved medically), an adult female with severe ulcerative colitis (unresolved medically), and a two-year-old with ADHD (unresolved medically).

Thank goodness some people know that I am not a chiropractor ... entirely.

Wish you'd made a New Year's Resolution?

Join Dr. Young's Wellness Support Group — Together Toward Health

If you need just a nudge to join our group and make the commitment to your health and the health of your family, note that Thomas A. Sult, MD, author of "Just Be Well"

<http://justbewell.info/> likes the idea of my Wellness Support Group. He thinks it could benefit you.

"I consider Dr. Young a close personal friend. He is also the person who introduced me to functional medicine chiropractic. I have found him to be gentle, genuine and relentless in the pursuit of YOUR health. My life is better because I know Dr. Young. I believe yours will be too." ~ Thomas A. Sult, MD

Read about the group at: <http://www.ventura-chiropractor.com>

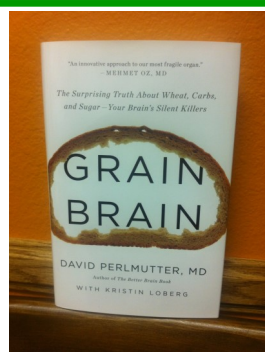
There is a link on the home page to the page about the group.

Call 658-0123 to sign up!

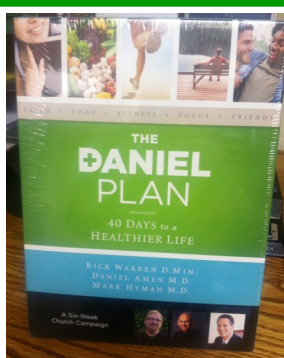


Love to save \$15 on a massage?

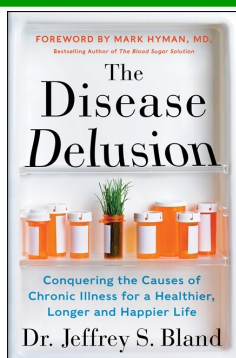
Every now and again, Jo has a cancellation or an open appointment time that needs to be filled quickly. Call and give her your e-mail address and she will contact you when an opportunity comes up! Call 658-0123 day or night and talk with her or leave a message!



\$23



\$23

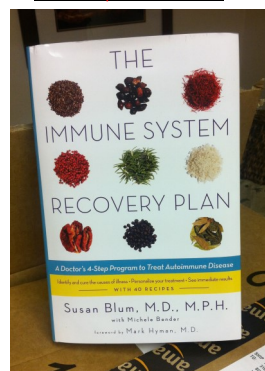


\$27.00

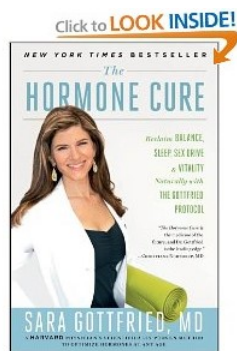
Ventura Chiropractic & Massage Bookstore

Six of the eight of these titles were written by friends of mine. We try to keep these in stock for you. Buy one for yourself or for a loved-one! Learn more, feel better!

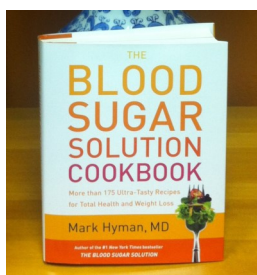
Dr. Young :)



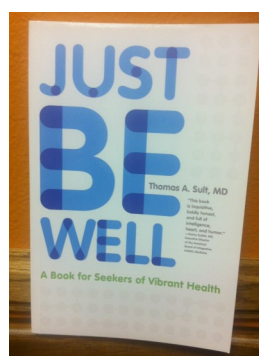
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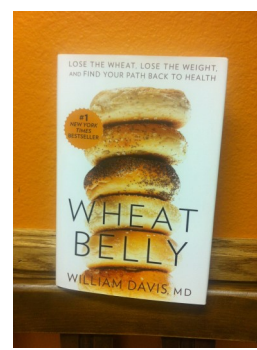
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