

# 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

May 2014



## Chiropractor Saves Taxpayers 30 Thousand Dollars

Don't laugh yet. "The sustained increase in U.S. health spending over the previous four and half decades is likely to continue, and total spending on health is projected to reach \$4 trillion, 20% of GDP, by 2015." <sup>(1)</sup>

The story starts in April of 2013 when a 69 year-old man came to see me for a second opinion about whether or not to have heart surgery; placement of a coronary stent. The patient already had 2 coronary stents, and had recently been advised by a cardiovascular surgeon to have a third.

You might ask why a patient would cardiologist, a non-surgeon, a non-about heart surgery. And if the chidused excessively or exclusively on good question. If, on the other a functional medicine chiropractor heart is not an island unto itself, of the whole that is shaped by the body, then a second opinion from a sense.



ask a chiropractor, a non-MD for a second opinion ropractor were one who fo-the spine, that would be a hand, the chiropractor were who recognized that the but rather a functioning part condition of the rest of the chiropractor would make

The patient came looking for an alternative to surgery; he found much more.

**Background:** Medical science has shown that the most effective and cost effective treatment for coronary artery disease is lifestyle improvement plus group support. The research and clinical experience of Drs. Dean Ornish, Mimi Guarneri, Steven Gundry, Trent Orfanos (three of them cardiovascular surgeons) and others have proven this effectiveness. Unlike surgery, which offers a partial, temporary repair of part of an artery, lifestyle medicine reverses the disease. Surgery offers something to the heart; lifestyle heals the heart and improves the health and function of the entire body.

Just so you won't worry, I did not advise my patient to not have heart surgery; I am not that foolish, nor unaware of the responsibilities of being a doctor.

Five minutes into the consultation, I asked my patient and his wife if they recalled having heard the name Dean Or-nish during their conversations with the surgeon who placed the first stents, or the second surgeon who had just

-continued on back -

### 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!



### May Vitamin Special UltraMeal Bars Save \$5.00 on a box of 12 bars

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

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

## Chiropractor Saves Taxpayers 30 Thousand Dollars - continued

recommended additional surgery. Neither had any recollection of having heard Ornish's name. I told them about the Ornish Program for Reversing Heart Disease (also known as the Multisite Cardiac Lifestyle Intervention Program, the Multicenter Cardiac Lifestyle Intervention Program, and the Lifestyle Heart Trial Program) which was initially described in the 1970s and incorporates comprehensive lifestyle modifications including exercise, a low-fat diet, smoking cessation, stress management training, and group support sessions. The program is covered by Medicare. <sup>(2)</sup>

The second opinion that I gave was that he should consult with a doctor having extensive experience with the Ornish Program to determine if he was a candidate. The very fact that he had not been advised that surgery was urgently needed, suggested that in all likelihood he would be a perfect candidate for the Ornish Program.

Now back to the \$30,000 <sup>(3)</sup> and taxpayers. According to an August 2013 article in the New York Times <sup>(3)</sup>, the placing of a stent — often called a percutaneous coronary intervention, or angioplasty, “typically costs around \$30,000”. Given that the incidence of coronary heart disease increases with age, much of the financial burden of the “more than half a million” <sup>(4)</sup> a year of these surgeries is borne by Medicare; therefor, by you and me, the taxpayers.

If both doctors and patients informed themselves of the effectiveness and affordability of lifestyle medicine for most illnesses, as compared with surgeries and drugs, maybe we wouldn't end up spending \$4 trillion on disease care in 2015.

The second opinion that I provided to this patient was a large gift to him, and a small but important gift to America.

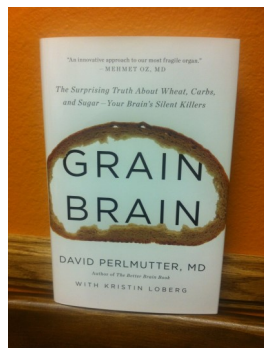
- 1) <http://aspe.hhs.gov/health/reports/08/healthcarecost/report.pdf>
- 2) <http://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=341&ncdver=1&bc=AAAAQAAAAAA&>
- 3) [http://well.blogs.nytimes.com/2013/08/15/heart-stents-continue-to-be-overused/?\\_php=true&\\_type=blogs&\\_r=0](http://well.blogs.nytimes.com/2013/08/15/heart-stents-continue-to-be-overused/?_php=true&_type=blogs&_r=0)
- 4) <http://www.healthimaging.com/topics/womens-health/aha-adjusts-angioplasty-stats-lower-annual-figure>

Dean Ornish, MD - <http://www.ornishspectrum.com>

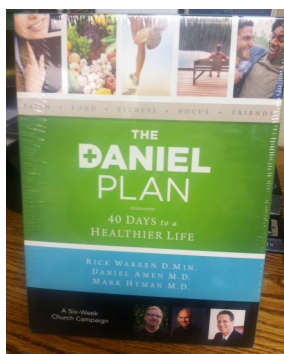
Mimi Guarneri, MD - [http://www.mimiguarnerimd.com/scripps\\_center.php](http://www.mimiguarnerimd.com/scripps_center.php)

Steven Gundry, MD - <http://www.drgundry.com>

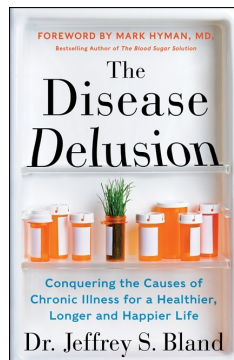
Trent Orfanos, MD - <http://plmitestsite.com/a-cardiologist-finds-functional-medicine>



\$23



\$23

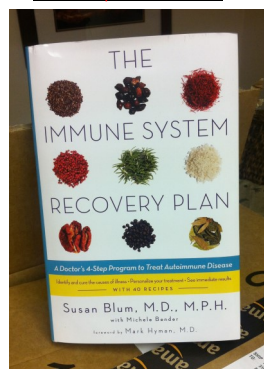


\$27.00

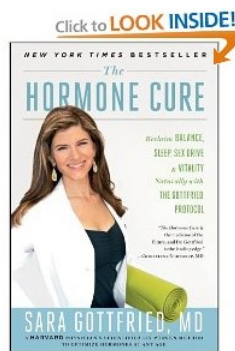
### Ventura Chiropractic & Massage Bookstore

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!

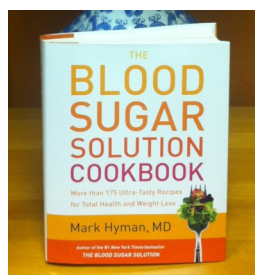
Dr. Young :)



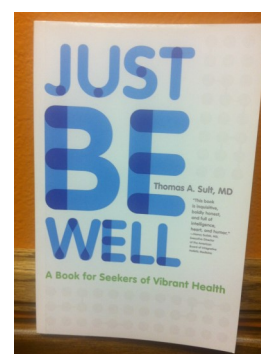
\$25



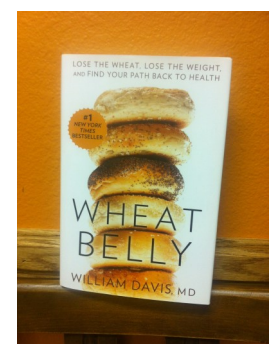
\$25



\$20



\$25



\$20.00