



**A Great Marriage of  
Chiropractic & Massage**  
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and Jo Young, CMT

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Our website is newly expanded and improved!!! Check it out! These quarterly newsletters are now on our site and can be e-mailed to others. Please e-mail me with suggestions for improvement and/or additions. Help me make our site valuable to you, your family, and the world.

[www.ventura-chiropractor.com](http://www.ventura-chiropractor.com).

Dr. Young

## Office Hours

Mondays 9-12 and 3-6  
Wednesdays 9-12 and 3-6  
Saturdays 9-12 and 1-4

## Calendar

- May 9th Wed—Dinner with Dr. Young—Vta.
- May 22-29 Office Closed—Functional Medicine Symposium
- June 13th Wed—Dinner with Dr. Young—Ojai
- July 11th Wed—Dinner with Dr. Young—Vta.
- Aug 8th Wed—Dinner with Dr. Young—Ojai

Go to our website at:

[www.ventura-chiropractor.com](http://www.ventura-chiropractor.com) and see our CALENDAR page. We provide you with advance notice of when we will be out of the office, and when special events are happening.

## What's Dr. Young up to?



- As you know, I recently bought a bicycle. I got it to improve my health through greater physical activity and to cut down on my use of our car driving to Ventura from our home in Oak View. Well, today (4/3/01) I rode to Ventura for my third time. It is a great ride! The first time it took me 1 hour and 45 minutes. The next 2 times it took me an hour and 15 minutes. The above photos show my trip; leaving home, stopped to watch a stone sculptors (Victorine Hinger & Ian Knife), coming home on the bus. I'm not ready for a round trip yet. :)
- I don't think that there is question in your mind, but once a year is not too often to restate my ongoing commitment to you. I care about you; your health and your feelings! I will continue to focus my energy each day to be the best doctor and friend to you that I can be. I will continue to work with you to bring health, peace, and love to all people. *(continued on back)*

## Organic healthy food



- Please visit my website, [www.Organic4Life.net](http://www.Organic4Life.net). It is a local resource for organically grown food and for organic products. Please let me know of sources that should be added.
- Soup for the Soul, a benefit for Green Cure, Inc and Kids' Arts was a big success. If you are interested in organic community gardening, visit [www.greencure.org](http://www.greencure.org).

*(continued on back)*

## Feedback from a patient



Hi! I enjoyed reading your newsletter. It amazes me to read about dairy and the effects of dairy products on diabetes. I tell my co-workers that I no longer consume dairy or wheat and now I am totally restricting my diet of sugar and eggs. I tell them how you have inspired me to gradually omit these reactive foods from my diet. I feel great and have lost weight. They ask me, "Who is your chiropractor?" I always give them your name and tell them what an inspiration you are to me.

I went shopping the other weekend and I purchased a pair of pants the same size I always do, knowing very well they will fit. I got home and the pants were too big. I went to Robins-May and returned them I went from a size 20 to a size 16. It felt great. I owe it all to you, you certainly make a difference in my life! God Bless, **Lydia**

Lydia, Thank you for letting me know the difference I make for you. Believe me, you are also a blessing to me. —Dr. Young

## Kids health



Kelsey Ranck

Robert Cohen of [www.notmilk.com](http://www.notmilk.com) recently received the following e-mail from a subscriber to his e-mail list:

"Dear Robert Cohen, I want to thank you for today's post. My 4 year old son was diagnosed with ADHD last year, and the Drs insisted on Ritalin for him. Instead of going that route (and ticking off the Drs in the process!) I did some

homework and heard about ADHD and dairy. I cut out all dairy products, and my son is a different child. Our entire family is happier and healthier now. Thank you!"

Dairy is not THE cause of Attention Deficit Hyperactivity Disorder (ADHD). It can be A cause. I support families' decisions to make dietary changes before resorting to drugs. In most cases drugs are not necessary. I highly recommend Michael Lyon, MD's new book "Healing the Hyperactive Brain". Let's give our children a chance to be well. —Dr. Young

## Magnesium



It is difficult, if not impossible to inform you about the miracles of magnesium in this small newsletter. So... I have created a new link from our website at [www.ventura-chiropractor.com](http://www.ventura-chiropractor.com). The link is Vitamins. It in turn is linked to a page on magnesium. Take a look at it. Share it with your friends. Let me know what you think of it.

## What's Dr. Young up to? *(continued)*

- Jo and I will be out of the office from May 22<sup>nd</sup> to the 29<sup>th</sup>. I will be attending the 8<sup>th</sup> International Symposium on Functional Medicine in Vancouver, BC. My friend and mentor, Jeffrey Bland, PhD puts on this conference each year. This year, as always, the presenters will be brilliant and caring physicians and researchers. To name a few: Joseph Pizzorno, ND – co-author of the Encyclopedia of Natural Medicine; Michael Lyon, MD – author of the new book, Healing the Hyperactive Brain; John Lee, MD – author of What Your Doctor May Not Tell You About Menopause; Sherry Rogers, MD – author of Wellness Against All Odds (and many others); and James Gordon, MD – founder of The Center for Mind-Body Medicine, and the Chairperson of the White House Commission on Complimentary and Alternative Medicine. Lots of learning ahead!

## Organic healthy food *(continued)*

- The Farmer and the Cook is a neighborhood organic grocery at 339 West El Roblar in Meiners Oaks. It is committed to selling and using only 100% organic food. It currently offers organic produce and goods. In the near future it will be offering 100% organic food to-go and will have an on-site bakery. I have spoken with Steve Sprinkel, the farmer half of the equation, and I feel that he and his partner are providing a blessing for those who live in, or pass through the Ojai Valley. I will keep you posted about the developments through e-mail (are you on my list?) and my website [www.Organic4Life.net](http://www.Organic4Life.net).

## Chiropractic improves life

A survey of baby boomers conducted in the fall of 1999 by Sorelli B, a national research firm, found that more than a third of those surveyed said chiropractic care prevented the need for prescription drugs and physical therapy. The survey also found that many respondents believe chiropractic care has helped them avoid back surgery and hospital stays. The baby boomers surveyed value chiropractic care so much, in fact, that they are willing to pay for the services out-of-pocket, although they would prefer to have the care covered by their insurance plans. Nearly 60 percent of those surveyed said they would be willing to sign a petition asking their insurance companies to include chiropractic as a core component of their health plan. Many baby boomers are moving away from the traditional model of 'disease management' medical care to a new model of preventive health care, and chiropractic plays a big role in that shift," said Dr. Jerome McAndrews, national spokesperson for the American Chiropractic Association (ACA). "Studies have shown that the majority of people who visit doctors of chiropractic are concerned about healthy eating habits, wellness and overall healthy lifestyles."

Interestingly, most of the baby boomers surveyed in the recent study said they were influenced more often by their doctor of chiropractic than by their medical doctor or osteopath. And doctors of chiropractic received higher ratings in the area of patient satisfaction than did their medical counterparts—a finding that is consistent with many previous studies on chiropractic care. Overall, 60 percent of the regular patients surveyed believe their doctor of chiropractic has improved their quality of life.

Holistic Center for Healthy Living



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