



## A Great Marriage of Chiropractic & Massage

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Our website continues to grow!!! Check it out! These newsletters are on our site and can be shared with your kid brother in Boston, and your great aunt in Argentina. Please e-mail me and let me know what needs to be on the site. 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

Every 1st Wednesday of the month join us for a combination of Cafe Bariloche's Organic Night and Dinner with Dr. Young in Ventura. See article in this issue.

Dates: Apr 3, Mar 6, May 1, Jun 5

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.



## Peace & Health on Earth

The following article was published in the Ventura County Star on December 25, 2001 and can be found on our site [www.ventura-chiropractor.com](http://www.ventura-chiropractor.com) under "Articles by Dr. Young".



### Make a pledge this holiday season to take care of yourself

By Kristofer Young, DC

Give the gift that everyone wants to receive, but that we've never seen advertised. Give the gift that we all can afford to give, and that we can't afford not to give. What is it? The gift of your own health and well being.

There are cultural voids and misconceptions that interfere with giving this gift, and more often, simply make its giving inconceivable. One factor is that we don't focus on health. We are fixated on disease, its treatment, and the covering of its symptoms with medications. Also, we have little or no experience of daily health practices resulting in a better life. An additional factor is that most of us would not easily think of improving our own life as clearly being a gift to others. Finally, try as we might, we still believe that a gift is a physical object; love is great, but where's the present? (cont. on back)

## Chiropractic in our world

President Bush signs historic chiropractic  
veterans legislation into law



In 1895 Dr. Daniel David Palmer established the chiropractic profession in the United States. In 1937, the chiropractic profession first introduced a bill in the U.S. Congress to create a health care benefit that would have provided chiropractic care for veterans. Over many decades, there was much effort on the part of medical groups to block patient access to doctors of chiropractic (DC). Until now, our veterans have been denied chiropractic care.

On January 23rd, 2002 President Bush signed legislation mandating the establishment of a permanent chiropractic benefit within the Department of Veterans Affairs (DVA) health care system called the Health Care Programs Enhancement Act of 2001 (H.R. 3447). It authorizes the hiring of doctors of chiropractic in the DVA health system. The agreement is similar to legislative language that became law last year requiring the Department of Defense to establish a permanent chiropractic benefit for active duty military personnel. (cont. on back)



## Got knee pain?

Are you taking fish oil supplements? Have you had your low back adjusted by your chiropractor? Are you doing yoga? If it is important to you to save your knees, and maintain your ability to walk, read on and learn what most people don't know about getting rid of knee pain.

If you would like to read the rest of this article that I wrote about knee pain, visit our site. Go to "Conditions & Diseases" and then to "Knee Pain".

## Organic healthy food

We can finally sit down to an all-organic meal in Ventura!!! Galo Gomez, owner/chef of Cafe Bariloche, and I have organized a monthly organic dinner on the first Wednesday of the month. His cafe serves delicious South American food. We have already had 2 dinners this year. They were great, and the cafe was filled to capacity (30 guests). Our next dinner is on March 6th. Call now to **make your reservation at 641-3534**. Starting on March 6th, reservations will be staggered from 6:00 to 7:00 PM (instead of all at 7:00) to open the window of time for preparation, and serving of these delicious meals. We will still have plenty of time when we can all talk and visit. Please take a look at the web page we have designed at: [www.organic4life.net/O4L/Cafe\\_Bariloche.htm](http://www.organic4life.net/O4L/Cafe_Bariloche.htm)



## Nutritional supplements

This year we have decided to offer monthly specials on our excellent nutritional supplements. Please watch for information at the office, and in our monthly Health-E-Mails. If you are not on our e-mail list, drop us an e-mail at [kychiro@pacbell.net](mailto:kychiro@pacbell.net) and let us know. Remember that taking daily vitamins is extremely important to your health and the health of your children. If you or your children have trouble swallowing pills, ask us about powdered vitamins. If you can't stomach the taste of fish oil, ask us about our new fish oil that has NO FISH OIL TASTE. Do now what you need to do to be healthy!



## Peace & health on earth (cont.)

Ask your mother, your father, your spouse, your brother, your sister, your child; "Would it feel like a gift to you if I had less pain, felt more rested, was happier, stopped smoking, began exercising, lost weight, recovered from chronic illness?" If these people are feeling loving toward you, the answer will be YES. Turn it around. Is there anyone, family or not, that would be giving you a wonderful gift by becoming healthier?

When a child cries from the pain of an ear infection, struggles to breathe with the wheezing of asthma, or cries in fear of a painful medical treatment, we too feel pain. When that child, in a healthy state, smiles and giggles we feel her joy and comfort.

How painful to watch an adult, limping in pain, hunched with pain, breathing or swallowing with difficulty, depressed by chronic pain, hooked to tubes and monitors. How uplifting to watch a spry, happy elderly person hiking, dancing, or playing with a small child.

The gift of your health is a blessing to all; each and every day. It is a blessing for the future because it reduces the probability of you becoming disabled, suffering with chronic disease, or dying early. Your commitment to health also reduces the risk that your loved ones will have to suffer with you during a prolonged illness or premature death. In a still larger sense, the more days of your life that you are healthy, the greater your ability to contribute to others. The more days ill, or in a bad mood generated by poor health, the more that others will have to contribute energy to accommodate for you and lift you up.

We each have a choice, not a guarantee, but an opportunity to give the gift of our health to our family, our friends, and to the world in which we live. There are few gifts that we will ever give that will be more important or more appreciated.

Each time you wish out loud or to yourself that another would begin to make changes to regain their health, remember that someone may wish the same of you.

It is critical to understand that the absence of obvious and active disease is not the same as optimal health. Our bodies gradually, often imperceptibly, lose function and reserves until they periodically and then ultimately breakdown. Conditions and practices of daily living are the keys to health. How many of these are regular parts of your life: loving relationships, organically grown food, low sugar and starch consumption, aerobic and stretching exercise, plenty of rest and sleep, hope?

*Give a gift that really matters. ~ Dr. Young ~*

## Chiropractic in our world (cont.)

"The passage of this historic law (Public Law 107-135) represents an enormous victory for America's veterans, who will now have access to the chiropractic care they have been denied for far too long," said American Chiropractic Association (ACA) President Daryl D. Wills, DC. This is also a tremendous victory for the chiropractic profession, which prevailed when its opponents, the American Physical Therapy Association and other medical organizations, tried to beat it down at every turn. This legislation survived the attacks, and did so with strong bipartisan support.

It is difficult to understand or imagine how chiropractic care was kept from our veterans for 65 years. It is a pleasure to witness this effective form of healthcare now being made available to them. Before long all people of our country will have access to doctors of chiropractic that will be equal to the access that they have long had to medical doctors.

## What's Dr. Young up to?

Well, each day I try to practice health through a combination of some of the following: food choice, exercise, vitamins, rest, care for others, music, dance, skin brushing, chiropractic treatment, massage, etc... Most every day I take time to reflect on what I am doing with my life, and how I might move toward better balance and how I might contribute more to others. I'm not trying to look for ways to work harder; I get tired enough now. I'm looking for how I can live smarter. Less waste, more joy. Sometimes I make myself tense in this quest, but quickly realize that my joy will help, my tension will not.

I am so grateful for the love and mutual interest that Jo, Jovi (daughter), Kenn (son), and I have for one another. This photo was taken on Dec. 31st last year by one of our wonderful patients, Birgit Johnson, who is a professional photographer (647-3168). I really like this photo because it matches my feelings; we are close and caring.



**Holistic Center  
for Healthy Living**



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