



## **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

**What are you reading?** Read one book on health every 6 months. Do it now when it is fun. You will wish you had when you or a loved one is hospitalized or facing surgery.

**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.

## **Prempro hormone replacement therapy not safe for women!!!**

What is Patti LaBelle saying now? You surely have heard the news. The most common female hormone replacement combination used in the United States, Prempro, was found to be too dangerous for the health of the women in the Women's Health Initiative Study.

Prempro is a combination of Premarin (conjugated estrogens from pregnant mare's urine) and Provera (a patented progestin). The Prempro portion of the study was stopped because the use of Prempro lead to increased risk of breast cancer, heart disease and strokes. The study, conducted by the National Institutes of Health, found that in one year, for every 10,000 who take Prempro, there will be eight more breast cancers, eight more strokes and seven more heart attacks compared with 10,000 women who don't take Prempro. (continued on back)



## **Chiropractic in our world**

**Medicare:** I have recently been trying to help the United States Legislature make the right decision to expand the chiropractic coverage for Medicare recipients. Medicare recipients should be able to choose whether they see a doctor of chiropractic or a medical doctor for the same services. Right now, Medicare reimburses Medicare recipients only for spinal manipulation by a doctor of chiropractic. Doctors of chiropractic are licensed to order x-rays and blood work, and to perform physical examinations. These services should be covered when provided by a doctor of chiropractic. (See my letter to the editor on the subject by going to our website at: [www.venturachiropractor.com](http://www.venturachiropractor.com). Click on "Articles by Dr. Young" and then on "Medicare"). (continued on back)

## **Peace & Health on earth**

Why do I continue to have a section in my newsletter on Peace? Because there are few things that are more important to the human race. Peace is of critical importance, yet most of us don't talk about it nor do anything specific about helping to bring it about. I have contributed very little in the last 50 years toward peace. I would like to contribute for the rest of my life.



I believe that almost every human being on earth desires world peace. There is less consensus about how to bring about world peace, and there are many who feel hopeless about the possibility. Fortunately for us here in Ventura County (and for everyone in the world) we have local residents who believe that world peace is possible and are actively working toward that end. Recently, a group of individuals lead by Ventura medical doctor, Bob Dodge (pictured above), formed Citizens for Peaceful Resolutions (CPR at [www.c-p-r.net](http://www.c-p-r.net)). This group is generally interested in peace, and specifically interested in working to ensure that nuclear weapons never be used. I attended the fourth monthly meeting of CPR on Sunday, July 7. It was uplifting to see so many people that have the energy and foresight to donate their time and energy toward creating world security through peace! (continued on back)

## **Really brief yet really important**

**Help me help us:** I can help you (patients) more when you tell me what is going on in your life and health. Everything in your life affects the conditions that you are seeing me for. Tell me when you are having a health problem that you don't think I can be of help with. Tell me when you are taking antibiotics or other medications. Together we can understand your needs and improve your health! I'm not just a back doctor.

**Breast cancer:** Birth control pills increase the risk of breast cancer. There is a simple urine test that tells how your body is metabolizing estrogen. This test shows risk before a lump can be seen on mammogram. Know your risk, change your lifestyle, lower your risk. Dr. Young can order this testing for you.

**Progesterone:** Beneficial for hot flashes, poor sleep, PMS, anxiety, weight loss, protection against breast cancer, and much more. Available as a skin cream. Non-prescription. Carried in our office. See our web site under hormones.

**What works for weight loss:** Exercise, UltraMeal (powdered meal replacement), progesterone (for women), avoid food allergens, no dairy, no wheat, no sweetened drinks.

**Organic Healthy Food:** Most of you have heard the news. The organic dinner nights at Cafe Bariloche no longer exist. So..... will you help me look for another restaurant that would like to offer a monthly organic dinner?

**Vitamins:** 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 for most people. Do now, what you need to do to be healthy! (continued on back)

### Prempro story (continued)

There are many excellent and safe approaches for hormonal health for women. Don't be discouraged or afraid. Be ready to begin learning about your body and how to enhance its natural ability to heal itself. You can make an appointment to discuss your situation, or visit our website and go to the "Hormone" link for additional information. **CAUTION: Do not confuse safe and effective progesterone skin cream with Premarin, Provera, or progestins!!!**

### Really brief (continued)

**Dairy Stories:** "I assisted an individual who had a similar glomerulonephritis (kidney disease) and was told to prepare for being on a transplant list. He was a stout man in his 20s who was a power weight lifter and drank 1-2 gallons of milk per day and loved it. We did food allergy testing (IgG and IgE) and, you guessed it, found a high reaction to dairy. After going off it for 3 weeks, just the smell of milk would create a vomiting reaction. His kidney function improved to near normal and did well for years after." ~From a doctor of chiropractic who is a friend of Dr. Young's~

**Buying Together We Save Money:** As a small group (you and me), we can buy things at wholesale and with a quantity discount. This frequently means as much as 40% off the retail price. In November of this year I want to purchase a group of Thumpers (massagers that I use in the office). I will be making no money from this transaction. If you would like to purchase a Thumper for Christmas, let me know. In the future I would like to do the same thing with an air purifier, and a vegetable juicer.

**www.Paidom.com:** Great organically raised (not certified) beef, chicken and lamb shipped to your door from Texas. 806-945-2218

**Your e-mail address:** If you don't get e-mail from me, you are missing valuable and interesting monthly health information. So send me your e-mail address. I'm at [kychiro@pacbell.net](mailto:kychiro@pacbell.net).

**Our WEB SITES:** We are adding useful information each month. What needs to be on our site? Share our site with your friends and family in Ventura, in New York City, in Indonesia.

**Friday January 26, 2001:** The Lancet Publishes Study Confirming Glucosamine Sulfate Reduces Progression of Osteoarthritis

### Chiropractic in our world (continued)

**Staying well:** Regular chiropractic examinations and treatments are extremely important for children and adults.



**Who adjusts Dr. Young?** Many of you have asked me, "Who adjusts you?" I get adjusted regularly by a few local chiropractors. Above you see me being adjusted by Dr. Daly. If you want more, go to our website and click on "About Dr. Young" and then click under "My Own Chiropractic Treatment" and you will see me being adjusted by Drs. Eve Venturi and Herb Daly.

### Peace & Health on earth (continued)

CPR meetings are on the first Sunday of each month at 3:00 PM at the E.P. Foster Library on Main Street in Ventura. The next meeting will be on Sunday, August 4<sup>th</sup>. At that meeting paper origami cranes will be folded for use on Tuesday the 6<sup>th</sup> for a commemorative gathering and demonstration marking the anniversary of the bombing of Hiroshima. To join CPR, or for information about joining us in August, call: (805) 527-3470 or e-mail: [mail@p-c-r.net](mailto:mail@p-c-r.net). If you have trouble getting what you need, call or e-mail me directly.

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for Healthy Living



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