



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

**805-658-0123**

3160 Telegraph Rd. #103  
Ventura, CA 93003

e-mail: [kychiro@pacbell.net](mailto:kychiro@pacbell.net)

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. <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**

- July 12<sup>th</sup> Wed-Dinner with Dr. Young
- Aug 9<sup>th</sup> Wed-Dinner with Dr. Young
- Sep 13<sup>th</sup> Wed-Dinner with Dr. Young

**Our world**



**Terrific Holistic Medical Doctor in Ventura! Dr.**

Margaret (Maggie) Peterson is right here in Ventura. Let me tell you why she is my medical doctor. She is incredibly intelligent, deeply human, and wonderfully kind. She knows that drugs have a limited place in healthcare. She is actively studying principles of holistic medicine and practicing them in her own life. She and I are studying and learning together. If all that is not enough, she practices halftime so that she can be a parent to her son,

Will. To me, this is an important statement of her priorities! How many people do you know who need Dr. Peterson's care? Most people have given up hope of ever finding a doctor like Dr. Peterson. Tell everyone. Call her at 667-2850.



**OK folks!** This is our County; our home. Should we do a little to make it better, or wait for it to fall apart and see if we can fix it? Steve Bennett received the most votes in the primary race for the Ventura County Board of Supervisors District 1!!! The final election is in November. Steve is one of the most amazing people I have ever met. He is a man that I would trust with all things valuable. A highly intelligent, unquestionably trustworthy, incredibly hardworking elected official is what he is, and will be; and what we need. My question to you is: Will you help in a small way to get Steve elected? If you will help in some small or large way, call me, or write me, or e-

mail me your name, address, phone, fax, e-mail so that you may be added to the group of supporters. Check out his site at <http://www.stevebennett.org/>

**Mel Gibson-The Patriot and Braveheart**



Appearing in films like The Patriot and Braveheart has taken its toll on Mel Gibson. "You get hurt all the time. All you gotta do is just like eight takes of running down a hill and you twist an ankle," the action pic veteran tells TV Guide Online. "I got a chiropractor to come along to the [Patriot] shoot, because they can actually stick you back together within 15 minutes. He used to come every other week, from Los Angeles to South Carolina — spend a week and work on the entire crew. All the stunt guys were like, 'Oh, fix my disc.' He's putting their discs back in. The guy's amazing."

**The Doctor's professional evolution**



I have been invited by my mentor, Dr. Jeffrey Bland, world-renowned nutritional biochemist, founder of the Institute for Functional Medicine (IFM), and author of *The 20-Day Rejuvenation Diet* and *Genetic Nutritioneering*, and the IFM to be a member of their adjunct faculty. I will be part of a team of physicians and researchers that will provide 8 days of lecture to 30-40 healthcare practitioners (medical doctors, chiropractors, osteopaths, acupuncturists, nutritionists, and others) in October and November of this year in Gig Harbor, Washington. My presentation will be on the relationship between chiropractic and functional medicine (science-based holistic medicine). I am honored to be asked to contribute to the education of physicians from across the United States and from around the world!

**Healing those who heal the world**



In mid-June, a small group of Tibetan Buddhist monks and nuns, and their fellow marchers came to Ventura on their way on foot from San Francisco to Los Angeles. The purposes of their walk were to raise consciousness about the importance of freeing Tibet, and to meet with the Dalai Lama in Los Angeles. At an evening gathering at Patagonia, through an interpreter, a monk and a nun told us of their imprisonment by the Chinese and reported that over 1,200,000

Tibetans have been killed by the Chinese government since 1959 when the Chinese invaded and took over Tibet. These Buddhists explained that they seek no revenge, want to harm no one, and simply want their country returned to their people. The talk was moving. I contacted the marchers and offered to treat at no charge, any or all of them. I spent a wonderful day on 6/16 treating 11 of the marchers.

# Lowering high blood pressure

## Vitamin C lowers blood pressure

According to the British medical journal Lancet, heart patients with high blood pressure may receive substantial benefit from a daily dose of vitamin C - something researchers said could be an inexpensive alternative to prescription drugs.

A dose of 500 milligrams each day lowered blood pressure by up to 9 percent, a level comparable to expensive prescription drugs, according to researchers from the Boston University School of Medicine and the Linus Pauling Institute at Oregon State University. "It may provide a way to bring their blood pressure back within acceptable levels without the cost or possible side effects of prescription drugs," said Balz Frei, director of the Linus Pauling Institute and one of the lead researchers.

"This is one of the best studies to date," said Dr. Kenny Jialal at the University of Texas Southwestern Medical Center in Dallas. "When you get 500 milligrams of vitamin C you clearly show a reduction."

## Olive Oil lowers blood pressure

The anti-hypertensive (blood pressure lowering) effects of olive oil are so powerful that some patients on a diet enhanced with this monounsaturated fatty acid (MUFA) can actually eliminate their need for blood pressure-lowering medications, according to a new intervention study.

Ferrara LA, Raimondi S, d'Episcopo L, Guida L, Dello Russo A, Marotta T. Olive oil and reduced need for antihypertensive medications. Arch Int Med 2000;160:837-842

# Chiropractic for chronic whiplash

**Chiropractic "Only Proven Effective Treatment" for Chronic Whiplash Study Says 74% of Chronic Whiplash Patients Improved with Chiropractic**

A new study published in the Journal of Orthopaedic Medicine<sup>1</sup> not only points out the superiority of chiropractic care for chronic whiplash patients, but also examines which chronic whiplash patients respond best to chiropractic care. The authors begin the paper by explaining that: "Conventional treatment of patients with whiplash symptoms is disappointing. A retrospective study by Woodward et al.<sup>2</sup>, demonstrated that chiropractic treatment benefited 26 of 28 patients suffering from chronic whiplash syndrome." The question was not whether chiropractic was beneficial for acute whiplash patients, but to determine "which patients with chronic whiplash will benefit from chiropractic treatment."

In their discussion, the authors made these observations: "Woodward, et al.,<sup>2</sup> found improvement in chronic symptoms in 26 of 28 patients (93%) following chiropractic treatment. Our results confirm the efficacy of chiropractic, with 69 of our 93 patients (74%) improving following treatment. "The results from this study provide further evidence that chiropractic is an effective treatment for chronic whiplash symptoms.

## References

1.Khan S, Cook J, Gargan M, Bannister G. A symptomatic classification of whiplash injury and the implications for treatment. Journal of Orthopaedic Medicine 1999;21(1):22-25.

2.Woodward MN, Cook JCH, Gargan MF, Bannister GC. Chiropractic treatment of chronic whiplash injuries. Injury 1996;27:643-645.

# Healthy book group 2000

The group has been discontinued. There was a lack of response on the part of the YMCA and of participants. Maybe we'll try it again some time in the future.

# Important websites about health

Purity in Foods - <http://www.centerforfoodsafety.org>

For PMS symptoms and information on women's health, visit <http://www.chiroweb.com/tyh/women.html>

# Be with us—we welcome you

**Dinner with Doctor Young** - Yes, the idea is catching on! Put it on your calendar to get together for a healthy, friendly meal at the Classic Carrot at 1967 East Main Street in Ventura. Make it a monthly ritual to acknowledge the importance of healthy food, to share our love and friendship, and to support a restaurant dedicated to health. Everyone is invited; patients and all others. Our next meal will be on Wed. 12<sup>th</sup> of July. We will gather at 7:00 PM. We will sit in the room to the right as long as we can all fit into it. Please call ahead to make reservations at 643-0406. Let them know that you will be having dinner with Dr. Young. When you arrive, start right in; place your order and start your meal. We won't try to order or start at the same time. Make it happen in your life!

If you haven't gotten an e-mail from me in the last month, send your e-mail address to [kychiro@pacbell.net](mailto:kychiro@pacbell.net) so that I can send you monthly health tips that you can forward to your family and friends!

## Holistic Center for Healthy Living



Ventura Chiropractic & Massage  
3160 Telegraph Rd. #103  
Ventura, CA 93003

RETURN SERVICE REQUESTED

PERMIT NO. 1330  
OXNARD, CA  
PAID  
U.S. POSTAGE  
BULK RATE