



## A Great Marriage of Chiropractic & Massage

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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

- Dec 12th Wed—Dinner with Dr. Young in Ventura  
24th Mon—Open 10:00 to Noon  
25th-28th—Closed  
29th Sat—Open  
31st Mon—Open 10:00 to Noon
- Jan 9th Wed—Dinner with Dr. Young in Carpinteria
- Feb 13th Wed—Dinner with Dr. Young in Ojai
- Mar 13th Wed—Dinner with Dr. Young in Ventura

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

I feel additional pressure in my life since September 11, 2001. I am not afraid, just more aware of the importance of people consciously and actively caring for one another. I'm not talking about telling people now that I love them, because we may die tomorrow. I'm talking about an awareness that whatever our path together, we will create more peace and harmony if we actively move to ensure that ALL others experience the safety, warmth, and joy that we desire.

I am mildly embarrassed when I realize how few times the words "world peace" have crossed my lips in the last 50 years. Was it too big to imagine? Was I too busy with my own needs to recognize that the work and joy of world peace must be of the highest priority in my life? Or did I not feel the cold, the hunger, the pain, the sorrow, and the fear that others on this planet feel? Without a clear sense of priority and an intense empathy for the lives of others, we shall continue to harm one another and harm the earth we live on. I will try to do better during the second half of my life. As we speak, 500 of these bumper stickers are being printed and will be available here at the office for \$1.00. Please help me distribute them. (cont. on back)



## CHIROPRACTIC IN OUR WORLD

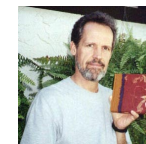
### • Chiropractic Benefit for Veterans

ARLINGTON, VA — The American Chiropractic Association (ACA) is hailing the recent action of the House Veterans Affairs Committee, which voted to approve legislation mandating a new program of chiropractic benefits within the Department of Veterans Affairs. The legislation allows veterans to select a doctor of chiropractic as their primary care provider. Calling the committee's action "the strongest and most important affirmation of the true value and potential of chiropractic care to manifest itself in any federal legislation thus far," ACA president Daryl D. Wills, DC, urged quick action by the full U.S. House of Representatives to approve the measure. All veterans should contact their representatives now to support or demand access to doctors of chiropractic. Veterans deserve the best care available in the United States. (continued on back)



## WHAT'S DR. YOUNG UP TO?

- Well, I turned 50 years old on October 5th! You are right, I don't feel old. I am excited about the opportunity to see how well I can live the next 50. Three months prior to my birthday, Jo bought a blank book and secretly circulated it to family members and a few friends so that they could write something for me. While Jo brought me breakfast in bed on my birthday, I began to read the book. It wasn't long before I was crying. It feels good to be loved.



- Jo and I celebrated our 30th wedding anniversary (July 10) with a trip to Bali with our two adult children, Jovi and Kenn. Bali and its people are beautiful! We found a terrific organic restaurant on our first day. We all got regular massages. I treated quite a number of Balinese people, including our massage therapists.



(continued on back)

## OUR PATIENTS ON PATHS TO HEALTH

One of our wonderful patients, Freda Storey, has been practicing yoga, and experiencing its benefits. Freda says, "Yoga has helped me become stronger and more flexible." Pictured here are Freda (L) and her instructor, Janine Rees at a class in Fillmore.



## MARGARET PETERSON, MD

I was introduced to Dr. Peterson in July of 1999. I was very impressed with her from our first meeting. Almost 2 1/2 years later, I am even more impressed. I have not met a patient who didn't think she was terrific and almost every patient I have talked with tells me that she is the best MD they have ever been to. She has now opened a private holistic family practice on Thursdays. Her address is: 3442 Loma Vista Rd in Ventura - 642-8107. Tell your friends where to find a great medical doctor!



## GLUCOSAMINE SULFATE

Yes, more and more studies are showing that GS is an effective treatment for arthritis. Some studies show that it is as effective as Motrin and other NSAID drugs for pain control. It also heals joints, doesn't just cover pain, and does not have the serious risk of injury to the digestive tract that the NSAIDs do. Easy choice! Yes, we carry it in the office: 180 caps 500mg for \$25.50



## ENVIRONMENTAL ISSUES

In another of my efforts to try to make our world a healthier and safer place, I offered to distribute 500 pamphlets that were created by The Center for Food Safety (<http://www.CenterforFoodSafety.org/>). These pamphlets educate about the dangers of genetically engineered fish, and provide post cards to mail to the FDA to oppose any approval of GE fish by the FDA. Please help me distribute these pamphlets. This is an actual request for assistance, not just some letters on a page. Call 658-0123 and let me know how many of these pamphlets you would like to distribute. Thank you!

## PEACE & HEALTH ON EARTH (continued)

I continue to be concerned for our brothers and sisters here in America who are Muslim, and/or those who may appear to be Muslim (bigotry is not characterized by good vision). I believe that we ALL have a responsibility to look out for, and care for one another. Please consider expressing your support to those who may feel at risk at this time. Please consider expressing your views openly, if it is your belief that no innocent person should be harmed or harassed in any way.

God Bless America is a nice idea, but I am more comfortable with the idea of blessing all peoples of the world. Let's not leave out those who live outside the United States of America by wishing only for good for people who live here. May ALL peoples of the world be blessed.

I am uplifted to consider that at this time in human history we may be more able to envision ALL peoples of the world working together with the recognition that we are, in deed, ALL brothers and sisters. I am also uplifted by those who openly express their commitment to sharing the responsibility of healing our world.

I think it is wise to recognize that the health of each of us, of all people, is a major factor in the health and peace of the world. Healthy people are more apt to make healthy and loving choices. Please consider the impact of your own health on the future of this world.

How have you responded to the changes in your life since September 11th? What are you doing to help change the world? What are you doing to feel safe and well?

## CHIROPRACTIC IN OUR WORLD (continued)

- Semi-pro football player benefits from chiropractic spinal adjustment: Thad Coleman was treated by Dr. Young on one occasion for pain in his upper back. Here's what he had to say:

Hello,

Well first of all let me say thank you! Two days after my visit, my back was 100%!

Now, I've been dairy-free for four weeks now and although at first I was doubtful I must say that many various symptoms have cleared up. I'm going to keep it up and plan on referring my friends to you as well.

I could go on and on but let me suffice to say a big thank you once more for all of the info and care!

Peace, Thad Coleman

- Preventive chiropractic care: How often do you and your children have your spine checked and adjusted? How often do you see your dentist? You and your children should see your chiropractor a minimum of 2 times per year, just like you see your dentist. Be wise, care for your

## WHAT'S DR. YOUNG UP TO? (continued)

- My loving and talented daughter Jovi, who is currently working on a PhD in religious studies at UCSB, works for me one day per week doing accounting, web site design, and all else that I need. It is great to get to see her every week. At the end of our day together, she never fails to say, "Dad, can I get an adjustment?" It's a great deal for both of us!
- The following is a note to Dr. Young from an orthopedic surgeon in Ventura - 5/31/01  
"Though I have not had the opportunity to see you and say hello in quite a while, our mutual patients continue to bestow upon you the highest praise, of which I know you are deserving."  
It is great to work cooperatively with other physicians!
- YES! I am still riding my by to the office 1-2 times per week.

## YOUR E-MAIL ADDRESS

If I don't have your e-mail address, 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).

**Living  
Holistic Center for Health**



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