



**A Great Marriage of
 Chiropractic & Massage**
 Dr. Kristofer Young
 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. <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

- Nov 7th Tue - ~~Express Yourself!~~ **VOTE!**
- Nov 8th Wed - Dinner with Dr. Young
- Nov 16-24 - Office closed. Dr. Young will be lecturing to physicians in the Seattle area.
- Dec 13th Wed - Dinner with Dr. Young

See our new CALENDAR page at:
www.ventura-chiropractor.com. We will provide you with advance notice of when we will be out of the office, and when special events are happening.



Steve Bennett—a man who is healthy enough to lead us!

Here is a way we can all work together for our collective and personal benefit. We can all take a moment to look at the candidates for the Ventura County Board of Supervisors District 1. We can stop to appreciate the enormous importance of this elected position in guiding the future of our county. Then we can vote on Tuesday, November 7th. But, each of us should do more. We should make sure that others vote for the candidate that will help us to create the healthiest and safest environment in which to live and raise our children. Talk is cheap, what will WE do? Please stand up and be counted! Please call and encourage someone to vote!

I have spent time these past 6 months with Steve Bennett and his wife, Leslie. I am more impressed than ever with his intelligence, honesty, and commitment to us. You know what my vote will be, but read this statement from one of my patients: "He is fair, honest, kind, sincere, abundantly intelligent about government matters and economics and he listens well to others. People like Steve Bennett are rarely found in government, or anywhere else for that matter! I hope he runs for President someday. Sincerely, Laura O'Connor 7/20/2000



MYHEALTHYFAMILY

Here's the short version. Two years ago I decided that for my future birthday gifts that I would like my children to read a book on health. Their well being is one of the greatest gifts in my life. The first book they read was the 20-Day Rejuvenation Diet Program by Jeffery Bland, PhD. This was

one of the greatest gifts of my life; my children moving toward health. I shared this experience with my mother. She was touched by the act and by the importance of the gift of health. (continued on page 2)



The best food in the county

My definition of great prepared food is; organic, fresh, beautiful, delicious, and made by someone with real love for, and commitment to healthy food, healthy people, and a healthy planet. My current pick for the best food in the county is Rainbow Bridge Natural Foods & Healthy Restaurant at

211 E. Matilija St. in Ojai. On September 21st I spoke with the owner, Mary Trudeau, and told her what I am telling you. You can call Rainbow Bridge at 646-4017. Mary also does catering. Looking for a great casual deli dinner? I encourage you to support those who work to provide us with healthy food; real food.



Cheese and Diabetes?

In 1970, according to the United States Department of Agriculture (USDA), the dairy industry produced 2.2 billion pounds of cheese. The population of the United States was 203 million,

which translates to an average of 10.8 pounds of cheese per person. By 1990, America's population had grown to 248 million, and Americans were eating more cheese, 6 billion pounds worth. That's an average of 24 pounds per person. In 1994, the average American consumed 27.7 pounds of cheese. (continued on page 2)

Vacation in the Sequoias

The pictures speak for themselves. We had a beautiful and relaxing week in the Sequoias. We slept, hiked, cooked healthy food, and read. We are grateful for the opportunity!





Magnesium—a miracle

Why do I talk so much about magnesium? It is because it is a critical mineral that affects every part of the body. It is so basic to all bodily functions that when a person does not have enough, a wide variety of mild to severe symptoms can occur. Most Americans are getting approximately 200 mg of magnesium from their diet. The RDA (the bare minimum, not for optimal health) is 300-350 mg/day.

What to do? Check your vitamin and/or mineral supplement. If the magnesium is in the form of magnesium oxide, you are taking a very poorly absorbed form of magnesium. You may be wasting your money. You will need to begin taking a good form of magnesium. Additionally, avoid excessive calcium; eat lots of whole fresh fruits, vegetables, and grains; avoid sodas, coffee, and sweet things.

The most effective magnesium I have worked with in the past 10 years is Magnesium Glycinate from Metagenics. I have watched hundreds of patients try other forms of magnesium with little or no success or relief. This simple nutrient has markedly improved the lives of many of my patients. This magnesium is difficult to find. You can purchase it here at our office for a total of \$16.00 a bottle (120 tablets, 100 milligrams of magnesium per tablet). One bottle of Magnesium Glycinate often provides so much relief that it saves a patient a \$45.00 office visit. My general recommendation is 400 mg/day of magnesium glycinate. It is best taken away from food, first thing in the morning and last thing at night. Remember, you need more than the RDA. We also now carrying a powdered mineral with magnesium glycinate and a liquid magnesium chloride (bad taste) for those who have trouble swallowing vitamins.

A Great Medical Doctor

My patients continue to report incredible satisfaction with the care that they receive from Maggie Peterson, MD. One of my recent new patients told me that when she returned to her car after her first visit with Dr. Peterson that she cried. She was so relieved and grateful to have found such a wonderful medical doctor.

Good Used Car?

Our daughter needs a good used car. Call us at 658-0123.

Articles continued from the front page:

My Healthy Family—In late 1999 and early 2000 my mother was not well. She decided to read the 20-Day book, and to do the program as a surprise gift for my birthday October 5, 2000. My brother, Kap, said he would support her and decided to join her in the gift to me. My sister, Tori, and my sister-in-law, Deb also decided to join them. On April 18, 2000, unbeknownst to me, they began the program together. At the end of 20 days, they each felt so much better, that they each decided to stay on the program indefinitely.

Kap and Deb live in Oxnard. During June, July, and August, I commented on 2-3 occasions to Deb that she was looking healthier and more beautiful than I had seen in the last ten years. She kept the secret. While treating Kap's back on 8 occasions during the same period of time, I commented on the marked improvement in muscle tone and joint mobility. He kept the secret. On September 15th, the day before the surprise was revealed to me, I saw and treated Tori. I told her that she looked particularly healthy. She kept the secret.

On September 16th the 4 of them surprised me with the story and matching T-shirts with the 20-Day book on the back. I was so surprised!!! What a gift: the love and care of them becoming well for me, and for us! This experience has created more connection, energy, and love within our family; and a tear in my eye.

Each of the 4 continues to "just plain feel better". My mom has more energy and less joint pain. Kap has more endurance and a better back. Deb lost 30 lbs. and feels more alive. Tori can hold down a full-time job without getting sick, lost 12 lbs., and is no longer relying on sugar.

Cheese—As we pass from one millennium into another, America's per-capita cheese consumption has broken the 30-pound per person level. America's rate of cheese consumption is skyrocketing. Since ten pounds of milk are required to produce just one pound of cheese, three hundred pounds of milk are used to manufacture that thirty pounds of cheese. The average American consumes more cheese than ever before. Cheese containing powerful growth hormones and allergenic proteins that have been linked to diabetes. Do you have a friend or family member with diabetes? Perhaps this information can save him/her thousands of dollars in medical bills and a lifetime of suffering. The cure is simple: NOTMILK! Robert Cohen <http://www.notmilk.com>

Holistic Center for Healthy Living



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