



## 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)

please visit our web site at:  
[www.ventura-chiropractor.com](http://www.ventura-chiropractor.com)

The graphic design of this newsletter, my Yellow Page ad, and my website listed above are done by Larry and Norma Holt of SketchPad Publications. Call them at 805-524-2740. I recommend them highly.  
*Dr. Young*

## Office Hours

Mondays 9-12 and 3-6  
Wednesdays 9-12 and 3-6  
Saturdays 9-12 and 1-4

## Calendar

- Apr 12<sup>th</sup> Wed—Dinner with Dr. Young
- Apr 19<sup>th</sup> Wed—YMCA Book Group
- May 10<sup>th</sup> Wed—Dinner with Dr. Young
- May 16-30 Jo goes to England and Wales on vacation
- May 17<sup>th</sup> Wed—YMCA Book Group
- May 23-30—Dr. Young to International Symposium on Functional Medicine
- Jun 9<sup>th</sup> Fri—Dr. Young volunteers for Calif AIDS Ride 2000 at Ventura State Beach
- Jun 14<sup>th</sup> Wed—Dinner with Dr. Young
- Jun 21<sup>st</sup> Wed—YMCA Book Group
- Jul 12<sup>th</sup> Wed—Dinner with Dr. Young
- Jul 19<sup>th</sup> Wed—YMCA Book Group
- Aug 9<sup>th</sup> Wed—Dinner with Dr. Young
- Aug 16<sup>th</sup> Wed—YMCA Book Group

## What's Happ'nin'

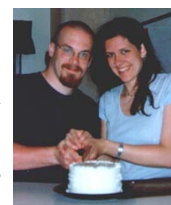
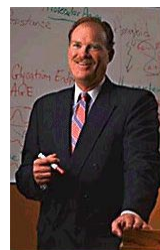
- **Randomized Controlled Trial Shows Manipulation More Effective than Drug**—A randomized, controlled clinical trial on colic in Denmark that compared chiropractic adjustments to daily doses of dimethicone has concluded: "Spinal manipulation has a positive short-term effect on infantile colic." Reference Wiberg JMM, Nordsteen J, Nilsson N. The short-term effect of spinal manipulation in the treatment of infantile colic: A randomized controlled clinical trial with a blinded observer. *J Manipulative Physiol Ther* 1999;22:517-22.
- **Healthy Book Group 2000**—The first book, *Detoxification & Healing* was great! The second book, *No More Ritalin* is about treating Attention Deficit Disorder and is bound to be exciting! [dates: April 19, May 17, and June 21] Will you (you, the person reading this) please help me spread the word so that we will have 50 people at this Ritalin group? We meet for 1-1/2 hours at the Ventura YMCA on the 3rd Wednesday of each month at 7:00 PM. See the calendar below. Participants may sign up for one or all books. Non-YMCA members will be charged \$5.00 per monthly meeting. The final books of 2000 are: *Eat Right 4 Your Type*, and *What Your Doctor May Not Tell You About Premenopause*. We read approximately one third of the appropriate section of the appropriate book prior to our meeting time. To sign up contact Mike Zumpano, Fitness Director, at the YMCA at 642-2131 ext. 29. Tell the world!
- **Steve Bennett** received the most votes last month in the race for the Ventura County Board of Supervisors District 1!!! There will be a run-off in November. 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, or write, or e-mail 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/>



## The Doctor's Personal Notes

There is always excitement in my life, as you know. Here's the latest:

- I was invited by my mentor, Dr. Jeffrey Bland (world-renowned nutritional biochemist whose mentor was Dr. Linus Pauling) to provide a presentation to his health education and research company, HealthComm International, outside of Seattle. The presentation was on the relationship between chiropractic and functional medicine (science-based holistic medicine) and was given on March 2nd. It was an honor and a privilege to be asked, and a thrill to have it so well received by a man and a company for which I have so much respect.
- My daughter, Jovi, who is just graduating from Harvard with a Masters in Religious Studies, has just been awarded a University of California Regents Fellowship to earn a PhD in Religious Studies at UC Santa Barbara. She and her husband Jon will be moving back here this summer! Jon will receive his Masters in Physics this May from Tufts University! It will be so wonderful to have them so close by. They can't wait for the chiropractic and massage. WOW!
- Our son Kenn completed two years of architectural and civil engineering study at Rice University in Houston in June of 1999. He is now on a two-year self-designed sabbatical to study sustainable, ecological building techniques. His primary involvement has been with straw-bale construction. On April 15th he will fly to Greece to participate for a month in the construction of straw-bale buildings for an orphanage and a research center for organic farming. In mid May his sister, Jovi, will join him for 3 weeks of travel and adventure in Europe. From mid June until Mid July, Kenn will travel in Europe working on small organic farms in exchange for room and board. WOW!



# Feedback the Love

**E-mail 10/25/99**—Hi folks! Thank you Jo for the best damn massage ever last Saturday. I told my mom about the palsy thing and I hope she will be in touch with you soon. Haven't had any dairy since Sat. and do not intend to. Just had corn on the cob for dinner. Stomach still growling...Your friendship and help with all things about the human body and great massage really means a lot to me...You make the experience of living a lot better and you touch lives for the better with your great service and sincere regard for the people you see. It means a lot to me Jo and Kris. Your positive attitude to life and health makes me want what you have. A mindset of peace and contentment and a body that is free from all things toxic. I would not go to anyone else. All the best. Lee

**E-mail of 3/24/00**—Lee - We love and appreciate you too! You touch our lives every bit as much as we touch yours. Thank you for the clear communication. There is no question our commitment to one another. Kris & Jo

**E-mail of 1/5/2000**—was from our very dear friend, and skilled doctor of chiropractic, Dr. William Bitetto in New Jersey.

Hi Kris and Joanne,  
Just read your January 2000 Health-E-Mail regarding the Classic Carrot restaurant meeting and the book readings planned for 2000. Just want to say God Bless you for being so innovative and accessible to your patients. What fantastic ideas and beautiful vision for your patients to have benefit of. I admire you and appreciate the energy you're putting into your patients for their best welfare. God bless you and keep up the great work.

# Health Tips

- Try this site for exercises you can use at your desk to help alleviate stress and strain <http://www.will-harris.com/yoga/>
- Try great recipes from Physician's Committee for Responsible Medicine at <http://www.pcrm.org/health/Recipes/recipeoftheweek.html>
- Send me 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!

# Vitamins & Herbs

- **Depression**—A National Institutes of Health study showed reduced levels of Omega 3 EFA's (fish and flax oil) in depressed patients, with the greatest reduction in the most depressed.
- **Shop smart for vitamins!** A patient of ours recently went to Lassen's Health Food store and bought a bottle of fish oil that regularly sells for \$10.67. It was on sale, so he paid only \$8.04 and felt that he had gotten a great deal. He didn't know to compare the amount of active ingredients, EPA and DHA, which turned out to be 27,000 mg. At our office he could have purchased 60,000 mg of EPA/DHA for \$11.00. For an additional \$1.96 he could have had over twice the active ingredients. Buyer beware! He could have had a V-8!
- **Calcium citrate** formulation has a bioavailability that is 2.5-fold higher than that of calcium carbonate. In a press release from the American Society for Bone and Mineral Research and the International Bone and Mineral Society, lead investigator Dr. Heller said that "our results indicate that the selection of the calcium source is even more critical than previously thought." He concluded that the study "...clearly establishes that there is a significant difference between calcium supplement formulations which may affect the overall benefits consumers receive, particularly those at risk of osteoporosis." J Clin Pharmacol 1999;39:1151-1154.

# 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. 12th of April 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!

# Holistic Center for Healthy Living



Ventura Chiropractic & Massage  
3160 Telegraph Rd. #103  
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