



**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

please visit our web site at:
www.sketch.com/ventura-chiropractic

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

- Jan 19th Wed- YMCA Book Group
- Feb 9th Wed- Dinner with Dr. Young
- Feb 14th Wed- YMCA Book Group
- Mar 8th Wed- Dinner with Dr. Young
- Mar 15th Wed- YMCA Book Group
- April 12th Wed- Dinner with Dr. Young
- April 19th Wed- YMCA Book Group
- May 10th Wed- Dinner with Dr. Young
- May 17th Wed- YMCA Book Group

It's a new year; a new millenium! I don't think that there is question in your mind, but I want to restate my ongoing commitment to you. I care about you; your health and your feelings! I will continue to focus my energy each day to be the best doctor and friend to you that I can be. I will continue to work with you to bring health, peace, and love to all people.

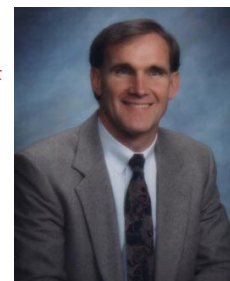
Dedication of this edition

Take a look at this photograph from 1967. Can you name these stars from "Guess Who's Coming to Dinner"? You probably recognize Spencer Tracy on the left. You might recognize Katharine Hepburn on the right. But our star is in the one in the middle with the beautiful smile. He is Joseph King, now 92 years old, and sharp as a tack. He was not only the costume director of this, and many other great films, but he is my grandfather-in-law. I have known Joe for 32 years, since Joanne and I began dating. I wanted you to meet this loving man who has always been completely dedicated to his family. We call him Bop or Bopper. I love you Bopper!-Kris



Healthy government

- We have an **incredible opportunity** on March 7th to **elect Steve Bennett** to the Ventura County Board of Supervisors!!! I simply want to share with you my experience of this man. He is wise, sincere, not-driven-by-money, and realizes that we must care for the health of our people, of our communities, and of our world. Steve Bennett is willing to serve us. Vote for an elected official that we can trust to give us his very best! You must be registered by Feb. 7th. Check out his web site- <http://www.stevebennett.org/>.
- Chiropractic/Health Legislation-Watch for Propositions 30 and 31 on the March ballot. Vote Yes on Props 30 and 31!!! They allow you the right to sue an insurance company if it handles your claim unfairly. Insurance companies don't need more power, but individual citizens do!



Temporomandibular Joint (TMJ) miracle

Dr. Young works miracle with jaw problem! ☺ Well, you be the judge. Sean Holmes, an 18 year old, was evaluated for jaw pain and locking at the Tufts University School of Dental Medicine, at the Gelb Craniomandibular and Orofacial Pain Center, in Boston on September 29, 1999 by the Chairman of General Dentistry and the Director of the Gelb Center. At that time, Sean was able to open his mouth 30mm (a little more than an inch) without pain and 35mm with pain. He was advised that he needed jaw splints, electrical muscle testing, MRI of both TMJs, and possibly orthodontia, a retainer, and a specialized scan to evaluate his bite. What do you think that all of that would cost? On October 13, 1999 I had the opportunity to evaluate Sean. Photograph 1 was not taken at the first visit, but was taken later to demonstrate the initial degree of opening. I examined more than Sean's jaw and found excessive muscle tightness in his jaws, neck, back, arms, and legs. Most of his muscles were tender and many were ticklish. I adjusted his neck and back to free-up his stiff joints. He was immediately able to open his jaw a little wider without pain. I asked him to stop all dairy products. I adjusted his spine 5 more times over the next month. Each time, all his muscles were healthier and he was able to open his mouth wider. I call Photo 2, the alligator. It was taken on December 22. I have three questions for you: 1) Do you think that if Sean had followed the specialist's

expensive recommendations that he would have gotten well? 2)

Do you think that Sean could have gotten one of the splints made for what he paid for 6 chiropractic visits? 3) If Sean hadn't found out about his dairy intolerance, what else would he have needed to be treated for?



The Doctor's personal notes

- In November I completed the second of two 4-day intensive Functional Medicine Trainings in Seattle. This is training for all types of physicians in science-based holistic health care. While there, I adjusted the spines of 6 medical doctors, 2 osteopathic physicians, and 2 chiropractors. At one informal dinner I talked and laughed with a chiropractor, 2 psychiatrists, an osteopath, an internist, a nurse, a cardiologist, and an endocrinologist. It is great to study, laugh, and be with open-minded health practitioners!!!
- Are you looking for an answer to expensive medical insurance? Check out Simple Care and the American Association of Patients and Providers (AAPP). SimpleCare - Is a "solution program" developed by the non-profit AAPP. SimpleCare educates and encourages health care providers to charge a fair and reasonable fee to patients who are willing to pay in full at the time they are seen when there is no billing or coding involved. The AAPP is a grassroots non-profit association open to all patients and health care providers creating common-sense solutions to our nation's health care problems. The SimpleCare program is one of those solutions. Be Part Of The Solution - Join AAPP/SimpleCare today! For More Information Call Toll-Free: 1-888-469-1112 or go to this website: <http://simplecare.com/>

Organic is good!

Why is "organic" important; critical to our survival? For years I have felt that it was a good and healthy thing for me and my family to eat organically-grown food. As a slow learner, it has taken me a while to gain clarity about the fact that when each of us buys and eats non-organic (using environmentally damaging pesticides and fertilizers) food, we are not only eating poisonous compounds, but also financing the poisoning of our earth. That sounds dramatic, but what would you call what is happening to our water, our soil, our air, and our children? I don't think that we need, or ought to be afraid. I think that we need to make a commitment in our own lives to buy organic; not just when it is convenient. Consider buying organic foods at our local health food stores, and at our local farmer's markets. Also consider joining me in talking about and visualizing a totally-organic restaurant here in Ventura!!!! I am committed to a healthy new millenium for all of us and for our children to come.

Hot News!

- **Healthy Book Group 2000:** I am leading a book group at the YMCA. We will read and discuss one health book each 3 months. We will meet for 1 ½ hours at the Ventura YMCA on the 3rd Wednesday of each month at 7:00 PM. Participants may sign up for one or all books. There is no charge for the discussion groups for YMCA members. Non-YMCA members will be charged \$5.00 per monthly meeting. The first meeting is Wed., Jan. 19th. The books are: Detoxification & Healing, No More Ritalin, Eat Right 4 Your Type, and What Your Doctor May Not Tell You About Premenopause. You will need to purchase your own copy of the books. Please 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. Who will join with you? Tell your friends!
- **Dinner with Doctor Young:** What do you think of the idea of getting together for a healthy, friendly meal at the Classic Carrot in Ventura? Well good, I do too. I would like this to become a monthly gathering 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 first meal together will be on Wednesday the 12th of January. The Classic Carrot is at 1967 East Main Street. 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. Tell your friends!

The effects of food

"My dairy intake is way low now. I only cheat on one Latte a week. I am taking the following supplements: vitamins E & C, fish oil, a multivitamin, and chromium picolinate. The biggest thing of note is that I have not used my albuterol inhaler (for asthma) for about 3 weeks now. I have been running about 25 miles a week. My back feels great. I've also begun losing the extra weight I had put on the last year. 185—>175... Anyway, it really is just a matter of trying these changes to realize how much better you can feel. Thanks!" Nate Toll - 10/29/99

You can help

- Please do not throw this newsletter away. Give it to someone else to read.

- Send me your e-mail address (to kychiro@pacbell.net) so that I can put you on any or all of our 3 e-mail lists; monthly Health-E-Mail, monthly Organic Potlucks, and Quarterly Newsletter, and so I can give you advance notice of days when we will be out of the office.

Holistic Center for Healthy Living



Ventura Chiropractic & Massage
3160 Telegraph Rd. #103
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