



### A Great Marriage of Chiropractic & Massage

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[www.sketch.com/ventura-chiropractic](http://www.sketch.com/ventura-chiropractic)

The graphic design of this newsletter and my Yellow Page ad 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

### Office Closed

- Dr. Young will not be in the office on Nov. 6<sup>th</sup> or 8<sup>th</sup>. He will be doing training again in Seattle. Jo will be in the office.
- We will both be gone Sat., Dec. 4<sup>th</sup> to visit our son Kenn in Arizona.

## A warm and loving hello to each of you!

Working together, there is so much that we are doing to improve our health, our lives, and the lives of others.

### Hot News!

- Starting in January of 2000, I am planning to have a monthly book group at the YMCA. We will read and discuss one health book each 3 months. Are you with me? Are you ready to grow in 2000?
- I am just back from a 4-day intensive Functional Medicine Training 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.

### You Can Help

- Please send me your e-mail address (to [kychiro@pacbell.net](mailto:kychiro@pacbell.net)) so that I can e-mail you my monthly Health-E-Mail, and so I can give you advance notice of days when we will be out of the office.
- Please do not throw this newsletter away. Give it to someone else to read.
- We had our first no-wheat, no-dairy, organic-food potluck. It was great!!! I would like to see one per month. I propose the 2<sup>nd</sup> Saturday of each month. We need individuals to offer to host the potlucks at their homes starting in December. Let me know which month you would like. I will try to be at each of them. I'll post it at the office and through e-mail.

## The Doctor's Personal Notes

- "If you don't FEEL good, how can you feel GOOD about yourself?"
- I am planning on establishing a non-profit foundation called "Healing Those Who Heal Our World". It would be dedicated to educating, advising, evaluating, and treating visionary individuals and the executive staffs of visionary organizations to optimize their vitality and functional longevity through principles of chiropractic, yoga, and functional medicine. These services would be provided at no charge anywhere in the world. The founding premises are: 1) Individuals benefit from insights into, and improvements in the functioning of their bodies. 2) Many visionaries focus on understanding, vitalizing, and protecting the world around them, to the partial exclusion of their awareness of, and care of their own body and person. 3) It is wise to support, and optimize the existence of living treasures; our visionaries. 4) It is easier to conserve than to create a visionary.

### Health Tips

- Where is your health food store? Lassen's Health Foods 644-6990 is at 4013 East Main Street in Ventura (directly behind the Sizzler – the not-so-healthy restaurant). Rainbow Bridge 646-4017 is at 211 East Matilija Avenue in Ojai. If you want to get more involved and be able to purchase health foods for 30-50% less than in the health food stores, call Mountain People's Warehouse (MPW) in Auburn, California 800-679-6733 and ask about joining or starting a buying-club in your area. They will bring you your order in a semi truck. There are already established groups in the area that you may be able to join. Let's get together and we'll be alright! (Bob Marley)
- If you are online, check out [www.dadamo.com](http://www.dadamo.com) to learn about eating right for your blood type. Also see an additional site on the subject, <http://darkwing.uoregon.edu/~sshapiro/ER4YT/ER4YT.html>

## The Effects of Foods

- Our patient and friend, Elaine Rogers, reported in August, that she had stopped eating dairy and wheat and found that the chronic intense itching in her eyes was gone. "I used to feel that I could just dig them out. I never thought that changing my diet would make that go away."
- A new patient and friend, Stephanie Piraino, stopped eating dairy for one week. She then decided that she would show Dr. Young that this food allergy thing wasn't affecting her. One slice of pizza caused her immediately to have a pounding headache, shoulder and arm pain, and jaw popping and locking. She slept terribly and woke in the morning feeling hung over. She's got the idea now and by avoiding food allergens has been losing lots of weight without trying!

## Vitamins & Herbs

- The best form of magnesium that I have found is magnesium glycinate. Watch out for magnesium oxide. It is poorly absorbed and causes gas. We carry an excellent brand and charge less than Lassen's or Rainbow Bridge.

## Dr. Young & Jo's Cookbook

- Popcorn with flax oil on top and a touch of sea salt. Wow! Delicious! And it is good healthy fat that can help with weight loss and protect against heart disease.
- Kobacha squash: find it at your health food store. Bake it. So tasty.

## Our World

- Let's get down to the basics: toilet paper. If we buy TP made from recycled paper we help preserve this world for our children and for everything that lives here. Call HARMONY at 800-869-3446 and order your Seventh Generation bathroom tissue. Your simple choices make a difference.
- Please think and buy organic. We don't need more poisons. We need more purity. There is wonderful organic produce available at our local farmer's markets and at local health food stores. Try organic coffee at Trader Joe's. I recently bought a pair of organic denim jeans from Patagonia. Make a difference. It's our life; our planet!

## Our Practice

I LOVE helping children be happy and healthy! In our culture chronic childhood illness is so common that it is considered normal. The following are some of the signs of ill health: darkness or puffiness under eyes • tiredness in the morning • irritability or fussiness • headaches • back pain • growing pains • hyperactivity / "he's all boy" • frequent infections • tummy aches • constipation or diarrhea • gas • dry skin • learning difficulties • nightmares • coughing/wheezing/hoarseness • anxiety • snoring • picky eating • obesity • laziness • bedwetting. Don't let your children live with these problems and don't let your pediatrician, friends, or family tell you that they are normal. Help your child be her/his healthiest and happiest. You know how great it feels to see your children shine and how painful it is to see them sick.

Holistic Center for Healthy Living



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