



Ventura Chiropractic & Massage

~ Holistic Center for Healthy Living ~

Kristofer Young, D.C. & Joanne Young, CMT

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658-0123

November 2011

Office Calendar

Thurs, Nov 10th - 7:00 PM
Community of Health Ventura

Sunday, Nov 20th - 2:00 PM
Kitchen Class w/ Jo

Office Closed

Saturday, December 10th
Second memorial service for my sister, Tori, on December 11.



My dear sister, Tori, died on October 7th. She was a love and a joy to me and Joanne, to her husband Rusty, and to many more. We will miss her. We are uplifted by the enormous joy that she lived, and that she brought into our lives.

Tori Caldwell Janaya ~ May 11, 1962 to October 7, 2011

Community of Health Ventura (COHV)

Please plan ahead. COHV will again be a virtual event in November. Our topic will be "Holidays Without Illness or Weight Gain". If you wish to join us, send me an e-mail at kychiro@pacbell.net and I will invite you to Google+. It is simple and free to use. You need an internet connection, a microphone and video camera connected to your computer.

We will meet online from 7-8:30 PM on Thursday the 10th of Oct. The first 10 attendees at one of my Google+ conferences will receive \$10 off on their next chiropractic appointment.

Ok, Folks....

Many of you have expressed interest in kitchen classes to learn how to prepare yum-my food without gluten or dairy.

So....

Sunday, November 20th 2-3:30PM
The Young's Kitchen in Ojai -- taught by Jo
Pumpkin Cranberry Muffins
\$20 (includes muffin and tea!)
Must have an minimum of 6 participants by Nov 15

Call: 658-0123 to sign up and get more info.



NOW FOR SALE IN OUR OFFICE \$15

This is the next book on health that I would like you to read! I recently listened to a one-hour interview with Dr. Gundry. He is a brilliant cardiovascular surgeon who became more brilliant when he realized that what we eat is much more powerful and beneficial than surgery. He now has a center in Palm Springs where he helps patients reverse heart disease, diabetes, arthritis, cancers and neurodegenerative diseases such as Parkinson's disease. My kids are already starting to read this book for my birthday present. Let me know what you think!
kychiro@pacbell.net

TURN OFF THE GENES THAT ARE KILLING YOU AND YOUR WAISTLINE

DR. GUNDRY'S DIET EVOLUTION

Features: 70 recipes, sample menus, and memory tricks to keep you on track

Steven R. Gundry, M.D., F.A.C.S., F.A.C.C.

Director, The Interventional Heart and Lung Institute, Palm Springs, Florida and Director, www.DrGundry.com

Office open on:

Monday ~ 10-6

Wednesday ~ 10-6

Saturday ~ 9-4

Call us at: 658-0123



Who You Gonna Call When You've Got Health Issues? Ghostbusters?

Few Americans have a proven and valued health mentor, a health guru, a real doctor. And face it, few Americans have enough experience to be their own guide in the frontiers of health and disease.

Most of us focus on health only when we have lost it. Few Americans actively practice health maintenance, and even fewer study health.

When illness does "strike" we are apt to seek symptom relief. Unfortunately, chances are that our healthcare practitioner will be interested in the same thing we are. There will probably be no discussion of the causes of the illness, nor the lifestyle factors that could predictably restore health.

Right now American health is on life support. If we are going to be the change we would like to see in the world, here is what we might do:

- 1) begin gently to study health. You could start reading Dr. Gundry's Diet Evolution,
- 2) start practicing basic health; you know, no dairy, vegetables, walking, forgiveness,
- 3) find yourself a great health mentor; examples would be Mark Hyman, MD, or me.

Who you gonna call now?

Monthly Vitamin Special for November

\$5.00 Off Magnesium Glycinate

Most Americans are deficient in magnesium. High quality magnesium is used to relax muscles, lower blood pressure, improve sleep, and treat depression; to name a few. Ready to feel more calm?

~ One per patient. Not valid with other offers. ~



Who Would Have Guessed?

As we learn more about ourselves and the universe in which we live, we have relatively recently learned that while the human body is made up of roughly 10 trillion cells, there are roughly 100 trillion one-celled organisms, bacteria and fungi, living in and on us. Ten times as many of their cells as ours.



Knowing this, could and should change one's life. If it doesn't jump out at you, at least, consider what they eat, and who's feeding them.



Mark Hyman, M.D. @markhymanmd replied to you:



markhymanmd Mark Hyman, M.D.

@Dr_Kris_Young I like that! "National Do-Something-About Diabetes Month!!

Nov 02, 6:55 AM via web

In reply to...



Dr_Kris_Young Kristofer Young, DC

@markhymanmd Maybe we need a National Do-Something-About Diabetes Month. #insulinresistance

Nov 01, 6:25 PM via web



Turning 60 Consciously *with something to say*

For those of you who have been following along since I started this, my first book, on my 59th birthday, on Oct. 5, 2010, I want to let you know that the writing is complete and now I am working on the editing and layout.; more work than I realized. :)

I will let you know when the book has been published and shipped. If you want a copy of the book, please consider a pre-order. I know for certain the cost will be a maximum of \$20, and may be as low as \$15.