

# Ventura Chiropractic & Massage

~ Holistic Center for Healthy Living ~

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658-0123

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**WEIGHING THE RISKS**

“(Surgery) has its place. If you can lose weight any other way, try that first.”

**Who's eating surgery costs?**

When it comes to the cost of bariatric surgery, being poor may not be a help.

Weight-loss operations range from \$12,000 to \$25,000, with private insurance coverage varying from \$500 to more than \$10,000 out of pocket, even for patients in indigent, charity and poor-surgical-risk programs.

“The procedures are covered because losing excess weight improves and may eliminate conditions caused by obesity: diabetes and heart disease. It means fewer people will get sick and fewer people will die,” Wharfside said.

“There's a perception that this is a surgical solution to a non-surgical problem,” said Wharfside, adding that the procedures are medical, not cosmetic. “If there's someone out there who wants to go to their 20-year reunion and look nice, we would not be from life to death.”

A 34-year-old Ventura man is suing the 1-800-GUT-IT-OUT marketing campaign, a surgery center and others charged with a large-scale medical operation that he claims resulted in his wife's death. The defendants say the claim is false.

A Monterey woman suffered a heart attack that doctors said could have been avoided if she had lost weight, a lawsuit filed Monday in state court.

“I was very worried because I had promise — I mean that stomach.”

— **Tom Kiskan**

VCStar.com  
Ventura woman prepares for weight-loss surgery.

“I hope I can lose weight and be healthy.”

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## Ventura County Star - Sunday, June 17, 2012 by Tom Kiskan

Great, needed article, and I am ready to weigh in. But first, I want to be clear that it is not my intention to speak against, nor unkindly toward anyone; those with weight problems (health problems more accurately), those who have had or are considering bariatric surgery, not anyone. Rather, my comments are intended to bring light to the known risks, and to advise those who don't know, that there is enormous evidence that there are better and safer ways for most people to lose weight and become healthy.

(continued on back)

## Office Calendar

Office Closed July 4

4 Wednesday- Independence Day

## Dr. Young Attends International Conference on Cardiology with Dr. Mark Hyman

Dr. Hyman is a doctor that you may have seen on the Dr. Oz show. He is also the Chairman of the Board of the Institute for Functional Medicine, and the author of the NY Times Best Seller, The Blood Sugar Solution.



Please watch this one-minute video as Dr. Hyman summarizes the conference that we attended. Go to YouTube or to our site: [www.Ventura-Chiropractor.com](http://www.Ventura-Chiropractor.com)

World-renowned cardiologists lectured about the relationship between heart disease, diabetes and excess weight. They talked about the roles of diet, food allergy avoidance, exercise, supplements and loving relationships in the treatment of these conditions.

We are often judged by those with whom we associate. It would be an honor to be judged by association with my friend and colleague, Mark Hyman.

## July Vitamin Special \$5.00 off Vitamin C

Fruits and vegetables high in vitamin C are associated with a reduced risk of death from all causes including heart disease and stroke. Even small increases in levels of vitamin C in the blood reduced the risk of heart disease and death in healthy adults. ~ One per patient. Not valid with other offers. ~



“I hope Dr. Hyman's new book will inspire you as he has inspired me.”  
— PRESIDENT BILL CLINTON

**THE BLOOD SUGAR SOLUTION**

The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!

**Mark Hyman, MD**

Bestselling author of *UltraMetabolism* and *The UltraMind Solution*

Office open: Monday~10-6 Wednesday~10-6 Saturday~9-4 Call us at: 658-0123

**Dr. Young's comments on bariatric surgery, following publication of "Weighing the Risks" in the Ventura County Star - Sunday, June 17, 2012 by Tom Kiskan**

Risks to the individual are substantial. According to the Mayo Clinic, longer term risks and complications of weight-loss surgery vary depending on the type of surgery. They can include:

Bowel obstruction; Dumping syndrome, causing diarrhea, nausea or vomiting; Gallstones; Hernias; Low blood sugar (hypoglycemia); Malnutrition; Stomach perforation; Ulcers; Vomiting; Death (rare).

Additionally, there are risks to our culture by promotion of a fix that doesn't address the cause of obesity, and by the lack of attention to the lifestyle, nutritional, physiologic and emotional causes of obesity.

In my general practice, spanning almost 30 years, I have advised many patients that food allergies often cause weight gain. Removing dairy products from the diet often results in weight loss without counting calories or measuring portions. It is well known that removing gluten (the dominant protein in wheat) from the diet often results in weight loss. It is important to note that the removal of dairy and gluten don't just result in weight loss for many, but also clearly and consistently improve health, energy and mood.

A 32 year-old female patient of mine lost 65 pounds in 9 months when, as I advised, she took gluten completely out of her diet. She had struggled with her weight her entire life.

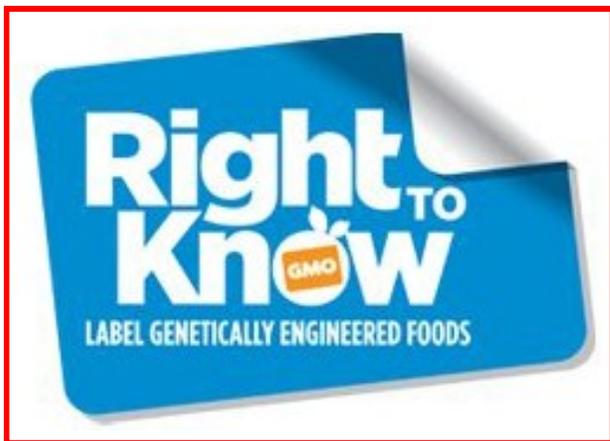
Most Americans are deficient in vitamin D; the sunshine vitamin. Turns out that low blood levels of vitamin D have been shown to correlate with difficulty shedding unhealthy pounds.

There is no single magic bullet for weight loss (the real goal is getting well, excess fat loss follows), but I can tell you that patient after patient that I treat for weight issues, has never been previously advised that dairy products, gluten and low vitamin D can be powerful factors in weight gain. These are just 3 examples of factors that most obese and overweight individuals have never had the opportunity to consider or to experiment with for themselves.

My friend, Mark Hyman, MD is a world-renowned expert on weight loss through a Functional Medicine approach. His most recent New York Times bestseller is entitled The Blood Sugar Solution. If you want to really look at smart and doable ways to lose weight through becoming healthy, please read his book! Dr. Hyman helped President Clinton gain the amazing health that he has today, through this plan.

For me, this discussion of the obesity part of our disease epidemic, is not about who is wrong, bad, or to blame. It is about our mutual future, that calls for us to work together in friendship for our common good, our common health.

From <http://functionalmedicinechiropractor.blogspot.com/>



Thanks for your Google reviews! Keep 'em comin'! Last week a young Irish man traveling in California, took your advice. I was able to help him w/ his severe low back pain so he could fly back home!

For those who haven't yet, will you take a minute and do this for those who need to find a good doctor?

- 1) Do a Google search for "chiropractor Ventura"
- 2) Find our office in the top 2
- 3) Click on the blue link = "19 Google reviews"
- 4) Click on blue box = "Write A Review"
- 5) sign up for a Google account if you don't have a gmail account, and write it!