



Ventura Chiropractic & Massage

~ *Holistic Center for Healthy Living* ~

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

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658-0123

June 2013

Dr. Young to offer Wellness Support Group in 2014

I am just beginning to plan for a support group that I will run, that I think will be called "Together Toward Health".

Here are factors I am considering:

1. max 20 members
2. meet one night every 2 weeks for 2 hours throughout 2014
3. commit to, and pay for the year in advance
4. \$20 per person per gathering
5. for those who want support in practicing health
for those who want to learn more about themselves and health

I think this African proverb is apropos; "If you want to go fast, go alone. If you want to go far, go together." I also recognize that we are all in the same boat.

Please let me know if you are interested in being in the group, or have thoughts about it.

One person has already signed up for the group! We have an interesting and valuable year ahead! ~ Dr. Young :)



June Vitamin Special

Vitamin E Complex

**Save \$5.00
now \$21.50**

Vitamin E is a critical antioxidant that protects body tissues from damage caused by unstable substances called free radicals. Dr. Young recommends 400 iu/day of a

high-quality Vitamin E Complex.

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

GREAT GIFT IDEAS!

Whether it's a birthday, Mothers' Day, Fathers' Day, or just a way to show your love and support, don't forget how much people love massage. You'd love one! Right?

Lots of people don't think to spend money on their own health. But, if you gave a certificate for a chiropractic adjustment, you can bet you'd be thanked!

Vitamins can be a welcome gift! You can make it possible with a gift of health!



Your kids need an annual chiropractic checkup! Not only do they have spines, but they need a wellness doctor to make sure they are growing and developing in a balanced and healthy manner. Examples of cases I have treated: 16 year-old female athlete with knee injury, 15 year-old male with acne, 13 year-old female with periods lasting 3 weeks, 10 year-old female with headache lasting 6 weeks, 6 year-old hospitalized for constipation.

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

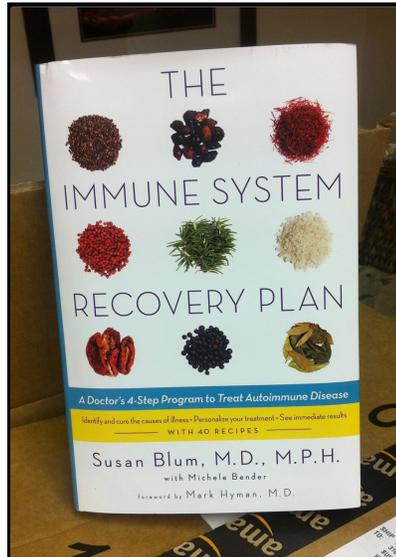
Google+ Review by

Amy Tomhave-Cornell



Doctor Young is a gifted chiropractor who knows how to help his patients find the relief they need when coming to his

office. But he is much more than that. He is a partner in the health and wellbeing of his patients. His commitment to all of us is evident. He is always learning about the ever evolving science behind care of the human and always eager to tell us what he is learning and how we can make changes in our lives in order to live better. When I leave his office not only does my back/neck/insert name of ailing part feel better, the rest of me feels better as well. And his wife Joanne is absolutely fabulous as well!



Autoimmune Disease ~

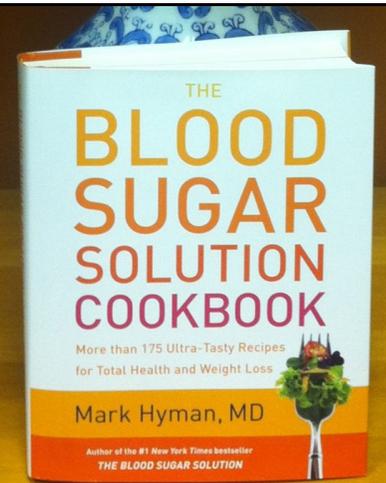
Dr. Susan Blum is a brilliant functional medicine doctor! Patients are raving about this book!

The Immune System Recovery Plan is available here in our office for \$25 (cover price \$27.99 + tax). If you have thyroid problems, fibromyalgia, arthritis, depression, weight-gain, or unexplained pains or symptoms that may be due to autoimmune disease, this book is for you!

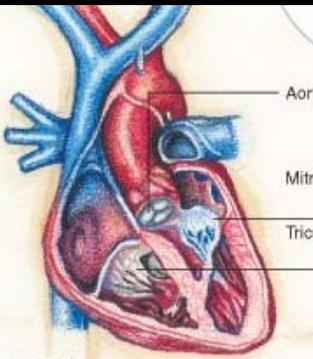
Blood Sugar Problems?

Diabetic, pre-diabetic, over-weight, or just looking for a great cookbook to help you get healthier or eat healthier? The Blood Sugar Solution Cookbook is now available in our office for \$20 (cover price \$29.99 + tax). It is a delicious-food, and mostly gluten-free, dairy-free cookbook.

Get one for yourself, for your family, or for a friend. Everybody loves great food and health!



Heart Surgery 2nd Opinion from Dr. Young



Recently a 69 year-old man came to see me to get a second opinion about heart surgery, placement of a coronary stent, that he had been advised to have. The fact that this man came to see a functional medicine chiropractor for an opinion about heart surgery is testament to the fact that our culture, healthcare in America, and my practice have come a long way in the last 30 years!

Why would one ask a chiropractor about heart surgery? If the chiropractor were a chiropractor who focused excessively on the spine, that would be a good question. If, on the other hand, the chiropractor were a functional medicine chiropractor who recognized that the heart is not an island unto itself, but rather a functioning part that is shaped by the condition of the rest of the body, then a second opinion from a chiropractor would make sense.

Keep in mind that medical science has shown us that the most effective treatment for coronary artery disease is lifestyle improvement plus group support. Drs. such as Dean Ornish, Mimi Guarneri, and Steven Gundry have proven this effectiveness.

It can be difficult for patients to find doctors of any kind that can and will knowledgeably support them in regaining their health through safe and proven lifestyle therapies. I am glad that more Americans are studying and thinking for themselves regarding their health. And I am glad that I am visible enough on the Internet and in our community that this gentleman knew to call me. As you would suspect, I did not advise this gentleman about specifics regarding stents; because I am not informed. I did talk with him about the critical nature and proven effectiveness of lifestyle medicine in the treatment of cardiovascular disease.