

# Ventura Chiropractic & Massage

~ Holistic Center for Healthy Living ~

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

3160 Telegraph Road, #103, Ventura, CA 93003 [www.Ventura-Chiropractor.com](http://www.Ventura-Chiropractor.com)

658-0123

April 2012



## Office Calendar

April

15-27 Caribbean cruise for Joanne's 60th birthday

28 Saturday - office open

May

10 Thursday - Community of Health Ventura - 7-8:30 PM

Office Closed

Wed May 30th - Sun June 3rd

Dr. Young will be attending the 19th International Conference on Functional Medicine on Cardiovascular and Metabolic Dysfunction, at which Dr. Mark Hyman will speak. Joanne will get 3 well-deserved days to lie by the pool, read, and go for walks. :)



## April Vitamin Special \$5.00 off Quercetin for Allergies

Quercetin is a great non-drug treatment for allergies, without negative drug effects. It is a natural anti-histamine, and anti-inflammatory.

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



Original Grassroots Campaign

### IT'S OUR RIGHT TO KNOW

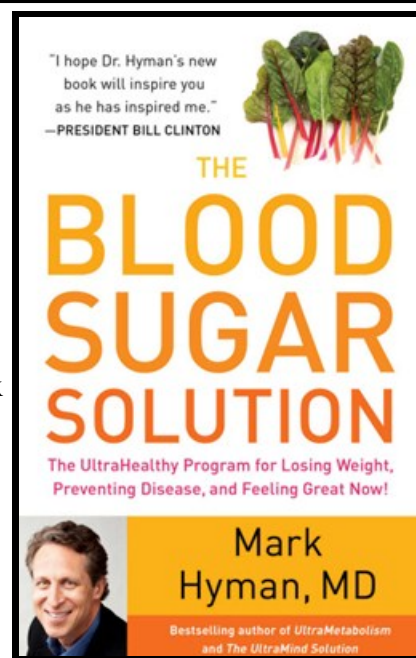
CALIFORNIA BALLOT INITIATIVE TO LABEL GMOs IN OUR FOOD

Please consider signing the petition at our office or elsewhere! It is our right to know! Genetically modified (engineered) food is not proven safe. - Dr. Young

## Diabetic/Overweight or not ... Read This Book!!!

AVAILABLE at our OFFICE for \$25.00 - 3 copies left

In **THE BLOOD SUGAR SOLUTION**, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer, is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness: nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind, and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, **THE BLOOD SUGAR SOLUTION** is the smartest way to lose weight, prevent disease, and feel better than ever. I am not biased by my friendship with Dr. Hyman; when you read *The Blood Sugar Solution*, you will see that he is a brilliant doctor who can help you heal your body and help us heal our Country! ~ Dr. Young



Has your child ever been examined by an excellent chiropractor? How about a doctor of Functional Medicine? If your answer is "never", then you don't know enough about your child's health.

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

## As Your Doctor

**Let's face it, you are overdue for blood work!**

Every 3 months, to every 3 years, depending on your age and condition, you need to have blood work done to track your health, or your illness.

Cholesterol, blood sugar, insulin, whatever you need; I can order it for you. Don't live with the worry of not knowing.

If you need high quality, low cost blood testing for cash, I can provide it.

## Community of Health Ventura (COHV)

Each second Thursday of the month, 7-8:30 PM I provide a free program on health for our community. You can learn more about COHV at our website. Paying a doctor to fix and or teach you when you are unwell can be expensive. Please consider my offer of free monthly education to keep you well.

20 of YOU have written reviews of our practice?

Please write a **Google review of Ventura Chiropractic & Massage!**

You don't have to write a book or a poem; a single sentence will do. Will you take a minute and do this for your doctor and for those who need to find a good doctor?

- 1) Do a Google search for "chiropractor ventura"
- 2) Find our office in the top 6
- 3) Click on the blue link = "20 Google reviews"
- 4) Click on red box = "Write A Review"
- 5) sign up for a Google account if you don't have a gmail account, and write it!

Help others find health!

## I'm Not a Gastroenterologist, but ...

For clarity and for medicolegal considerations, let me be clear; I am not a gastroenterologist. But, please note this Google review about me, my wife Jo, and our office, written by Rachel on - Jan 28, 2012:

"I went to Dr. Young with a serious case of ulcerative colitis that had been diagnosed two years prior. I had been to three gastroenterologists, an acupuncturist, a dietician and another chiropractor and had never found relief. All the doctors told me I would be on medication for the rest of my life. After a month of seeing Dr. Young I was 90% better. Six months later I feel completely healthy. With his care and Jo's wonderful supportive attitude, I have my health back and the ability to do all the things I love again. THANK YOU!" \*\*\*\*\*

Again, for clarity, what I am is a Functional Medicine Chiropractor; that just means that I have a Doctor of Chiropractic degree, and that Functional Medicine is the overarching systems approach upon which I base my practice. I treat a lot of back and neck pain, but I am not a specialist, I am a general practice doc. I treat everything from acne to depression to heart disease.

Does one have to be a doctor to figure out that the food that we put in our mouths is the single greatest effector of our gut? Would one have to be a gastroenterologist to know that while the human body is composed of 10 trillion cells, that living in our gut and on us are 100 trillion microorganisms? Wouldn't it make sense that these microorganisms would also have a powerful effect on our digestive tracts?

As an Functional Medicine Chiropractor I adhere strongly to medical science, and constantly return to the basics to solve complex problems like ulcerative colitis. The first step with a new patient or new condition is to figure out the causes of the problem. I always look at the patient's diet, food allergies, digestive capacity, nutrient status, and spinal function (which directly influences digestive health). While specializing, focusing a doctor's study and attention on one organ or system, can be valuable, it is not, if the doctor loses sight of the integrated function of the entire body. First and foremost we all need a healthcare practitioner who understands and considers the whole body, and guides us to an understanding of the causes of our illness.

The moral of this story might be: just because you have been to 3 specialists, doesn't necessarily mean there is no where else to turn for help. And never forget, if your healthcare practitioner has not discussed with you the causes of your illness, something critical has been left behind.

From my Blog - <http://dr-kristofer-young-chiropractor.blogspot.com/>

