

816.903.3248 or 816.804.2515

A Touch of Health Chiropractic Clinic

"putting you on the path to optimum health"



CHIROPRACTIC NEWSLETTER BY DR. JULIE HOLTZ

Kearney Office
925 W. Hwy 92

Monday thru Thursday
See Posted Hours

Office Number
(816)903-3248



 Our office will be Closed 
June 27th-July 4th

June Office Hours

- Monday 6:45am-10:45am (or last patient)
1:45pm-4:00pm (or last patient)
- Tuesday 6:45am-10:45am (or last patient)
1:45pm-4:45pm (or last patient)
- Wednesday 6:45am-10:45am (or last patient)
- Thursday 6:45am-10:45am (or last patient)
1:45pm-4:45pm (or last patient)



Heart Sound Recorder

Testing

SIGN UP TODAY! Time Slots Available

Monday July 18th

Talk to Andi to schedule your time

**A TOUCH OF
HEALTH
CHIROPRACTIC**

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*“putting you on the
path to optimum
health...”*

June's birthstone is the pearl,
the Moonstone and the
Alexandrite

The June birth flower is
the Rose and the
Honeysuckle

**June 14 is Flag
Day** (U.S.). Be sure to raise
the flag!

It's Never Too Late to Sleep like a Baby

Don't you love getting a great night's sleep? Everyone does! So here are a few tips—and a beautiful laminated infographic—to help you sleep like a baby.

There are numerous reasons we experience sleep issues. Melatonin, a neurotransmitter your brain makes, helps a lot of people. If you're one of them, the problem may actually be an underlying zinc deficiency, because your pineal gland needs zinc to make melatonin. The pineal gland also needs sunlight, which is transmitted through your eyes, so wearing glasses and sunglasses all the time may also upset your sleep patterns.

If your trouble is falling asleep, or you're tired but your brain just won't shut off, your nervous system is in sympathetic dominance. That means your get-up-and-go is always on. You're tired, but your mind can't relax. That's a mineral deficiency. I recommend **Organically Bound Minerals** or **Min-Tran** from **Standard Process**. These supplements will calm your nervous system. Once your brain can relax, your body will follow.

If you doze off in front of the TV, but then can't get back to sleep once you finally go to bed, you have an adrenal insufficiency. Whole food supplements and herbs that support the adrenal gland will make a huge difference in helping you sleep. Try this simple home test to check your adrenal function: Take your blood pressure lying down and note the numbers. Stand up and *immediately* take your blood pressure again. If the top number doesn't rise by at least 10, your adrenal glands aren't functioning as well as they should. Consult your holistic provider to find out what **Standard Process** or **MediHerb** products will help.

Perhaps your problem is that you wake up around the same time nearly every night. This is an acupuncture meridian issue. Gallbladder time strikes from 11:00 p.m. to 1:00 a.m. In two-hour intervals, the gallbladder is followed by the liver (1:00 to 3:00), the lungs (3:00 to 5:00), and lastly by the large intestine (5:00 to 7:00). Again, if this is happening to you, consult your acupuncturist and/or your holistic health provider for the right **MediHerb** products or **Standard Process** whole food supplements products.

Or perhaps you're the person who wakes up frequently throughout the night to urinate. This problem can be traced to a deficient nerve flow to the bladder that results in a lack of tone. Vitamin B—particularly B1 and B4—allows the nerves to carry normal signals that help the bladder muscle remain toned. Standard Process is the only company that carries vitamin B4, in its **Cataplex B** formula.

How about nightmares and night terrors? This state of erratic high-voltage nerve activity in the brain is due to general nutritional insufficiency. Without all the right nutrients, the body can't produce enough carbamide. This can occur to people of all ages. When a patient in her forties approached me about her long history of night terrors, I recommended **A-C Carbamide** from **Standard Process**. Her sleep improved dramatically. The A-C Carbamide slows down rampant excessive nerve transmission. The patient gets the rest she needs, while the practitioner continues to guide her to better health.

A few final notes: Eliminate sugary snacks before bed. And eliminate alcohol several hours before bed—there's a difference between sleeping and passing out! Turn off the TV and the radio in the bedroom, and keep the room nice and dark. Finally, be more physically active. It helps if your body *wants* to relax.

Sleep is a very important time for your body to do its healing. As Benjamin Franklin said, “Early to bed and early to rise makes a man [and woman] healthy, wealthy, and wise.” Contact your wholistic health provider so you too can sleep and feel better.

June is National Camping Month

Don't forget your

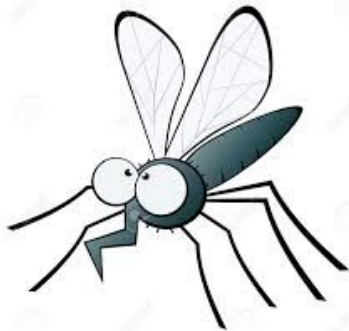
Bug Bouncer



Mosquitoes, ticks, and other pests can sometimes keep you from enjoying the outdoors to the fullest. Though typical spray repellants keep the bugs away, they can be a toxic blend of chemicals that you don't want to put on you or your family.

Bug Bouncer is a safe, all natural homeopathic insect repellent. Bug Bouncer utilizes the repelling properties of the Delphenium plant (Staphysagria), which repels mosquitoes naturally. Bug Bouncer tricks bugs into thinking you are a giant Delphenium flower so they stay away!

When bug bites do occur, Bug Bouncer reduces swelling, burning, and itching with a blend of time-tested homeopathic ingredients.



KETO CHEESECAKE RECIPE

INGREDIENTS

1/2 c. almond flour

1/2 c. coconut flour

1/4 c. shredded coconut

1/2 c. (1 stick) butter, melted

3 (8-oz.) blocks cream cheese, softened to room temperature

16 oz. sour cream, at room temperature

1 tbsp. stevia

2 tsp. pure vanilla extract

3 large eggs, at room temperature

Sliced strawberries, for serving



Preheat oven to 300°. Make the crust: Grease an 8" or 9" springform pan, and cover the bottom and edges with foil. In a medium bowl, mix together the flours, coconut, and butter. Press the crust into the bottom and a little up the sides of the prepared pan. Place the pan in the fridge while you make the filling.

1 Make the filling: In a large bowl, beat the cream cheese and sour cream together, then beat in the stevia and vanilla. Add the eggs one at a time, mixing after each addition. Spread the filling evenly over the crust.

2 Place cheesecake in a deep roasting pan and set on middle rack of oven. Carefully pour enough boiling water into roasting pan to come halfway up sides of springform pan. Bake for 1 hour to 1 hour 20 minutes, until it only slightly jiggles in the center. Turn oven off, but leave the cake in the oven with the door slightly ajar to cool slowly for an hour.

3 Remove pan from water bath and take off foil, then let chill in the fridge for at least five hours or overnight. Slice and garnish with strawberries.

CAL/SERV: 500 YIELDS:

8 - 10 SERVINGS

PREP TIME: 0HOURS 15MINS

TOTAL TIME: 8HOURS 0MINS