

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 Wednesday August 31st

August 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

Tuesday August 30th

Talk to Andi to schedule your time

**A TOUCH OF
HEALTH
CHIROPRACTIC**

925 W Hwy 92, Kearney MO
(816) 903-3248

Dr. Julie Holtz

E-mail:

atouchofhealthchiro@gmail.com

Web:

www.atouchofhealthchiropractic.net



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

Aug. 3: National
Watermelon Day

Aug. 8: National
Sneak Some Zucchini
Onto Your
Neighbors’ Porch
Day

August 11 marks the
end of the Dog Days
of Summer, which
began on July 3

Aug. 25: Kiss-and-
Make-Up Day

Did you know that we offer Acupuncture?

What is acupuncture?

Acupuncture is a treatment that uses very thin steel needles inserted into the skin to stimulate specific points in the body. The goal is to relieve a health condition or symptom, such as pain. The practice comes from traditional Chinese medicine. Scientific studies have confirmed its effectiveness for some conditions.

What conditions does acupuncture treat?

Acupuncture can treat many types of health issues. Most often, people use it to relieve chronic (long-term) pain, such as:

Arthritis, Back pain, neck pain or muscle pain, Headaches and migraines, Knee pain, Menstrual cramps, Sports injuries.

Other conditions acupuncture may help include:

Cancer and cancer treatment side effects.

Face pain and other nerve discomfort.

Immune system problems. Infertility, Irritable bowel syndrome, Menopause and hot flashes, Pregnancy discomforts, Repetitive strain disorders and overuse syndrome.

Are there different types of acupuncture?

Acupuncturists who follow more traditional/ancient Chinese principles focus exclusively on directing the flow of qi (pronounced “chee”), or energy, through the body. Other practitioners apply Western medicine, using the needles to stimulate the body’s systems. Many acupuncturists use a combination of both approaches.

Another acupuncture approach treats myofascial pain. This common condition involves muscles and their connective tissue. When muscles are stressed, strained or injured, they often form trigger points — tight, painful knots. A trigger point in one muscle can create pain in a different area of the body (referred pain).

Acupuncturists can use trigger point therapy to ease myofascial pain. They stimulate certain points on the body to relieve the pain.

How does acupuncture work?

Chinese medicine calls the energy that flows through the body qi. Chinese medicine practitioners believe qi disruptions create imbalances in the body’s energy that lead to illness.

Some forms of acupuncture aim to rebalance qi with needles that touch acupuncture points (acupoints) throughout the body. There are hundreds of acupoints in the body along 14 major meridians, also called energy-carrying channels.

The needles stimulate the body’s existing systems to:

- React to an illness or symptom.
- Rebalance the body.

Release natural chemicals, such as endorphins, the body’s natural painkillers, and neurotransmitters, chemicals that control nerve impulses.



- Supports the immune system*
- Is an excellent source of vitamin D, zinc, and antioxidant vitamin C
- Contains prebiotic 2'-FL and bovine colostrum
- Made from whole food-based ingredients
- Chewable supplement
- Draws flavor from organic ingredients: elderberry and whole strawberry



Supplement Facts

Serving Size: 2 Wafers
Servings per Container: 30

	Amount per Serving	%Daily Value
Vitamin C	25 mg	28%
Vitamin D	15 mcg	75%
Zinc	6 mg	55%
2'-Fucosyllactose	1200 mg	†
Colostrum (bovine)	500 mg	†
Proprietary Blend	426 mg	†
Organic strawberry fruit powder, organic elderberry fruit powder, organic guar fiber, organic beet (root), and monk fruit extract.		

†Daily Value not established.

Other Ingredients: Organic camu camu (berry), organic manioc (root), zinc amino acid (rice) chelate, calcium stearate, acacia fiber, and cholecalciferol.

Contains: Milk.

Warning: Keep out of reach of children.

Contains Prebiotic 2'-FL

The largest immune organ in the body is the GI tract. Its barrier function is a key immune function, and it is where a substantial amount of immune cells are housed.¹⁰

SP Children's™ Immune contains 2'-FL: a novel prebiotic carbohydrate that is derived from a microbial fermentation process to be structurally equivalent to human milk. Because it is able to resist digestion, it can effectively reach the lower GI tract¹¹⁻¹⁴ where it is broken down to feed the growth of beneficial microbes.^{13-18**}

Vitamin C, Vitamin D, Zinc, and the Immune System

The immune system is responsible for keeping out foreign substances, protecting the body, and helping maintain wellness throughout a person's lifespan. When nutrition is poor, a healthy immune response can be compromised.¹ On the other hand, consuming adequate amounts of essential nutrients is crucial for the immune response's function and development.¹

Certain micronutrients — such as vitamin C, vitamin D, and zinc — are vitally important for the immune system throughout all life stages, including childhood.¹ **SP Children's™ Immune** is an excellent source of all three.

Vitamin C helps support immune system defense by:

- Enhancing innate immune pathways²
- Enhancing phagocytosis²
- Supporting adaptive immunity through differentiation and proliferation of B- and T- lymphocytes²
- Contributing to the body's antioxidant system²

Vitamin D is an essential component of a child's immune system and assists immune function by:

- Serving as a regulator of healthy immune function¹
- Promoting phagocytosis and superoxide synthesis¹

Zinc is especially important for children, where adequate status helps the body during immune system challenges.³ It also:

- Plays a role in both innate and adaptive immune responses¹
- Assists in DNA synthesis, cellular growth, cell differentiation, antioxidant function, and immune cell function⁴⁻⁹

Colostrum for Dietary Immunoglobulins

SP Children's™ Immune contains 500mg of bovine colostrum, standardized to deliver concentrated immunoglobulins (specifically IgGs) from a whole food source (cow's milk).

As part of the immune system, immunoglobulins support a normal, healthy immune response in the GI tract.¹⁹ As dietary additions, these have been used as nutritional support for the immune system in the gastrointestinal tract.²⁰ Studies in children have used formulations with bovine colostrum to provide immune system support.^{21,22}