

Smoky Valley Chiropractic Healthy Family News August 2011



Want to learn more about exercise??

Join us for Move Well #3
Wednesday, August 10th
6:30 PM

Please join us!
Talk to Dr. Loder or a
staff member for details.

Last
Chance!

Sports Physicals??
Practices begin August
15th. Are you ready?
Physicals are \$35 and
must be paid in full at
the time of the
appointment.

We require a parent
attend the appointment
with their student,
unless the student is an
established patient in
our office.
785-227-4455

Shout It From the Rooftops!

"For a 91 year-old man, I've been very pleased with my progress. I was skeptical about chiropractic, and had never been to a chiropractor. But, Dr. Loder has helped me to avoid surgery. I'm walking without my cane now and feel great! I would highly recommend chiropractic to anyone with hip or knee issues. Give chiropractic a shot, I'm sure glad I did!"
- Jay Sundgren

DON'T MISS OUT!!

We're joining the "electronic age!" This will be the last newsletter that we mail out. We are going to start sending the monthly newsletter by email.

Please send your email to
drloder@sbcglobal.net and
we'll be glad to add you to
our list!

WE'RE EXCITED...

**It's our anniversary and we want to say a huge
"THANK YOU" to our patients!**

Friday, September 9th

Patient Appreciation Day

Help us celebrate 16 years of health and wellness!

Adjustment special from Dr. Loder:

NO OUT-OF-POCKET EXPENSE!!

**T-shirts, food, prizes and drawings for free
merchandise.**

**First come, first serve, so call today schedule your
appointment today – 785-227-4455**

We can't wait to celebrate with you!



Help Us Fill Our Backpacks!

Each year, we have more and more students who need assistance with school supplies. And each year, our patients help make a difference for those students. We hope you'll join us in a "friendly competition" to fill your favorite backpack.

Bring in school supplies anytime through the month of August and put them in your favorite "team pack".

We'll have K-State Wildcats, KU Jayhawks, SVHS Vikings, MES Wolverines, Bethany Swedes, SES Trojans, and McPherson Bullpups.

The heaviest backpack WINS!

Join us for the fun and do something generous for a child at the same time!



Cultivating Optimism

-Count your blessings. Even on days when there aren't as many as you would like. Jot a list and you may be pleasantly surprised to find there are more great things about your life than you thought.

-Look again. Most situations have a bright side, somehow. As in, it stinks that your 9 year-old needs stitches – but weren't the ER nurses awesome?!

-Don't stew. Good rarely comes of dwelling on problems or comparing yourself unfavorably to others.

-Tell someone they look terrific. You just might make their day, which elevates your mood too.

-Nurture relationships. Strong bonds benefit everyone.

-Pursue a long-neglected goal. With passion!

-Cope calmly. Manage stress in healthy ways, like by walking or talking to friends.

-Forgive. Work on letting go of anger and resentment towards those who have hurt you.

-Embrace the spiritual. Get more involved in your place of worship.

*-Honor your body. Exercise, laugh often, and **GET ADJUSTED!** It does a body good!*

Congratulations to our July trivia winner – Rita Engle!



YEAH RITA!

Research on ADHD and Chiropractic

A study at Mississippi State University found significant progress in hyperactive kids who underwent chiropractic care. The majority improved after a series of visits; their behavioral scores increased, as did their interest levels. The study concluded that chiropractic manipulation is an important non-drug intervention for hyperactivity. (*J Manipulative Physiol Ther* 1989; 12:353).

Innate Lifestyle Blog – Q & A with Dr. Loder

Q – Do you have any suggestions on getting my kids ready for their school schedule? I want them to have better focus and attention span at school.

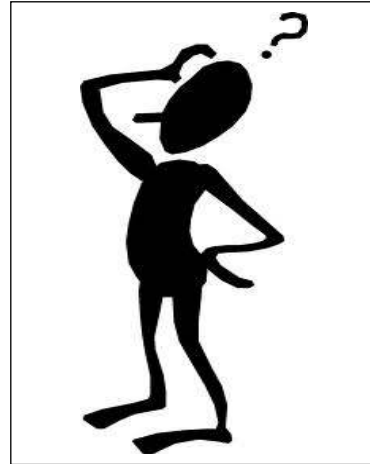
A – There are several ways to boost your child's brain power, and give them an advantage in and out of the classroom.

1. Make sure your children get to bed on time and get plenty of sleep.
2. Start them out with a healthy breakfast – proteins and fruit.
3. Pack a healthy lunch for them – vegetables, fruit, nuts, healthy meats, protein for brain energy!
4. Get them outside and take a break from the computer and TV.
5. And last, but certainly not least! Get your child adjusted on a regular basis to ensure a healthy nervous system.

Q: Should I get my child's spine checked before they go back to school?

A: Most parents appreciate the importance of regular checkups for their child's teeth, eyes and ears. Why neglect their spine and nervous system? A spinal checkup is vital because the spine houses the spinal cord, containing billions of nerve fibers that send messages from the brain to every part of the body. Any imbalance puts tension on the nervous system, which interferes with this vital communications link. Get your child's spine checked so they can be at their best as school begins this year. Have a great first day of school!

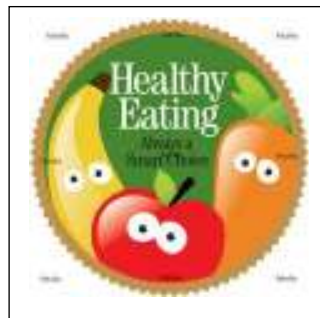
Dr. Loder



Be a Healthy Role Model

Setting a good example for your kids is the best way to instill healthy eating habits. Where should you start?

- Limit trips to fast food restaurants.
- Don't eat "on the go"
- Prepare healthy snacks ahead of time.
- Introduce new foods; let the kids pick out a new fruit or vegetable at the store.
- Sit down as a family for meals.
- Express a positive attitude about your body image and good food choices.
- Your kids will follow your lead!



Smart Snacks

Your kids just walked in the door, ravenous. They head straight for the refrigerator and grab...?? Here are some healthy after school snack ideas that are easy to have on hand and kid-pleasers too!

- Apple slices
- Smoothies with frozen berries
- Carrots and celery sticks
- Peppers and hummus
- Grapes
- Bananas
- Sliced cucumbers
- Pineapple chunks
- Applesauce
- Trail mix
- Fruit kabobs

Take a Brain Break!

Research has shown that recess can help your child learn and behave better at school. One study reported that 8 and 9 year-olds who have more than 15 minutes of recess a day behave better in class than other students. Another found that kids with ADHD can concentrate better if they take a walk in a natural setting like a park.

Now, we already know that chiropractic has a positive influence on brain activity, concentration, and activity.

So....how about adults? Sitting at a desk all day? Take a brisk 15 minute walk during your lunch break and see what happens to your afternoon productivity. Add regular chiropractic care to your regimen and be prepared for amazing results!!



"The happiest people don't necessarily have the best of everything. They just make the best of everything!" ☺

-Anonymous