

December 2011

Healthy Family Newsletter

Smoky Valley Chiropractic



Ready for 2012?

(Or do you need some help??)

That's what we're here for! Dr. Loder will be starting a new Lifestyle Class in January. Talk to him or any staff member if you are interested in having a happier, healthier year.

Testimonials from the "Class of 2011"

- I'm in better shape and have established a more regular exercise program. SC
- My moods are more stable since starting the program. I feel more hopeful about life overall. Loved ones and family and friends notice that. SC
- My greatest success thus far has been weight loss. DL
- I eat much healthier and exercise almost every day. AR
- Positive changes for me? Awareness! I am so much more aware of my choices, both good and bad, that I am making on a daily basis. CB
- I have a more positive attitude, more energy, I'm exercising daily, and have less stress. MW
- I have replaced the negative self-talk with positive self-talk. I am more knowledgeable about health issues in general. SC
- I do not struggle with depression as much as I used to. SC
- My family and friends have noticed the different choices of foods on my plate since beginning the program. MR

Community Service 101

Dr. Loder had the opportunity to present "Get Up and Move" at the Bethany Home Health Fair last week. It was a great community effort! Need a speaker? We can help!



Celebrate Without Stress – Top 10

1. Limit your spending budget.
2. Shop early to avoid crowds and rushed purchases.
3. Get plenty of rest.
4. Limit alcohol consumption.
5. Limit the amount of "junk food" you consume.
6. Stick with an exercise program.
7. Focus on fun and relaxation, not perfection.
8. Don't stress out trying to please everyone; your health is more important.
9. Volunteer at area agencies, helping others is a great boost.
10. Come in for your chiropractic adjustment, and be the healthiest, happiest YOU this holiday season!



Stressed or Blessed?

The choice is yours...and your health is counting on you to pick the right one!

Check out our new Facebook page – Smoky Valley Chiropractic.

"Like us!" 😊



You can also "blog" with Dr. Emily.

Look for the link at

www.drloder.com

Congrats to our November Winner...James Cook

Thank You!!!
We appreciate your help with the winter coat drive. Many children will have warmer winters due to your generosity!



Save the Date!
January 15th @ 3:00 pm
Dr. Emily will be presenting a Natural Parenting Class in McPherson at the Health Food Market. Topics will include Natural Remedies for Common Conditions, Natural First Aid, Baby Wearing, and Cloth Diapering. The class will be \$30 per person. Call today to reserve your spot! Space is limited!

Gift Ideas for Christmas



Healthy Gift Ideas
Pedometer · Fruit & Nut Basket · Stability Ball & Exercise Bands · Cookbooks with Healthy Recipe Ideas · Board Games · Teas · Gift Certificate to Fitness Center · Chiropractic Care Coupons (And...I always tell Darrel that jewelry works too – it's calorie free!)

The Question...Can Chiropractic Change A Life??

“The pain I’ve been experiencing is greatly reduced since I’ve been seeing Dr. Loder. The adjustments I’ve been getting in conjunction with the exercises he is recommending have really made a difference in the way I feel.” – Nancy Neustrom

“I feel great after my visits here. Dr. Loder does wonders!” – Deb Sparks

“The benefits of chiropractic are too numerous to list! Better sleep, better movement, better overall function. Staff is absolutely terrific! Dr. Loder is the most compassionate and passionate Doctor I’ve ever dealt with. He always has the patient’s better health in mind.” - Rita Engle

“Thanks to Dr. Loder’s expertise, my memory retention and concentration has greatly improved. My back pain has gone from very severe to non-existent.” - Colleen Estes

“I hurt my back and was having spasms. My mom brought me into Dr. Loder and he made me feel so much better! No more pain pills!” – Mikayla Estes

“Thanks for fixing my neck and shoulder after I swam backstroke into the pool wall!” – Mary Voigt

“Dr. Loder has helped me A LOT!” – Dick Radiel

“As an athlete, the chiropractic care I receive here keeps me goin’!” - Keenan Thompson

The Answer...ABSOLUTELY!

Our office will be closed on December 26-30 for the holiday season. We hope you enjoy a blessed Christmas with your family!



Make sure you’re on our email list! We have started sending out the monthly newsletter via email. Send your email address to Mari at drلودر@sbcglobal.net.



Blogging with Dr. Emily...

The World Wants to Know: What DOES Dr. Loder Eat??

The story behind how this post came about is an interesting one. I happened to be hanging around Dr. Loder near the end of lunch one day and I witnessed something peculiar – he took a large spoon, dipped it into a jar of coconut oil and ate it like it was no big deal. Now, I'm a fan of cooking with coconut oil or putting it in my smoothies, BUT for those of you who aren't familiar with it, coconut oil is a solid at room temperature – much like Crisco®. The texture is a little different, but not much! So in my book, eating straight coconut oil is right up there with eating straight Crisco®, except for WAY healthier, of course. Still weird though. This brings us back to why I'm writing this. I know that Dr. Loder is an extremely healthy person and he only eats healthy food, but I don't really know WHAT he eats. And after seeing him eat the coconut oil, I have a feeling it's going to be an interesting read.

With no further ado, here is what a typical day looks like for Dr. Loder:

Breakfast

4 eggs, over easy
Assorted nuts
Standard Process protein bar
Organic strawberries and blueberries

Lunch

Raw broccoli, cauliflower, carrots (and not just a few – a very large container!)
Canned wild Alaskan salmon
Assorted nuts
Standard Process protein bar
All after exercising for 45 minutes!

Dinner

Beef roast (Dr. Loder grows his own antibiotic free, hormone free and grass fed beef)
Carrots, celery, onions
Assorted fresh fruit

Supplements

Innate Choice Vitamin D
Innate Choice Omega Sufficiency
Innate Choice Probiotic
Standard Process SP Green Food
Standard Process Catalyn
Standard Process OPC Synergy

Just like Dr. Loder teaches at his Eat Well classes, there is no grain, no dairy, and very little processed food in his diet. And this really is a typical day for him. He didn't just eat this way so I could write about it. He hasn't always eaten this way though. As some of you know, Dr. Loder is my step-brother and I remember his eating habits from when I was a child. He's a little infamous for eating ALL my Easter candy one year! Ask him about the food he used to eat, it'll surprise you! Even though Dr. Loder didn't start eating this way until later in life, he's still healthier than many people HALF his age! He made a commitment to his health, AND SO CAN YOU!

So there you have it, folks! Dr. Loder doesn't just teach the Eat Well, Move Well, Think Well® program – he lives it!