

# Smoky Valley Chiropractic Healthy Family News July 2011



"Finally, a food label I can understand!  
Each serving contains 10 grams  
of fat and 5 grams of thin."

Want to learn more  
about eating right??  
Join us for Eat Well #3  
Wednesday, July 13<sup>th</sup>  
6:30 PM  
Please join us! Talk to  
Dr. Loder or a staff  
member for details.



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Ready to Play??  
Make sure to schedule  
your sports and school  
physicals early this year  
with Dr. Loder.  
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

**Retraction from the "Editor"...**  
Last month we asked why people  
travel up to 3 hours to see Dr.  
Loder, and we listed some of the  
things that make this office unique.  
I was reminded last week that we  
have patients who travel more than  
14 HOURS to see Dr. Loder. We  
enjoyed seeing the Jake Rathlef  
family in June, all the way from  
Bayfield, Wisconsin! ☺

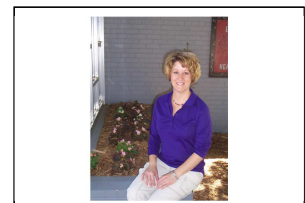


**DON'T MISS OUT!!**  
We're joining the  
"electronic age!" This will  
be the last newsletter that we  
mail out. We are going to  
start sending the monthly  
newsletter by email.  
**Please send your email to**  
**[drloder@sbcglobal.net](mailto:drloder@sbcglobal.net)** and  
we'll be glad to add you to  
our list!

**Shout It From the Rooftops!**  
"After having knee surgery a  
year ago, I re-injured my knee,  
making it painful to put any  
weight on it. I had quit running  
and working out for a week,  
trying to rest it. I saw Dr.  
Loder, and after just 2  
adjustments, I was pain-free  
and ran again that night!"  
-Cindy Couchman

"One does not make friends.  
One recognizes them!"  
-Irene Dunn

**WELCOME!**  
A warm welcome to  
Traci Collins, our new  
Chiropractic Assistant.  
Traci joins us from  
Oakley, KS and is excited to  
be part of the Smoky  
Valley Community!



# Smoky Valley Chiropractic – Healthy Family News – July 2011

## The Wellness Doctor Speaks...

### Chiropractic Useless for Back Pain??

“Really?,” I said in response to a patient who told me that another health care professional told her that chiropractic would not help her low back pain and instead she should take pills. This was the health care professional’s opinion even after my patient had informed this provider that she had already experienced very positive results with chiropractic care reducing her back pain.

It is surprising to me that there are still health care professionals out there who believe in the antiquated idea that pills are better than chiropractic care for back pain-related issues. The existence of this opinion tells me a few things about the health care professionals who still cling to this belief.

First, it tells me that they are not listening to their patients. With back pain being the number one reason for people seeking out chiropractic care, and with chiropractic patient satisfaction rates in the 90% plus range, chiropractic patients get results. (1,2,3) The challenge is that human beings naturally tune out information that differs from their belief system.

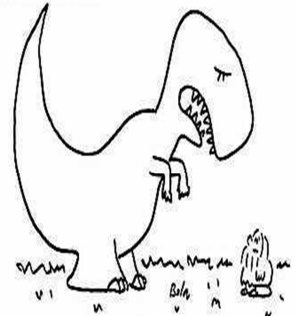
It also tells me that these health care professionals are not keeping up on the unbiased, peer-reviewed clinical research regarding back pain. There are plenty of good studies showing the clinical superiority of chiropractic care. (4,5,6)

Clearly, these health care professionals are not talking to chiropractors about what they do and the clinical results they see. After 16 years of clinical experience, I fully expect to see positive results with back and neck issues. It is a rare case that doesn’t respond favorably, and it can usually be traced back to lifestyle habits.

So, if you run into this opinion out there, I encourage you to find a health care professional who listens to their patients and keeps up on current research. Take the time to be your own health advocate. You’re worth it!

1. *New England Journal of Medicine* (1996)
2. *The Gallup Organization, Alhstrand* (1991)
3. *Journal of Manipulative and Physiological Therapeutics, Sawyer & Kassak* (1993)
4. *Spine, Van Tulder and Bourter et al.* (1997)
5. *British Medical Journal, Meade et al.* (1995)
6. *The Manga Report* (1993)

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"HAH! -- YOU THINK YOU'VE  
GOT LOWER BACK PAIN?"

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## Cherries – Great Snacks!



**Cherries have quercetin, a phytochemical being studied for its ability to maintain overall good health and vitality and impact the cardiovascular system.**



**Cherries have 2.4 micrograms per serving of melatonin, a hormone that promotes healthy sleep.**



**Cherries have anthocyanins, credited with their health promoting ability and impact on heart health.**

**Congratulations  
to our June  
trivia winner –  
Linda Pudge!**



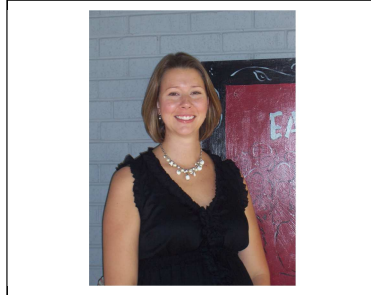
## Innate Lifestyle Blog – Q & A

**Q – I want to get started exercising again. It’s been awhile.**

**A – Walking is a great way to begin. A brisk morning walk is a great way to start your day. It refreshes your brain, activates your body, and helps you beat stress!**

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Welcome to **Emily Delker-DeRocco**. Emily will be with us for the next few months, completing her clinicals for her Doctor of Chiropractic degree. Please introduce yourself and welcome her!



## It's Your Time to Shine!

Summer is the perfect time to move your health and fitness goals closer to the top of your priority list, and to take the steps to develop a body that is both healthy on the inside and strong and physically fit on the outside. If you've been putting off taking care of yourself all year, this summer is the time to get serious about achieving your physical fitness goals! Here are 5 helpful tips to get the ball rolling and maintain a healthy momentum.

- \***Try something new.** The weather is warmer and the days are longer, why not add a new outdoor activity to your exercise program?
- \***Engage in several different types of sports, exercises and activities on a regular basis.** This adds excitement and variety to your workout program.

- \***Clean up your diet and clean out your pantry.** Take time to read food labels and get rid of those items that are your biggest downfall.

- \***Eat higher quality foods.** Concentrate on eating food for the nutritional value and not simply for the taste.

- \***Pair strength training with cardiovascular exercise.**

Combining weight training with aerobic exercise doubles the chances that you will lose body fat and gain more lean muscle mass.



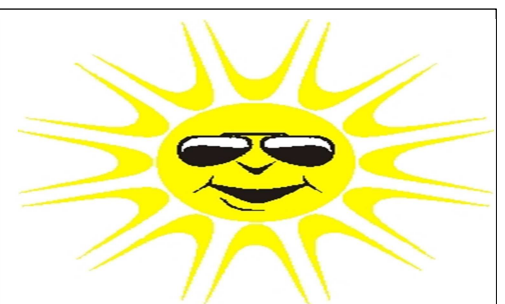
© Randy Glasbergen / glasbergen.com  
“Dr. Loder, this is Michelle from the office. Boy, you're a hard person to reach when you're on vacation!”

Dr. Loder will be out of town with his family July 4<sup>th</sup> through the 8<sup>th</sup>. Michelle and Traci will be here during normal business hours if you need assistance or want to get your appointment scheduled for the following week.

**Are you living the Chiropractic Lifestyle? If you didn't know how old you were, how old would you feel? Need to make some changes?? Our office is the place for you!**

## Top 5 Overwhelming Benefits of the Chiropractic Lifestyle

- 1. Increased energy.**
- 2. Decreased effect of stress on the body.**
- 3. Increased immunity.**
- 4. Better work and athletic performance.**
- 5. More responsive body.**



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## Health Benefits of Walking

- Walking just 2 miles a day has been associated with living a longer life.
- Walking can pump up your metabolism, helping you lose weight or maintain weight loss.
- It's easy to get started...get a good pair of walking or running shoes and pick a trail. Start slow and build speed and distance over time.
- Studies show that walking for 45 minutes in the morning helps stabilize and maintain healthier blood sugar levels.
- Walking 20-45 minutes a day has been shown to lower the incidence of both heart disease and stroke.
- Walking is not only good for your body, it's good for your mind and spirit too. A National Council of Aging study found that 45 minutes of daily walking improves mental acuity.
- Walking lifts your mood, especially if you enjoy nature or good company on your walk.
- Walking in the morning contributes to your sleeping well at night.
- Walking is good any time, but what a great way to start your day with movement, breathing, fresh air and good company. Make it a lifestyle habit.

**“The first  
wealth is  
health”**

-Ralph Waldo Emerson



## Vacationing the Healthy Way

It's easy to pack a quick bag of cookies, sodas and chips for a family road trip, but it's hard to work off the bad effects of an unhealthy diet. Pack your willpower – you'll have more fun, be more alert, and feel a lot healthier.

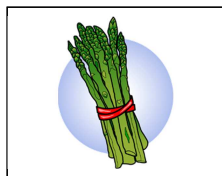
1. **Bring your own snacks.** If traveling by car, pack a cooler with fresh fruits, vegetables and nuts.
2. **Stay hydrated.** Drink plenty of water. Stay away from caffeine, which can be dehydrating.
3. **Stay active.** Take stretch breaks and enjoy the scenery. Walk wherever you can and choose activities that keep you moving.
4. **Make healthy choices at restaurants.** Choose the healthiest options you can find on the menu and watch portion sizes.

**There is no need to undo your healthy habits during your vacation. But, most of all, enjoy your family and vacation time.**



## Easy Asparagus

Clean and cut asparagus. Line in baking dish. Cut up ¼ lb of butter and distribute pats across pan. Sprinkle with garlic salt. Cook at 350 degrees for 15 minutes and enjoy!



## Gardening and Stress Relief

Gardening has proven itself to be a way to improve wellness, reduce stress, and get in tune with the natural rhythm of life. The benefits of gardening are numerous: Sunlight...Getting in touch with nature...Creating beauty...A sense of capability...Physical activity...Eating right...Great family activity...Cost effective...Organic options. Just to name a few!