



# Smoky Valley Chiropractic Healthy Family News October 2011

## 95 years of Chiropractic & the Flu

In the closing days of World War 1, a deadly form of influenza ("flu") appeared. The influenza pandemic of 1917-1918 claimed more lives than the war.

During this crisis, doctors of chiropractic noticed that their patients seemed to have a lower fatality rate than the general population. Although this chiropractic observation remains unpublished in the peer-reviewed literature (since no scholarly journals were willing to publish chiropractic data in those days), a study was published by the osteopathic profession. Among doctors of osteopathy of the time, it was routine to check patients' spines for "osteopathic lesions" (what we know as "subluxations"), and to correct them with manipulation. Due to this similarity, the osteopathic publication effectively verifies the chiropractic experience.

The death rate among influenza patients under conventional medical care in the U.S. was estimated at 5 to 6 percent. The fatality rate among influenza cases under osteopathic care was estimated at 0.25 percent. The implication drawn from this data by the study's author was that lesions (subluxations) depress the immune system; therefore, correcting the lesions assists immune function.

This conclusion, drawn by both osteopaths and chiropractors more than 80 years ago, has received support from recent research. The activity of the immune system's major "players" - the white blood cells - has been found to increase after chiropractic adjustments. A small but intriguing study suggests that the immune response of HIV-positive patients (as measured by CD4 count) improves when spinal subluxations are corrected.

In your ordinary, day-to-day experiences, you are not likely to notice that your white blood cells are a bit sluggish. However, this may very well be one effect of spinal subluxation - even in the absence of a sore back or a stiff neck. If you are not already doing so, consider scheduling monthly chiropractic check-ups, even if you are pain-free.

## Chiropractic and Male Breast Cancer

"Fight like a girl!" This battle cry reminds us how important it is to do self-exams and always have anything suspicious checked out. But what if you have to "Fight like a guy!"?

The statistics are alarming. About 1% of breast cancer develops in men in their 60s and 70s. It is estimated there are about 2,140 new cases diagnosed annually in America and about 300 in England. And because men are less inclined to self-exam than women, by the time they realize something is seriously wrong, they could already be in Stage III or IV. It is also noted that men who have female relatives with breast cancer are more susceptible to the disease themselves, just like women.

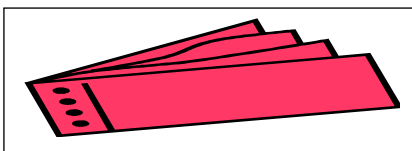
For anyone facing the challenge of cancer, regular chiropractic adjustments will boost the immune system, increasing the body's ability to deal with this health challenge. Genetically congruent diet, exercise, and thought patterns promote health and healing. Critical supplements should include Vitamin D, a high quality fish oil, probiotics, and a fruit/vegetable concentrate.

*Resource: medicinenet.com*

Our 16<sup>th</sup> Anniversary was so fun! Thanks to all of you who celebrated with us! We are so blessed ☺



Check out our new Facebook page – Smoky Valley Chiropractic. "Like us!" ☺



## Dinner with the Doc

Tuesday, October 18<sup>th</sup> – 6:30 PM  
Swedish Crown – Lindsborg

**Admission = 1 guest**


**Dinner is "on" the Doc!**

**Do you know someone who isn't able to live life to the fullest? Is limited by their health struggles?**

**THIS IS YOUR CHANCE TO CHANGE A LIFE!!**

**Grab a guest and plan to join us – we can't wait!**

**Please make your reservations by Oct. 12<sup>th</sup>.**



**Fight Like  
a  
Girl  
Friday**  
Friday, October 14th

**SMOKY VALLEY  
CHIROPRACTIC, P.A.**  
DARREL K. LODER, D.C., C.C.W.P.  
Certified Chiropractic Wellness Practitioner  
121 W. Lincoln, Lindsborg, KS 67456  
785-227-4455 • www.drلودر.com  
"Building Champions in Life,  
One Spine at a Time"

Dr. Loder worked for Dr. Terry Johnson as an undergrad, and then went on to do graduate work in Cancer Research at KSU. When Dr. Johnson passed away from cancer, Dr. Loder decided to do a yearly fundraiser for the cancer center. Proceeds go towards providing undergraduate student scholarships in cancer prevention research.

We hope you'll join us in the "fight" on Friday, October 14th. Proceeds from adjustments that day will be donated to the Terry C. Johnson for Basic Cancer Research at KSU. There will also be a donation jar available all week.

Together - we can make a difference!

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

"I want to thank Dr. Loder for relieving me of my sciatica pain. I've lived with it for years and within a few months, I am pain free! I owe him my happiness and I'm sure my family thanks him too!"

-Jill Gregg

"My headache woke me up at 2AM and continued all day. It was severe. 1 ½ hours after my treatment, it was gone!! I was pretty skeptical, but you made a believer out of me!"

-Heather Cave

"Since I started coming in to see Dr. Loder, my range of motion has improved tremendously. I can actually turn completely around in my car now when I'm backing up! Way to go, Dr. Loder!" – Lisa Broshar

"Dr. Loder has been a 'God Send' to us. Having severe reactions to pain relief drugs, he has not only 'kept us going' but is making it possible for us to enjoy life! Thanks, Dr. Loder!" – Reuben & Muriel Strange

***The Answer...ABSOLUTELY!***

**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](mailto:drلودر@sbcglobal.net).**

**Looking for a Great Optometrist??**

We have patients ask on occasion, and I thought we'd share our recommendation with everyone...

Dr. Travis Sharpe practices in Salina and has taken great care of our family and many of our patients.

He is a Kansas Wesleyan Graduate (but says he holds no bias against our Swedes...)

and he graduated Summa Cum Laude from the

Southern College of Optometry in Memphis in May 2006. He is a

2009 Fellow of the

American Academy of Optometry and a 2011

Diplomate of the

American Board of Optometry.

He's great with kids, and accepts patients of all ages.

You can reach him at 785-827-9898.

