

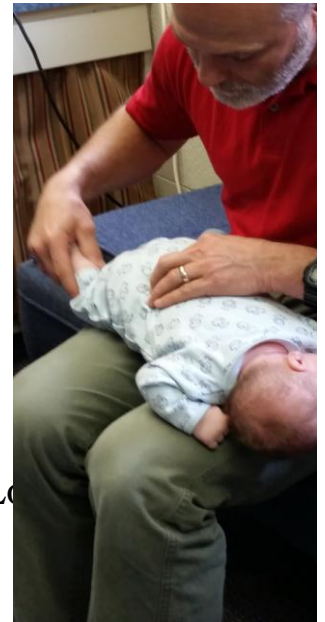
# Healthy Family Newsletter

## February 2016



**We were so blessed to be able to help Josie enjoy her new baby! They are a precious family 😊**

*"I had our little boy on a Saturday and by Monday I could not walk or move without crying. I was in so much pain from an epidural headache that was more like migraine, that I could barely hold my newborn. I went in to Dr. Loder's office every day and each day I gained more movement of my body, had less pain and by Friday was nearly good as new! I was able to hold my baby and not cry because of the pain! It was amazing to feel a change like that in just a few days without medication or hospitalization. I share my story because chiropractic has done so much for me and my family. I want others to know that it works!" – Josie Lawless*



Dr. Loder

Wednesday's Words of Wisdom -  
"Chiropractic care with Dr. Loder has made me more aware of living a healthy lifestyle. Nutrition, exercise, and spinal alignment are all important." - Mary Parker



### **The Tiki Bar is Open for Business!**

Beach week was so much fun (and came at such a great time)! It was fun to share our cheery, sunny office atmosphere with you during January! 😊 We hope you enjoyed the smoothies, fruit, "happy" blend essential oils, and the adjustments from Dr. Loder that got your spine and nervous system SHINING!



Dr. Loder's community donation for the month of January is KICK. (Kids in Christ's Kingdom.) Dr. Loder is pictured with Joyce Peterson, KICK director. KICK meetings are offered every Wednesday after school September through May. Children work with community volunteers and have sessions available to learn more about cooking, sewing, photography, recreation, board games, and enjoy a family meal at the end of the day.. This program is co-sponsored by Bethany Lutheran Church and Messiah Lutheran Church in Lindsborg.

*Monday Motivation! "Chiropractic is absolutely the best thing you can do for your body! Dr. Loder and his staff are literally the best! I had major problems when I came in, and I have had so many positive results! Thank you Smoky Valley Chiropractic!" - Codi Gleason*

**Did you know:**

NFL players Jerry Rice, Tom Brady, and Aaron Rodgers have strongly supported **CHIROPRACTIC CARE** as a factor in their ability to achieve greatness.

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The Evidence Based  
CHIROPRACTOR

*Did you also know that all 32 teams in the NFL offer their players chiropractic?*

## "Vince and Principle #6"



**"The Packers never lost a game... we just ran out of time." - Vince Lombardi.** Coach Lombardi's quote sums up his unwavering belief in his team's ability to win every game, if given enough time to execute their winning game plan. Chiropractors hold a similar, unwavering belief in your body's innate ability to heal.

The 6th Principle in Chiropractic states "there is no process which does not require time," including the healing process. BJ Palmer (the developer of Chiropractic) believed that given enough time and a clear nerve system the body could heal itself in just about any situation. In his mind, the innate wisdom of the body had the potential to win any healing game if just given a chance. This is the foundation of all a successful Chiropractic experiences.

If you've been under Chiropractic care for some time and see only minimal results, don't give up. The power that made your body designed all the plays needed to get you healthy and whole again. It won't lose the game if you provide enough time on the clock.

*it's a good week to have a good week*

*Fantastic Friday Feedback - "I feel more like me again! Less pain, more body movement, better overall function." - Karas Patrick*



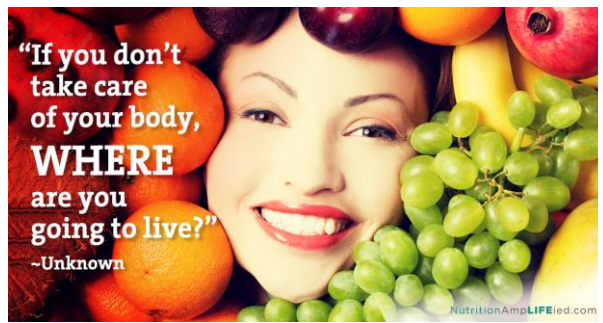
By specializing in the care of your spine, which includes knowledge of the bones, muscles, and spinal cord, chiropractors influence the system that runs all other systems of your body.



A little nervous about that first adjustment? Christina's doll got some "happy bones" from Dr. Loder so she could see how the instrument worked before her first adjustment. Priceless!

*Topnotch Thursday Thoughts - "I believe in chiropractic care - it helps so much! Dr. Loder has helped me in so many ways! Getting adjusted has helped my headaches and my immune function. I had early symptoms of a cold, so I came in and got adjusted. I got better so much faster. I highly recommend it!"*

*- Katie Hawkinson*



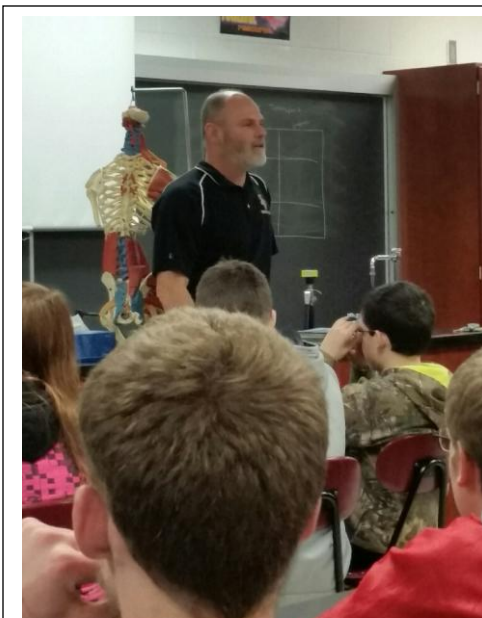
Your body is your most valuable possession. Take good care of it!



Lather  
Love  
Lavish  
ly







## **This World Needs More Chiropractors!**

Did you know...If everyone with a spine got adjusted on a regular basis, there would be an extreme shortage of chiropractors?! Dr. Loder enjoyed speaking with students for Smoky Valley High School Health Science Career Day in January. Need a speaker? He's your guy! Call me to schedule 😊



When your spine is aligned, your nervous system can deliver messages from the body to the brain, and from the brain back to the body, which is critical for good health.

*Totally Terrific Tuesday Testimonial - "Chiropractic is worth trying. It's kept me from having to use a walker, from being on disability, and from being terminally depressed. Thank you, Dr. Loder!" - Becky S.*

**Do you know someone who you think could benefit from CHIROPRACTIC CARE?**

Ask us how we can help YOUR FRIENDS AND LOVED ONE'S on your next visit

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## **Winter = Wrestling**



If you're looking for Dr. Loder on a Saturday from January through March, chances are you will find him coaching Smoky Valley wrestlers somewhere in Kansas! This year, SVWC has over 50 wrestlers registered; keeping all of our volunteer coaches VERY busy! **Smoky Valley Wrestling Club – "Building Champions in Life"**

