



**February 2012
Healthy Family Newsletter
Smoky Valley Chiropractic**



Who Loves Ya?? We Do!

We are so blessed to get to help people live longer, healthier, more active lives every day through the chiropractic lifestyle.
Each of us here have something special to share about chiropractic and how we **LOVE** feeling great!

*“I **LOVE** chiropractic because it is the best avenue through which I can teach others how to live long, active, healthy lives.” – Dr. Loder*

*“I **LOVE** chiropractic because of all the lives I gets to touch, and because of the way those lives touch me back.” - Dr. Emily*

*“I **LOVE** chiropractic because it keeps my arthritis under control. I have very little pain and best of all...NO DRUGS!” - Michelle*

*“I **LOVE** being in a much more positive emotional state. Getting adjusted is relaxing and something I always look forward to!” - Hannah*

*“I **LOVE** that I haven’t been sick in a couple of years. Regular chiropractic care boosts my immune system and protects me from nasty bugs!” - Diana*

*“I **LOVE** getting adjustments weekly. It keeps me on track, and has really boosted my immune system.” – Traci*

*“I **LOVE** being married to the chiropractor ☺, having 4 healthy kids, and living a pain-free, active life!” - Mari*

**Ready to share the LOVE?
Forget chocolates and flowers – pass on this coupon and give the gift of health!**

**Refer a friend or family member *by March 1, 2012*,
and they will receive a complete "Chiropractic Evaluation"**

(an exam, all necessary x-rays, computerized nerve & foot scans, and a Chiropractic report) ON US!

Insurance will be submitted through those companies for which we are a provider in order to establish necessity of care, but no fees will be assessed for the above-mentioned services to the patient or the insurance carrier.

Chiropractic adjustments are not subject to this discount.

(Due to Federal Regulations, Medicare and Medicaid insured are not eligible for this promotion.)

It's our gift to you and your family.

We truly care about your health!

Smoky Valley Chiropractic, PA – 121 W Lincoln – Lindsborg, KS 67456 – 785-227-4455
Dr. Darrel K Loder and Dr. Emily E DeRocco

 **The Innate Lifestyle™ Program**
Eat Well Move Well Think Well™



The 2012 Lifestyle class is off and running (and walking!) Dr. Loder will be teaching the first Move Well module on Wednesday, February 8th at 6:30 PM. Join us!

facebook

Check out our new Facebook page
 – Smoky Valley Chiropractic.
 “Like us!” 😊



You can also “blog” with Dr. Emily. Look for the link at www.drloser.com

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

“Awareness! This is the number one word I use to explain the chiropractic benefits I have received from Dr. Loder. Awareness about spinal health, nutrition, mental health and physical health!” – Chris Baker

“Thank you for my improved overall health and a better education of what “truly healthy” means.” – Traci Baker

“Thank you for the relief of headaches and back pain! Thank you so much for the many years of taking care of our family. We know the benefits from the kids have helped them through their changing years and will continue to benefit them in the future.” – Kimber Mellinger

“I’m excited about becoming pain free! I feel great!” – Jill Gregg

“My lower back is so much better and I can get up and down easier.” – Kayla Johnson

“Thank you for a wonderful experience at your office. Your staff is friendly and great. My back feels much better since coming in.” – Rachel Bradley

“I had come to the place where I did not know where to turn. It seemed my life was falling apart. Then Dr. Loder and his wonderful, friendly staff came into my life and I have complete confidence that they will help my husband and me in many ways, including nutrition. Thanks from the bottom of our hearts!” – Helen Chipperfield

The Answer...YOU’D BETTER BELIEVE IT!!



“Jamaica” Me Healthy
Get it?? Jamaica...You
Make a...Play on words! 😊 We had so much fun pretending we were in a tropical location, and we decided that Dr. Loder needed a hat with attitude to prove it – and there you go! The fresh fruit was wonderful, the music was festive, and Kansas in January has never been better!

Beach Week Topics:
-Don’t Worry, Be Happy!
Positive Mental Attitude
-Waves of Relief - Keeping stress levels manageable
-Beating the Sands of Time – Looking and feeling younger
-Get Your Sun On!- Vitamin D
-Can You Hear Me Now?- Hearing and ringing in the ears

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 drloser@sbcglobal.net.



Blogging with Dr. Emily...

“F” is for Flu

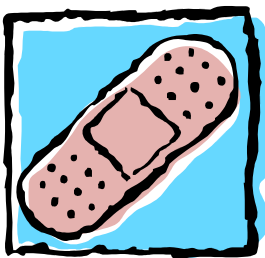
I hadn't had the flu in years and years – until this year. My husband, Steven, works in local hospitals everyday fixing medical equipment and we're pretty sure that's where it came from. Steven was the first to go down. He was praying to the porcelain god for a good 24 hours before he started to feel human again. At first, I thought I might be spared, but 4 days later it was my turn. I didn't get near as sick and after 12 hours was feeling almost 100% better! In all honesty, I had a rib subluxation that hurt a lot more than the flu did – and my chiropractor, Dr. Loder, was on vacation! Suffering through my subluxation was worse than suffering through the flu! All in all, the flu experience at our house was a very mild one and I credit all of that to chiropractic. Keeping our spine in line and our nervous systems working at 100%, our immune systems were able to quickly mount a response and defeat the virus. We also live the chiropractic lifestyle at our house which includes daily exercise, eating organic, non-processed foods as often as possible, and taking daily whole food supplements including vitamin D. Recent studies show that vitamin D is actually more effective at fighting the flu than the flu vaccine. Vitamin D is dubbed the “sunshine vitamin”, and since living in Kansas during the winter = minimal sunshine, vitamin D supplementation becomes even more important.

Then of course there's Laramie, our 4 month old – because she is exclusively breastfeed, she didn't get so much as the sniffles! Babies get powerful antibodies produced by their mother that helps protect them from any and all “bugs” they may come into contact with. That's one of my favorite things about chiropractic, how we learn to work with nature instead of against it. Because I let myself get sick and didn't try to cover up the symptoms with medication, my body was able to mount a stronger response and pass on those fighting cells to Laramie.

Just in case the flu decides to visit your house, here are some helpful tips on how to cope:

1. I know it sucks, but don't try to stop the vomiting or diarrhea. Your body is trying to get that stuff out for a reason – it needs to worry about fighting the virus and doesn't have time to worry about digestion.
2. Make sure to stay hydrated. This is one of the most common complications from the flu – dehydration. Water is easily absorbed and requires little to no actual digestion. If tolerated, sip on some warm water with honey and lemon for electrolytes. Avoid over sugary drinks such as Gatorade and Powerade.
3. Someone once told me, “The flu is nature's way of telling you to take a day off.” I'd say that's rather sound advice. REST!!
4. And of course – get adjusted! One of the most important times to get adjusted is when you're ill. Don't cancel your appointment. Let us know you're feeling ill and we'll try to accommodate your appointment during a non-busy time or at the end of the day to reduce exposure for other patients. And don't worry – we'll be sure to clean the table well to keep from spreading the virus!

Even though “F” is for flu, “C” is for chiropractic and making sure you're getting adjusted regularly can keep you on your “A” game!



**Your body is self-healing
and self-regulating.
You were programmed to
be healthy!**

When you cut your finger, what happens? It hurts, maybe bleeds a little, and then within a couple of days it has healed...right? Your body is AMAZING! You are programmed to be healthy, and your body is programmed to be self-healing. Healing and health take place as long as there aren't any subluxations present...Been checked by your chiropractor lately??

5 Simple Rules to Happiness

1. Free your heart from hatred – forgive.
2. Free your mind from worries – most never happen.
3. Live simply and appreciate what you have.
4. Give more.
5. Expect less.

