



2013

Healthy Family Newsletter Smoky Valley Chiropractic



Strawberry Ice Cream

*Taste-tested by our
very own resident
expert...*

Laramie DeRocco

- 1 banana, sliced and frozen
- 1 handful of strawberries, frozen
- 1-2 tablespoons coconut milk
- 1 teaspoon vanilla extract

Place the frozen bananas and strawberries into a food processor. Start blending, then add in the vanilla and coconut milk. Just enough for it to blend together but not too much, we want it to be really thick! Once it is nice and smooth but still very thick scoop it out and enjoy! It needs to be eaten right away as it will not keep very well in the freezer. Makes 2-3 servings.

We want your experience here to be unlike any other. Do you have ideas for us? Suggestions? We want to be able to educate everyone about chiropractic and what our office offers. Have a great idea on how we can do a better job of sharing? We are firm believers in the CANI principle – Constant and Never-ending Improvement.

Lunch and Learn

We are going to offer some free lunch and learn classes here at the office. We are planning on starting with once a month, and having everyone 'brown bag' it. Email Mari at drلودer@sbcglobal.net if there is a favorite topic you'd like to see on the agenda!

**First class will be held on
Wednesday, May 8th**

12:15 PM

Topic – Swimsuit Season!

*"How to be safe in the sun, and
look your best doing it"*



Big Smiles, Everyone!

Congrats to Paige Talbott – our \$50 Facebook drawing winner for the month of April.



facebook

Be sure to 'like' Smoky Valley Chiropractic on Facebook!



Local Charity and Donation of the Month - After Prom



Dr. Loder is offering proceeds from his new patient exams to local charities and organizations. The April recipient is Smoky Valley After Prom. Thank you for providing a safe place for students after the dance! Would your organization or club like to be considered for a donation? Contact Mari at drloder@sbcglobal.net.



Growing Healthy Kids

From Dr. Loder, “Doesn’t it make sense to have your family checked to see if they have hidden problems before a serious illness develops? It makes perfect sense to me!”

During the month of May, refer a new family member and get them checked for no out-of-pocket expense!



**Congratulations to
Dr. Emily and her
husband, Steven!
We can’t wait to
meet the newest
DeRocco!**

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

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"The handle on your recliner does not qualify as an exercise machine."

*Are you ready for
"Swimsuit Season?"*

Join us for
Move Well #2
Wednesday, May 15th
6:00 PM

facebook

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



You can also "blog"
with Dr. Emily.
Look for the link at
www.drlooder.com



**Happy
Mother's Day
to all of you
'Supermoms'
out there!**


Midsummer's Festival
LINDSBORG, KANSAS
Little Sweden USA

**Smoky Valley Chiropractic will once again
be sponsoring the Midsummer's 5K run
and 2 mile walk. Registration forms are
available at the office, or online at
midsummersfestival.com.**

**Join us for some morning exercise on
Saturday, June 15th!**

*Many chiropractors manipulate to relieve
pain. At Smoky Valley Chiropractic, Dr.
Loder and Dr. Emily provide specific
adjustments to improve health and function.*

**Top 3 Healthcare
Misconceptions**

Drugs make you healthy. (*You don't get headaches because there is a lack of Tylenol in your blood!*)

Germs make you sick. (*Have you ever been in a house with four kids where two got the flu and two didn't? They were all exposed to the same germs. The difference is their immune systems ability to fight the germs. Stress reduces immune function. Chiropractic boosts it.*)

My insurance company cares about my health. (*Do you think it is a good idea to entrust your health and well-being to your insurance company, PPO, or the federal government? Of course not! Your health is your responsibility. Your chiropractor will make recommendations based on what you need to achieve the best health possible, not based on what your insurance may cover.*)

Family Wellness Month

This month we're focusing on families. Have you heard the saying, "If Mom's not happy, nobody's happy?" Studies show that chiropractic care can help keep Mom happy:

- By boosting her **immune system** with an overall increase in strength of immune function from 200-400%.
- Women with **PMS** receiving chiropractic care showed improvement in ten categories of symptoms.
- By easing symptoms of **depression and anxiety**.
- She can keep up with the kids (or grandkids) with a 14.9% improvement in **reaction time**.
- By keeping her organs healthy. An international analysis showed **improved breathing** (27%), **digestion** (26%), and **circulation** (21%).
- By keeping the kids healthy!

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted."
Denis Waitley

"Like WD40 For Your Spine"



Most people believe that as you get older, the less flexible you become. Actually it's the other way around. The stiffer your joints get, the faster you age and develop disease!

In a classic 1921 study tracing terminal disease and its relationship to spinal degeneration, Henry Windsor, MD concluded, "Disease appears to precede old age and to cause it. The spine becomes stiff first and old age follows. Therefore we may say, a man is as old as his spine; the arteries becoming hardened later from constant vasomotor spasm, following sympathetic irritation."

Chiropractic adjustments act like WD40 for your spine - keeping your joints flexible, your organs youthful and your health potential at its maximum. If you want to win the battle against time, make regular Chiropractic a part of your age defying routine.



"WATER" Our Patients Telling Others About Chiropractic?

- "It will make you feel better and improve your life. Less pain!" – [Sue Tangkawarow](#)
- "It is amazing how getting adjusted on a regular basis will make you feel so good! I used to be a skeptic, but now I'm a believer for life!" – [Bonnie Turner](#)
- "I have fewer aches and pains. I recover faster. I have fewer colds and coughs. No persistent back pain. I have lower blood pressure, cholesterol, blood sugar and weight. I've learned how to grow old without becoming old!" – [Roger Wofford](#)
- "I've only been coming about 10 days, but Dr. Loder has already made a tremendous difference in a very painful spinal problem! I'm looking forward to even further future improvement, as well as learning more from Dr. Loder about optimal ways to eat well, move well, and think well!" – [Vicki Freeman](#)
- "Chiropractic has helped me feel better physically and mentally. I am a better athlete and student because of chiropractic!" – [Brandon Archuleta](#)
- "Chiropractic has changed our lives!" – [Chris Baker](#)
- "Chiropractic has helped my performance in basketball." – [Jaden Perkins](#)
- "I have more energy, a clear mind, a better attitude, and I just feel better!" – [Lindsay Modin](#)

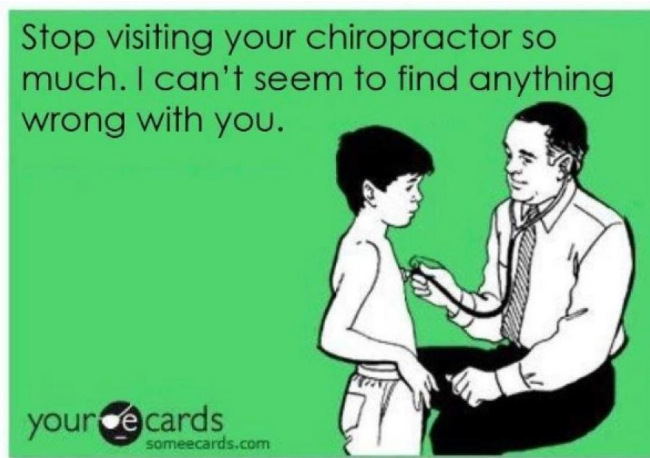
"WATER" YOU telling others? Have you shared the hope that chiropractic offers?

Being Attached with Dr. Emily

I was recently on the radio talking about Attachment and natural parenting – two of my favorite topics. Why are they my favorite topics? Because they include all the things that I love to talk about at length – chiropractic, natural birth, babywearing, cloth diapering, breastfeeding, and healthy eating. I tried to get as much as I could into that 8 minute interview, but there was still a lot of information I did not cover. Good thing I have this blog, so I can get it all out here! ;-)

“What is Attachment Parenting?” you ask. In a sentence, Attachment Parenting promotes gentle parenting techniques to fulfill a child's need for trust, empathy, and affection and to provide a foundation for a lifetime of healthy relationships. There is much more to their principles, but that's it in a nutshell. I'll give a brief overview of some of the common Attachment Parenting techniques, but for a more in depth overview, please visit the Attachment Parenting International website – attachmentparenting.org. Let me touch on all my favorite topics and how they look in the Attachment Parenting (AP) lifestyle.

Chiropractic – Parents following the AP lifestyle tend to choose alternative forms of healthcare before the more common allopathic route. Opting out of the traditional drugs and surgery route, AP parents would rather try something else first. Chiropractic is such a great first choice! Chiropractic care for infants and children can help decrease colic, ear infections, constipation, and much more! Visiting a chiropractor regularly can vastly decrease the number of sick visits to the pediatrician. One of my favorite e-cards sums it up nicely. (P.S. Did you know your family chiropractor can do sports physicals and exams?!)



Natural Birth – Birth is a normal and natural process that has been made to seem scary and dangerous. Much like running a marathon, birth requires physical and mental training. If you aren't prepared for the incredible physical demands, then it can seem incredibly painful and unbearable. If you tried to run said marathon without preparation, you would have the same result. Unfortunately, many obstetricians have stopped encouraging their patients to have a pro-active approach to birth. There is a time and place for medical intervention, but it is overused in this country. I always recommend moms get regular chiropractic care and take classes to prepare for birth. I personally recommend The Bradley Method (www.bradleybirth.com) or Hypnobirthing (www.hypnobirthing.com).

Babywearing – Just like it sounds, it means wearing your baby in an approved carrier or sling. This promotes happy babies since they are close to their caregiver and their needs can be met 100% of the time. This means less crying, better digestion (due to upright posture), both hands for mom/dad/caregiver, and children who become independent earlier! As a chiropractor, I know how important it is to make sure the baby is supported correctly. Babies should always be facing mom or dad either in a front carry, back carry, or hip carry. This ensures they are supported from their butt to the crook of the knees with legs slightly above the hip. Babies should never be facing outward with their legs hanging downward. That can cause excess stress on the hip joint and vascular system.



Breastfeeding – I am a self-proclaimed lactivist. I am a big supporter of breastfeeding! It is the perfect first food and it helps create a strong bond between mother and baby. I always recommend mothers-to-be and new mothers attend a La Leche League meeting to talk with other breastfeeding moms in their community. La Leche League is a world leader in breastfeeding research and education. Visit their website for more information on a group near you – www.llli.org.

Healthy Eating – At the office, Dr. Loder teaches the Eat Well, Move Well, Think Well lifestyle program. This is a great program for anyone looking to live a long, active, healthy life! (Learn more at www.eatwellmovewellthinkwell.com.) My husband and I are big fans of the program and of the Innate style of eating (the way our ancestors did and the way our genetics are designed to!). We take this information and apply it to our toddler. Laramie has had no processed food, grains (wheat, rice, oats), or dairy. We plan to keep it that way as long as we can!



Dr. Loder spoke
with Lindsborg's
Run for God
group last week
on nutrition.
Need a speaker?
Give us a call!

