

# September 2013 Healthy Family Newsletter Smoky Valley Chiropractic

## PARTY!!!



We're celebrating 18 years of helping others live long, active, healthy lives...and we're throwing a

## PARTY!

Free adjustments all day long, free chiropractic t-shirts, prizes, food, and **FUN, FUN, FUN!**

Join us on **Friday, Sept. 6<sup>th</sup>** and help us celebrate.

We know how to throw a party around here – You won't want to miss it!!

Call today – 227-4455

### Power Fingers



If our service is just so quick that you don't have the time to use the Power Fingers before we take you back for your adjustment, then stop on the way out.

PowerFingers® was created to give you powerful therapeutic relief of shoulder, back and leg tension at home, without the assist of a 2nd person.



Paying cash for your care?? Ask about our 'Chiro Dozen' program. Pre-pay for 12 adjustments and get the 13<sup>th</sup> FREE. 'Chiro Dozen' adjustments are only \$40 each.

*\*Must have completed care plan to participate\**



### Needing Some Help with School Lunch Ideas?

**-Swap a side of chips for raw veggies and dip.**

Raw veggies are filling and full of "brain-food" nutrients.

**-Swap a bologna sandwich for a turkey rollup.**

Turkey is a much better choice, when looking at fat gram content and ingredients like nitrates.

**-Swap 5-days-a-week sandwiches for soup.**

You can sneak a ton of veggies in there!

A thermos is a great investment for winter lunches.

**-Swap juice boxes for bottled water.**

Eliminating sugar, even from natural sources, will help your child's concentration and energy levels.



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

**Think Well Classes**  
**Wednesday, September 11<sup>th</sup>**  
**& Wednesday, September 25<sup>th</sup>**  
**6:00 PM**

*Don't miss it – some positive changes and  
thinking can*

***CHANGE YOUR LIFE!***



### Who's in there??

Laramie DeRocco is excited to meet her new brother or sister! Dr. Emily will be taking maternity leave effective October 1<sup>st</sup>. We wish her a wonderful time with her new bundle of joy. We'll keep you posted on the arrival! ☺

## Svensk Hyllningsfest 2013



Svensk Hyllningfest is just around the corner. We **WILL** be open on Friday, October 4<sup>th</sup>. Feel free to park in our back lot and walk down to enjoy the festivities after your adjustment....(and, no – Dr. Loder will not be wearing his knickers...) ☺



### Think Well

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## MOVE WELL MARATHON



For the 4th year in a row, USD 400 and Dr. Darrel Loder of Smoky Valley Chiropractic, will be sponsoring the Move Well Marathon. Students at Marquette Elementary, Soderstrom Elementary, and Smoky Valley Middle School will kick off the year with an assembly on September 6th, and their first marathon morning on Sept. 9th. Students will be walking/jogging a marathon (26.2 miles) during the months of September and October. Students exercise daily during the course of the program.

Teachers and staff in all buildings also participate and exercise before school with their students.

Parents are invited and encouraged to join their students every morning at 7:45 and start their day by "Moving Well!"



## The “Jock” Pot

Growing up, we had kids our house going in all different directions. Everyone had a different schedule to keep with school, athletics, work, music lessons, etc. My mom used her crockpot A LOT! She re-named it the “jock” pot, saying that it was a great way to keep dinner warm for everyone, no matter what time they showed up for dinner!

I love my crockpot – so much that I have more than one ☺ With busy schedules, it's an easy way to feed a hungry bunch, and eliminate stress when you walk in the door after a long day at work.

### “Jock” pot ideas:

- Chicken, whole or breasts, with onion, green pepper, tomatoes and butter. Season with salt and pepper.
- Roast with onion, carrots, peppers and sweet potatoes. Season with salt and pepper.
- Round steak with Rotel tomatoes or salsa.
- Brisket and onion.
- Chili or vegetable beef soup – Fall is coming! *(I try to use organic, grass-fed, antibiotic-free meats, natural/organic seasonings and organic or homegrown vegetables whenever possible.)*



### **Fight Like a Girl!**

We'll be raising money for the Terry C. Johnson Center for Basic Cancer Research in October. We hope you'll help us! **Join us for 'Fight Like a Girl' Friday – Oct. 11<sup>th</sup>.**

Donations for the Cancer Center will be accepted during the entire month. We hope you'll help us meet our goal of \$1000.

Added Incentive:

**If we have \$1000 going to cancer research, Dr. Loder will shave his beard.  
Let's do it!!**

Join us for our monthly "Lunch and Learn" on Wednesday, Sept. 18<sup>th</sup> at 12:15 PM at the office.

Class is **FREE** to all, bring a friend. Topic for September is **Juicing.**



*Someone you love sitting on the sidelines??*

**"I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important."**

**– Jerry Rice, NFL Football Legend**

### **Easy Apple Crisp**

Wash, core and slice as many organic apples as desired. Cover with pats of raw, organic butter (I use 1 stick of butter for an 8 ½ x 11 pan of apples.) Sprinkle with cinnamon and add ½ cup raw, organic honey. Dust the top with whole, rolled oats. You can cover and bake at 350 for 1 hour, or put in the crockpot on low in the morning and enjoy when you get home from work!

