



# February 2014

## Healthy Family Newsletter

### Smoky Valley Chiropractic

#### **10 Keys to a Successful Relationship...**

- 1. Tell your partner you love them.** *Although actions speak louder than words, words often speak more clearly than actions.*
- 2. Show some affection.** *Small acts convey warm feelings.*
- 3. Show appreciation for your partner.** *Let your partner know on a regular basis what you like most about them.*
- 4. Share yourself.** *If it's important to you, share it with your partner.*
- 5. Be there for your partner.** *Be supportive through challenges and struggles.*
- 6. Show respect.** *Strong relationships have strong foundations.*
- 7. Respond gracefully to your partner's demands and shortcomings.** *Appreciate your partner for who they are, strengths and weaknesses alike.*
- 8. Make 'alone time' a priority.** *Commit at least one hour every week or two for just the two of you.*
- 9. Take nothing for granted.** *Cultivate a daily sense of gratitude for your partner and the blessings they bring into your relationship.*
- 10. Strive for equality.** *Follow the Golden Rule in your relationship.*



“He who has health has hope. And he who has hope has everything.”

– Arabian Proverb

*Do you know someone who has lost their health? Our office offers hope...*

#### **Beach Week**

*We celebrated beach week at the office during the last week of January – just in time for the freezing temps! We had different ‘beach’ handouts each week. I’ve included some of them throughout the newsletter.*

**Be sure to answer the questions on the Smoky Valley Chiropractic Facebook page and you’ll have a chance to win a \$50 chiropractic gift card!**



**Congratulations to Marge Gent – Our Beach Week Winner!!**



Bob Marley had it right. Mental attitude plays an enormous role in our health. A negative mental attitude can have physical consequences. Negative thoughts can also cause subluxations. Bob Marley dedicated his life to spreading happiness. Getting adjusted regularly can help you to feel great and think happy thoughts!

Make sure to get your attitude and your nervous system checked regularly!

*What is one thing that made you happy yesterday?*

Log on to our [facebook](#) and answer online for an extra chance to win!



**Can You Hear Me Now??**

The first adjustment was given in September of 1895 by D.D. Palmer to Harvey Lillard, who was deaf. After the adjustment, his hearing was restored. Today, research has shown chiropractic to help with tinnitus (ringing in the ears) and hearing loss.

Getting adjusted regularly helps keep your spine in line and your ears hearing!

*Name one thing you love to hear (favorite quote, song, etc.).*

Log on to our [facebook](#) and answer online for an extra chance to win!

**Dr. Emily's Grand Opening**

Pictured here is Dr. Emily with Maria and Maddie, her first patients at Natural Family Chiropractic Center in Salina! Her office is an extension of the Smoky Valley Chiropractic office where patients can experience the same excellence offered in Lindsborg. The office is located INSIDE Cotton Bottom Baby, a cloth diaper and natural parenting store, also run by Dr. Emily. In this location, Dr. Emily is able to combine her passions for both natural parenting choices and chiropractic!



**Beating the Sands of Time**



A healthy lifestyle – getting adjusted regularly, eating the foods your genes require, exercising, and getting enough rest, can actually make you feel and look younger. Don't accept aches and pains as a part of "getting older". Stop the aging process by getting your spine and nervous system checked regularly. Take Dr. Loder for example – because he lives the chiropractic lifestyle, his athletic performance is better than most people 20 years his junior!

Chiropractic can help you feel younger too!

*How old do you think Dr. Loder is?*

Log on to our [facebook](#) and answer online for an extra chance to win!

**This week we are celebrating what we LOVE about chiropractic.**

Some pictures to illustrate... ☺

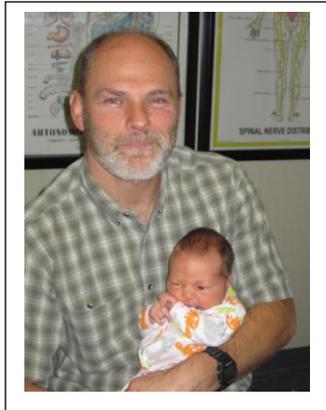
Dr. Loder **LOVES** helping new lives reach their optimum health potential - we've seen a lot of babies this month!

Michelle Johnson **LOVES** what chiropractic does for the health of her new granddaughter, Ellie Jo. (She's so sweet!)

Hannah Jones **LOVES** what chiropractic does for her unborn baby, keeping her healthy as she looks forward to becoming a mother.

And Michell Lemen **LOVES** what chiropractic does to keep her family healthy.

**What do YOU love about chiropractic??**



**Had the CRUD??**

Your nervous system is the master system and it controls every cell, tissue, organ and system in your body.

**INCLUDING** the immune system... Did you know that one chiropractic adjustment can boost immune function up to 400% - WOW! If you're ready to feel better faster, prevent the "crud" from invading your household, or

simply stay healthy –  
**GET ADJUSTED!!**

## Get Your Sun On! Are you making enough Vitamin D these days?



Vitamin D is the “sunshine vitamin” because your skin needs to be exposed to sun light for your body to begin production. It’s a little tough to get enough sunshine during the winter months which is why supplementing with Vitamin D is so important! Diseases that Vitamin D positively influences include: heart disease, cancer, diabetes, inflammatory bowel disease, rheumatoid arthritis, multiple sclerosis, and osteoporosis. Pick up your bottle of Innate Choice Vitamin D today!

*Name your favorite fun in the sun activity!*

Log on to our [facebook](#) and answer online for an extra chance to win!

## Waves of Relief *Chiropractic helps keep stress levels manageable.*



Being so connected to the world (cell phones, the internet, email, etc.) can increase your stress level. Turn all of your devices off for a while and do something to help bring your stress levels down. Deep breathing, yoga, and GETTING ADJUSTED can all decrease stress hormone levels.

*Name one thing that really stresses you out. How can you avoid it?*

Log on to our [facebook](#) and answer online for an extra chance to win!

**Refer a friend or family member *by March 1, 2014***  
**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.)  
***Give a Valentine's Gift that will truly change your loved one's life!***





What: The Innate Lifestyle Program –

*“Why Do We Get Sick & How Do We Get and Stay Well?”*

When: Wednesday, February 12<sup>th</sup> – 6 PM

Where: Dr. Loder’s office – 121 W Lincoln – Lindsborg

Why: Come and learn more about the Innate Lifestyle program and how it can **CHANGE YOUR LIFE!**

Fee: This class is **FREE**, don’t miss out...

#### Lifestyle Participant’s Testimonials:

*“I have learned to celebrate the small victories and not be so negative when I have set backs. I have increased my overall health in all three areas.” – AL*

*“I have more energy and I eat better.” – DH*

*“Since beginning the program, I am more active and eating better. I am also more health conscious.” - MB*

*“I’m not craving as many sweets as I used to.” – KH*

*“I am learning new and healthier recipes. I even purchased a juicer!” ☺ - MB*

*“These classes are great education, very eye-opening. I look forward to them because they keep me focused.” – DH*

*“I am much more conscious about what I put in my body! I read labels a lot closer!” - AL*

*“I have a lot more energy and am more alert.” – KH*

*“Since beginning the program, I am happier! My overall mood and well-being has changed for the better!” – KH*

