

Family Wellness Month



Sometimes a mom just needs a 5 minute break

*Maybe Mom needs a break...
or maybe an adjustment!*

Refer a friend or family member during the month of May and they will receive a complete “chiropractic evaluation” (an exam, all necessary x-rays, computerized nerve & foot scans, posture screen, 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 the discount. (Due to Federal Regulations, Medicare and Medicaid insured are not eligible for this promotion.)

feedback

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.



MAY 2014
HEALTHY FAMILY
NEWSLETTER
SMOKY VALLEY
CHIROPRACTIC

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. Smoothies will be served! ☺ 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 21st
12:15 PM

Topic – Swimsuit Season!
“How to be safe in the sun, and look your best doing it”

"I wish all this sand was snow," said nobody, ever.



Congratulations to Don Sims, our \$50 winner for the month of April! Have you entered to win? Watch for drawings at the office, and ways to participate on Facebook. ☺

Local Charity and Donation of the Month - Summer Arts Experience



Dr. Loder is offering proceeds from his new patient exams to local charities and organizations. The April recipient is the Summer Arts Experience. This program offers several different arts opportunities to youth during the summer.

Dr. Loder is pictured with his daughter, Ellie, (who LOVES the arts!) and program director, Shawn Knopp. Would your organization or club like to be considered for a donation? Contact Mari at drloder@sbcglobal.net

I don't run. And if you ever see me run, you should start running too. Because something is probably chasing me.



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We'd Love to Help You Get Moving!...

Join us for
Move Well Class
Wednesday, May 14th
6 PM

Ask any staff member for details

Growing Healthy Kids

Have you ever noticed how many children we see in our office? There are times when the office seems like a pediatrician's office. More children than ever were brought in by their parents, not for back pain but because their parents wanted their children to be as healthy as they could be now, and for the rest of their lives.

Doesn't it make much more sense to grow healthy children than repair damaged adults? We can help you grow your kids healthy!

Since patterns of nervous system stress tend to run in families, the parents of many of the children you see in our office are looking to grow their children to be as healthy as possible rather than have them grow up with the kind of health problems that they, or for that matter, their parents, had. And, so while we have a fabulous success record in helping adults overcome their health problems, we see children to help them grow up healthy!





Midsummer's Festival

LINDSBORG, KANSAS

Little Sweden USA

Smoky Valley Chiropractic will be sponsoring the Midsummer's 5K run and 2 mile walk once again. Registration forms are available at the office, or online at midsummersfestival.com. Join us for some morning exercise on Saturday, June 15th!



Smoky Valley Chiropractic received the "Appreciation Award" from the Bethany Swedes Wrestling team. Dr. Loder is shown with Swedes Head Coach, Cody Garcia, accepting the award. Dr.

Loder and his staff have enjoyed taking care of these athletes during wrestling season, helping them return to the mat after injury, and enhancing their athletic performance. We are happy to support Bethany Swedes Wrestling!

"I have experienced better sleep, more energy, less stress and better focus." Matt Atwood, Bethany wrestler

9 times out of 10 children get their awesomeness from their mother



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Happy Mother's Day – we hope it's filled with "awesomeness!" 😊

Chiropractic Can Help Prevent Some Common Childhood Conditions

A study of 650 children revealed that vertebral subluxations are associated with a variety of children's health complaints. **The study looked at the relationship between these subluxations and scoliosis, spinal degeneration, as well as a large number of common childhood conditions including "growing pains," bedwetting, colic, etc.**

Vertebral subluxations can occur early in life, even during the birthing process. According to the researchers, the body adapts to the subluxations and the abnormal functions become the norm leading to spinal distortions, spinal degeneration, and a generalized state of unwellness seen in children. **They feel that subluxations are the seeds of future disease processes and should be corrected as soon as possible.**

Do you know any children whose nervous systems should be checked before the damage progresses too far?

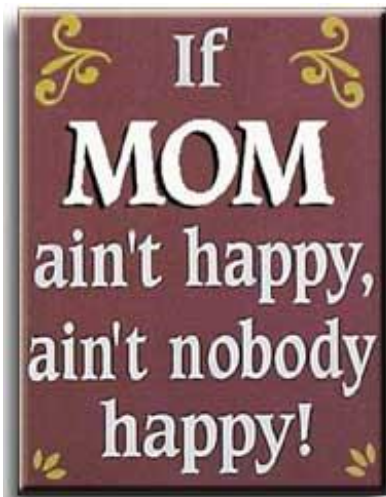
Scoliosis?

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



We are committed to bringing you all the amazing benefits a healthy lifestyle has to offer.

Missing Out???

“Water” Our Patients Saying About Chiropractic Care?

-“I’m rarely ill, on no medication and enjoy better overall health.” – Betty P.

-“I have less pain, more energy, think more clearly, rest better at night, and am in a better mood.” – Bonnie T.

-“NO MORE MIGRAINES!” – Roxane G

-“I feel great when things are put back in place. Feeling younger – not 96!” – Louise B.

-“Keeping my spine healthy is the first priority, because without a healthy spine, my body can’t heal itself. No illness, increased energy, lower stress, and it’s easier to be active!” – Sharon S.

-“Less runny nose and sinus problems. Less pain, better activity.” – Isaiah A.

-“Chiropractic keeps me moving in my ‘young age’!” – Mandi D.

-I have better sleep, more energy, better focus and concentration.” – Dylan A.

-“Chiropractic allows me to do whatever I want, no matter how physically demanding the activity.” –James H.

-“Chiropractic care has taken a lot of stress off my back and neck. I’ve seen overall improvement in the way I feel and in my athletic performance.” – Kyler A.

-“Better sleep, less anxiety, more energy, better lifestyle.” – Jeff G.

-“Better strength for sports, better endurance, chiropractic turns on the brain!” – Brandon A.

So.....it begs to reason....if you’re not here...you’re missing out!