

# September 2014

## Healthy Family Newsletter

### Smoky Valley Chiropractic

We're celebrating 19 years of helping others live long, active, healthy lives...and we're throwing a

**PARTY!**



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

*In lieu of out of pocket payments that day and co-pays, **we are asking our patients to consider a donation to the Terry C. Johnson Center for Basic Cancer Research at Kansas State University.** All proceeds from this day will go towards research that focuses on cancer prevention and lifestyle. Please consider donating to this great organization!*

Join us on **Friday, Sept. 5th** and help us celebrate. We know how to throw a party around here – You won't want to miss it!!

**RSVP by August 29th** for your free t-Shirt!!

“Chiropractic does NOT treat cancer. Cancer is an immune system problem. Chiropractic aids in normalizing the function of the nervous system, which controls every cell, tissue, and organ of the body, including the immune system. Chiropractic care has been shown through research to boost the function of the immune system, which can play a part in the fight against cancer.” – Dr. Loder

### Child with ADHD Helped With Chiropractic



The young boy in this case study was almost 7 years old and had been diagnosed with ADHD by his doctor. He was taking 30 mg. of Ritalin a day. When the boy was taken to a chiropractor his mother said his main problems were excessive talking, inability to remain seated, and impulsivity. He constantly interrupted other students in school.

The boy started receiving chiropractic adjustments. After a six-week re-evaluation his mother said his focus was improving and he followed directions better. Shortly after that school started and the boy's teachers and bus drivers saw much improvement in his behavior. He was also able to stop taking the Ritalin.

This child will be able to avoid the destructive side effects of Ritalin and have much more success in school and life because of chiropractic care.

*Journal of Clinical Chiropractic Pediatrics*  
– June 2009



Earthing 101 was a great lunch and learn session! Mark your calendars for the next FREE class with Dr. Loder on Wed., Sept. 17<sup>th</sup> at 12:15.



**Think Well Class**  
**Wednesday,**  
**September 10<sup>th</sup>**  
**6:00 PM**  
*Don't miss it – some*  
*positive changes and*  
*thinking can*  
**CHANGE YOUR**  
**LIFE!**

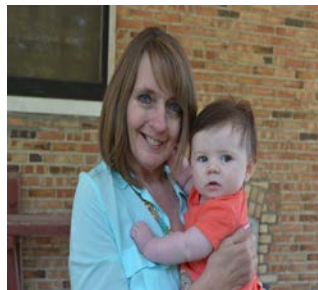
### All About Michelle

I am Michelle Johnson and I have been with SVC since the day Dr. Loder opened his practice in 1995. I grew up in Marquette and haven't ventured very far from home. It's great to live in an area that you love! I was a member of the Smoky Valley Saddle Club and still have a love for horses. Going to rodeos is my favorite summer activity. I'm heading to Cheyenne, WY next summer to attend the "Daddy of em all" for the 3<sup>rd</sup> time. After graduating from Marquette HS, I went to Brown Mackie and enrolled in the secretarial program. I've gotten many years of use out of that education!

I have two children, Anthony and Ginny. Anthony is married to Kimbree and they have an adorable daughter, Ellie. Anthony is a regional manager for Cashco in Ellsworth. Ginny lives in Gardner and is a loan assistant at a bank in Overland Park.

A few of my joys are spoiling my granddaughter, playing with my dog, Otis, laying on the beach, and watching KU basketball.

I hope to spend the rest of my working years at Smoky Valley Chiropractic helping others live long, active, healthy lives!

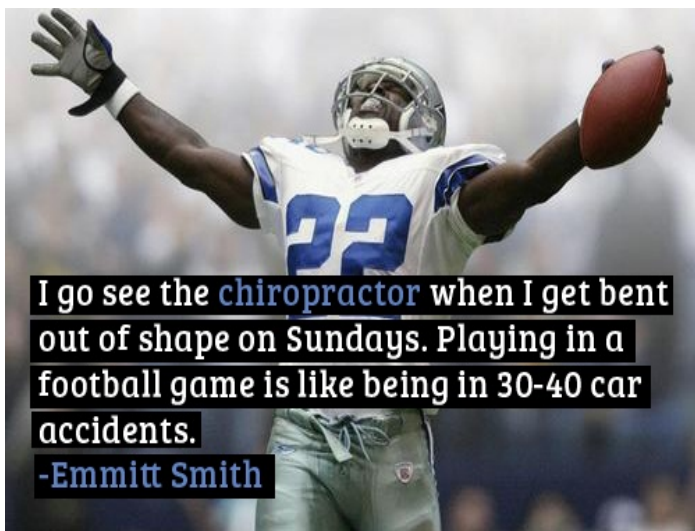


## The Cancer-Chiropractic Connection

*Many of you ask why we donate to the Terry C. Johnson Center for Basic Cancer Research at Kansas State University every year....Here's your answer! ☺*  
 Dr. Loder was awarded a cancer research scholarship as an undergraduate at Kansas State. This opportunity contributed to Dr. Loder's pre-med experience and led him into his chosen health care field to help people learn to stay healthy and teach healthy lifestyles that prevent cancer. It is Dr. Loder's hope that an available scholarship will encourage another undergraduate to pursue a career in basic cancer research or the health care field. A scholarship has been established in Dr. Loder's name at Kansas State University.

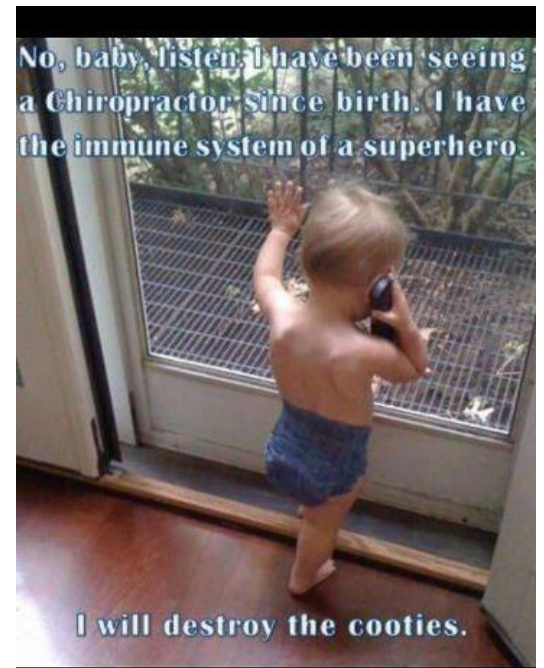
Terry C. Johnson was a mentor of Dr. Loder's in his undergraduate as well as graduate work. Dr. Johnson succumbed to cancer himself several years ago, and this is one way to show our respect for his life's work and dedication to helping others.

We take care of many cancer patients in our office. We help patients with their recovery because chiropractic adjustments impact the function of the nervous system which controls every function of the body, including the immune system. **All health practitioners would agree, a healthy immune system is critical in the fight against cancer.**



**I go see the chiropractor when I get bent out of shape on Sundays. Playing in a football game is like being in 30-40 car accidents.**  
**-Emmitt Smith**

*Professional athletes rely on chiropractic to keep them playing their best.*  
**What are you waiting for??**



**No, baby, listen. I have been seeing a Chiropractor since birth. I have the immune system of a superhero.**

**I will destroy the cooties.**

## Healthy Snack Ideas – Tuna Canoes

Fill celery sections with your favorite tuna salad. Top each with a few thawed frozen peas. Easy!



## 11 INTENTIONAL ACTS OF KINDNESS

1. Smile More.
2. Hold a door open for someone.
3. Encourage someone with a compliment.
4. At a drive-thru, pay for the person behind you.
5. Send a Thank You note to at least 2 people today.
6. Let someone else go first.
7. Listen, really listen, to others when they speak.
8. Say Please and Thank You more.
9. Send flowers to a friend.
10. Appreciate the often unappreciated. Tell your waiter, cashier, etc. that you're thankful for them.
11. Leave notes of kindness in random places for someone else to see.

Notes that say things like  
"You matter. You are loved."



GIFTOFKINDNESS.COM



## 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.)*

## MOVE WELL MARATHON

For the 5th year in a row, Dr. Loder will be sponsoring the Move Well Marathon. Students at Soderstrom Elementary and Smoky Valley Middle School will kick off the year with an assembly on September 12th, and their first marathon morning on Sept. 15th. 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!"

September 27<sup>th</sup> is **Family Health and Fitness Day**. Plan something fun as a family! Red Rover, Kickball, Bike Rides, Basketball, Swim at the Lake, Tennis, Hiking, Flag Football....just do SOMETHING! ☺



Have you tried  
our new product??  
**Coconut oil  
is here!**

**Just a few of the benefits of coconut oil:**

- Promotes heart health.
- Promotes weight loss when and if you need it.
- Supports your immune system health.
- Supports a healthy metabolism.
- Provides you with an immediate energy source.
- Helps to keep your skin healthy and youthful looking.
- Supports the proper functioning of your thyroid gland.

**What to look for in a product:**

- Certified organic
- No refining
- No chemicals added (including hexane)
- No bleaching
- No deodorization
- No hydrogenation
- Made from traditional coconut palms only, no hybrid or genetically modified (GMO) varieties.
- Made from fresh coconuts, not the dried “copra” used in cheap oils
- Made without heat processing

For more information – go to [Mercola.com](http://Mercola.com)  
and search “coconut oil”.



Join us for our monthly “Lunch and Learn” on Wed., Sept. 17<sup>th</sup> at 12:15.

**Dr. Loder’s topic will be  
Alzheimer’s and Brain Health.**



**Little Nut Treats**

*(A great after school snack for your little nuts!)*

- 8 chopped dates or figs
- 100 g whole almonds
- 100 g crushed hazelnuts
- 100 g sunflower seeds
- 100 g sesame seeds
- Pinch of sea salt
- 4 heaping tsp. coconut oil
- 4 heaping tsp. raw honey

Directions – In a pot, gently combine the coconut oil and honey together. In a bowl, combine the other ingredients, then pour the oil and honey mixture over them, and mix together. Then, press the mix down into a lined baking tray or a greased mini muffin tray. Pop the tray into the fridge until the nut treats are firm.



**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!

