

APRIL 2016 – SMOKY VALLEY CHIROPRACTIC – HEALTHY FAMILY NEWSLETTER

Headed to State



SO PROUD of these Smoky Valley wrestlers - good luck at State this weekend! I'm also excited to say that 2 of these state qualifiers had "season ending" injuries at the end of the high school season - with chiropractic care, they were back on the mat and able to continue their season.

Jon Burks is one of those young men. Here is what his parents have to say about Dr. Loder and chiropractic care for sports injuries.....

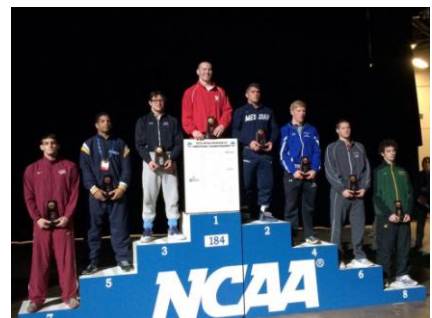
"Let's just say, WOW! Jon hurt his shoulder pretty badly wrestling. He was unable to use his shoulder at all. When we went to the doctor, we were told that he would be out of all activity for at least 6 weeks. He was devastated! Then, we turned to Dr. Loder. Jon has been seeing Dr. Loder regularly and...WOW! Jon is doing so much better. Thanks so much!" - Leroy and Saprina Burks.

We are excited to cheer these kids on this weekend - and are thankful that chiropractic care was able to get them back on the mat, where they love to be!

Wrestling, Wrestling, and More Wrestling.

From October through March, Dr. Loder spends a lot of time working with area youth through the Smoky Valley Wrestling Club. Coaching 3 evenings per week, and spending most of his Saturdays doing what he loves – building champions in life! Wrestling teaches self-discipline, self-confidence, and self-control. You learn how to accept victory, and defeat. It teaches so many valuable life lessons, and those who know him, know how passionate he is about this program! *With State wrestling just ahead, he is looking forward to some time off, and I am looking forward to having him home for dinner! ☺*

Austin Cook



Smoky Valley's Austin Cook placed 6th at the NCAA Division III Wrestling Championships. Most of you know, Austin has battled back from a major head/concussion injury sustained playing football his sophomore year. Chiropractic played a HUGE role in his recovery and allowing him to return to the sport he loves. As Austin says, **"Thanks to Dr. Loder for coaching me, and for helping me to return to wrestling. I am so grateful for my chiropractor!"**

Growing a Garden?

Put your **green** thumbs to work and improve the health of your family in the process.

- Be sure to go organic whenever possible.
 - Look for organic seed packets, organic plant food, and organic potting soil.
- Avoid GM (genetically modified) seeds.
- Organic products allow you to grow the healthiest fruits and vegetables and provide your family with the best.
- Combine that with some time outside, getting your Vitamin D for the day, and some physical exercise, and you have improved every aspect of your life!
- Stay active, stay healthy...it's all part of the chiropractic lifestyle!



Amazing testimonials...sharing...results ...it has been EXCITING! Just a few more days to share your health experience with others and have a chance to win that Fitbit!

“Chiropractic has enhanced my health dramatically! I have increased mobility and energy. Taking an active role in my health causes a joy of living!” – Karen Baker

“Maintaining spinal alignment is critical for me so that I can function on every level optimally. I am virtually pain free, sleep better, eat healthier, am more active – overall better health!” – Sharon Spohn

“Regular chiropractic care will greatly improve your general health. Whether it's a physical problem or stress-related problem, it's a great alternative to “drug therapy” which can mask the problem – not solve it! Dr. Loder sincerely cares about his patients. What a blessing!” – Muriel Strange

THE BEST WAY TO
STRENGTHEN
YOUR
CHILD'S
IMMUNE
SYSTEM



Between Earthing, Probiotics and chiropractic care – we've got your immune system covered! Do you remember hearing your grandma say, “A little dirt is good for you?” She was right! There are many positive side effects to getting a little dirty...reduced inflammation, hormonal symptoms, pain and stress; increased energy; improved sleep and blood flow; and accelerated healing. Making sure your nervous system is functioning at 100% with chiropractic will ensure a healthy immune system!

“Love” Lessons

Love the struggle because it makes you appreciate your accomplishments.

Love challenges because they make you stronger.

Love competition because it makes you better

Love negative people because they make you more positive.

Love those who have hurt you because they teach you forgiveness.

Love fear because it makes you courageous.

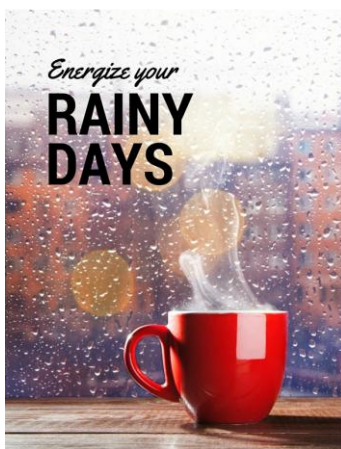
The secret to life and the greatest success strategy of all is to love all of it and fear none of it.

Dr. Loder's Newest Assistant

Evan loves to help give his mommy "happy bones" with our new chiro clicker toy. He is a chiropractic baby - happy, healthy & adjusted since birth 😊



Energize your RAINY DAYS



- Wear something happy
- Plan a vacation
- Be grateful
- Try light therapy
- Recognize the purpose of the rain
- Go for a walk
- Remember the sunshines
- Have a cup of coffee/tea
- Read a book
- Watch a movie
- Organize your space
- Dance to happy tunes
- Do some burst/aerobic training
- Strike a yoga pose
- Call, text, email a friend
- Chew gum
- Diffuse energizing essential oils
- Visit your chiropractor
- Buy fresh flowers
- Juice some veggies

lifehouse
CHIROPRACTIC

10 THINGS THAT REQUIRE ZERO TALENT

@MINDSETOFGREATNESS

BEING ON TIME
WORK ETHIC
EFFORT
BODY LANGUAGE
ENERGY
ATTITUDE
PASSION
BEING COACHABLE
DOING EXTRA
BEING PREPARED

Eat Your Greens!!

Are your kids running the other way?? Are you??

Fruits and vegetables – possibly nature’s most powerful medicine – are low in calories. They’re packed with fiber and nutrients that provide your best weapons against age-related disease. They provide the potassium your body needs to keep blood pressure in check. Eating a variety of different colored fruits and vegetables also helps your muscles repair themselves after tough bouts of exercise and reduce muscle soreness and inflammation.

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"It's a multimedia slide presentation explaining how I can live a happy, healthy and productive life without broccoli."

**"WE SHALL NEVER KNOW
ALL THE GOOD
THAT A SIMPLE SMILE
CAN DO."**

MOTHER TERESA

InspirationAmpLIFEed.com



*A smile is the shortest distance
between two people.*

March Madness – We Are MAD About Chiropractic!



Why is chiropractic/the nervous system important?

To answer that question, we must first look at three irrefutable scientific facts:

- The body is self-healing and self-regulating. eg -- (self-healing) if you cut your finger, your body (not a band-aid) heals it; (self-regulating) if you're hot, you sweat.
- The nervous system is the master controlling system of the body. It controls every system, cell, tissue, organ, gland and blood vessel in the body.
- We live our life through our nervous system.

EVERYONE has a nervous system, **EVERYONE** needs a chiropractor, **EVERYONE** has stress in their life, **EVERYONE** can benefit from chiropractic! And, we are **MAD** about sharing with **EVERYONE** we know!

**"YOU'RE STILL A ROCKSTAR"
I WHISPER TO MYSELF AS I
TAKE MY MULTIVITAMIN AND
GET IN BED AT 9:00.**



GOTTA LOVE KIDS! It makes me smile when kids come in and play "chiropractor". Here's to a healthy future!



Chiropractic Helps to Control Allergies

Are you looking for a natural treatment for allergies this time of year? **Chiropractic care can help control allergies and actually stop some asthma attacks.**

In study done with 217 children, it was found that after undergoing chiropractic treatment, complete or substantial improvement was noted in 61.6% of the patients. These patients had common complaints of allergies, respiratory problems, sinus problems, ear infections, bedwetting and gastro-intestinal problems.

While drugs can treat the symptoms of allergies and asthma, they do not treat the cause. Chiropractic treats the cause! Proper nerve function is restored to the respiratory tract allowing the body to build up a resistance to foreign substances which trigger allergies and asthma.

Let chiropractic care help you and your family take control of your health.

April Product of the Month – Innate Choice Probiotic

Innate Choice Probiotic – A dietary supplement to promote healthy intestinal flora.

- Probiotic bacteria are ESSENTIAL for wellness & prevention.
- The Western diet is DANGEROUSLY DEFICIENT in Probiotic bacteria.
- The only way to obtain sufficient amounts of healthy probiotic bacteria is through daily SUPPLEMENTATION.
- It is essential to supplement with the CORRECT TYPE of probiotic bacteria.
- Innate Choice Probiotic Sufficiency is the world’s premier multi-strain probiotic formula containing nine of the most essential species of beneficial bacteria.
- It is the only formula designed to re-establish those species found most commonly in the food of our ancestors and in the intestinal tracts of healthy human beings.
- During March Madness, we are looking at the “Final Four” supplements your body needs. Innate Choice Probiotic, Vita Sufficiency, Vitamin D, and Fish Oil provide the best supplementation we have found anywhere!
- **This month, enjoy a 10% discount on your Innate Choice Probiotic Sufficiency purchase!**



Donation of the Month – Coronado Heights



The Smoky Valley Historical Society is raising funds for the renovation and repair of this historical landmark. More information can be found at lindsborghistory.org. Dr. Loder loves to ride his bike on the trails up there. (I like it when he returns from those trails in one piece!) 😊

What is Earthing?

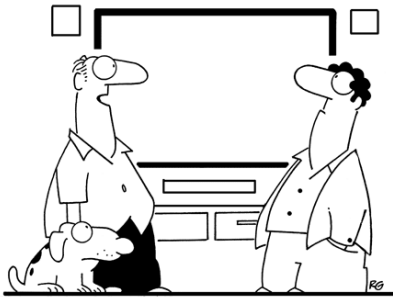
Like Chiropractic, Earthing focuses on your body's natural ability to heal itself from the inside out. It also encourages you to be active outdoors, which is a fundamental aspect of the chiropractic lifestyle. By directly connecting your body with the Earth, it becomes immersed with negative charged free electrons that make up a majority of the Earth's surface. Your body instantly begins to balance to the same energy as the Earth's.

Many benefits include reduced inflammation, hormonal symptoms, pain and stress; increased energy; improved sleep and blood flow; and accelerated recovery after intense athletic activity.

While your body absorbs the natural energy, you can also experience other benefits of being outdoors including; the natural vitamin D from the sun and probiotics from the dirt of the Earth.



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"I can claim a 70-inch plasma TV as a business expense because my accountant said it's important to look at the big picture."

The Big Picture??

Happy "Tax Day" ☹️...While your accountant is looking at the big picture for your taxes, your chiropractor is looking at the big picture concerning your health. 😊 Your nervous system controls every cell, tissue, organ and system in the body – chiropractors remove interference in the nervous system to ensure that everything works together and that your "big picture" is a healthy one!

What should you do when subluxations "tax" your body?? Refund your health with Chiropractic care!



A Healthy Lifestyle Begins with Water

Water is one of few essential nutrients for survival. Our bodies need it for functions such as carrying other nutrients to our cells, removing toxins, maintaining a core body temperature and for shock absorption and lubrication of joints.

We must replenish this system daily with at least 2.4 liters of water, either through eating or drinking. When we enter the early stages of dehydration, we begin experiencing symptoms such as fuzzy short term memory, trouble with basic math, difficulty focusing on small print and one of the most common symptoms is daytime fatigue. Almost 75% of Americans have mild, chronic dehydration.

Drinking water is a fundamental aspect of the Chiropractic lifestyle. Along with eating fresh fruits and vegetables, which are very high in water content, you will be on your way to living a longer, active, healthier life.