

April

2013

Healthy Family Newsletter
Smoky Valley Chiropractic

Spring

has sprung

Let Dr. Loder & Dr. Emily put the **SPRING** back in your step!

Bring this postcard in for \$5 off of your next chiropractic adjustment.

Let the health benefits of a chiropractic adjustment give you a **SPRING** in your step.

Dr. Emily has office hours on Saturday mornings. Have you made your appointment yet?



“WATER” You Telling Others About Chiropractic?

- *Better sleep*
- *More energy*
- *More active lifestyle*
- *Increased quality of life*
- *Better decision making ability*
- *Better range of motion*
- *Better focus and concentration*
- *More able to cope with stress*
- *Fewer absences from work & school*
- *Less pain, stiffness & numbness*
- *Improved digestion*
- *Better focus & concentration*
- *Fewer respiratory infections*
- *Fewer ear infections*
- *Lower blood pressure*
- *Feeling younger*
- *A long, active, healthy life!!! ☺*



“Showering” You with Great Health

Share the health benefits of chiropractic with someone new! This coupon is good for one complete **“Chiropractic Evaluation”** (An exam, all necessary x-rays, computerized nerve & foot scans, and a chiropractic report) ON US!

Expiration date – 4-30-13

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.)

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, “How heavy is this glass of water?” Answers called out ranged from 20 g to 500 g. The lecturer replied, “The absolute weight doesn’t matter. It depends on how long you try to hold it. If I hold it for a minute, that’s not a problem. If I hold it for an hour, I’ll have an ache in my right arm. If I hold it for a day, you’ll have to call an ambulance. In each case, it’s the same weight, but the longer I hold it, the heavier it becomes.” He continued, “And that’s the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won’t be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we’re refreshed, we can carry on with the burden. SO, before you return home tonight, put the burden of work down. Don’t carry it home. You can pick it up tomorrow. Whatever burdens you’re carrying now, let them down for a moment if you can. Relax; pick them up later after you’ve rested.”



Are you an established wellness patient? Ask any staff member for details about our Family Wellness Plan. Get your entire family adjusted once a week for a monthly fee of \$288!

“Dr. Loder, Dr. Emily, and gals – Thank you for being such a positive and important element in our lives!” – Sarah Becker





Needing Some “Diet Direction??”

Join us for Eat Well – a class that will help you learn to make better food choices....easily!

Wednesday, April 10th
 6:30 PM

Ask any staff member for details

facebook

Check out our Facebook page –
 Smoky Valley Chiropractic.
 “Like us!” ☺



You can also “blog”
 with Dr. Emily.
 Look for the link at
www.drloder.com



CHIRO DOZEN
 Paying cash for your
 care?? Ask about our
 ‘Chiro Dozen’ program.
 Pre-pay for 12
 adjustments, and get the
 13th FREE. ‘Chiro
 Dozen’ adjustments are
 only \$40 each.

Infertility & Chiropractic

A study published in the May 2003 issue of the Journal of Vertebral Subluxation Research, **showed a strong link between the resolution of infertility and the initiation of chiropractic care.** This study followed 15 women, all suffering with infertility, and all with nerve interference.

EVERY SINGLE ONE of these women became pregnant between 2 months and 20 months of the onset of chiropractic care. Chiropractic isn’t a treatment for infertility. It simply removes the nerve interference and lets the body return to health, and pregnancy. ☺



*Do you know
 someone struggling
 with infertility?
 Perhaps a
 chiropractic referral
 is exactly what they
 need to get started
 on their family...*

Stressed Out?

Stress is a part of everyone’s life! Many of us have jam-packed schedules and don’t find time to unwind. However, new research shows that stress has a big impact on physical and psychological health. Stress is also linked to chronic diseases, like Alzheimer’s, heart disease and depression.

Make sure you maintain regular chiropractic care to reverse the effects of stress on your spine and nervous system.





Need a Little Spring in Your Step??

What happens if you build a house on an unstable foundation? The floors aren't level, the walls crack and things just don't work right. It's the same with our bodies. If we have weakness or unstable positioning in either foot, it can contribute to postural problems throughout the rest of your body. Your body's balance, posture and alignment are improved with custom spinal pelvic stabilizers placed in your shoes. Correcting problems in your feet has amazing benefits that may surprise you! They can increase your strength, enhance your body's performance, and keep you feeling energized – putting a “spring” in your step! Ask Dr. Loder or Dr. Emily if orthotics can contribute to your total body wellness.



Studies show that volunteering can lead to a longer life, greater happiness, relieve grief and depression; provide new challenges, experiences, and skills; and give you renewed appreciation for life in general.

Our community is full of great opportunities to volunteer. Check with your church, the schools, or one of our service clubs. You can give to the food bank, give away some good clothes and toys, or just invite a lonely neighbor over for dinner. Take a look around our community, and you'll quickly find ways to pitch in. While it feeds the soul to help others, those who give are showered with a cascade of other benefits, including better health.

Live your life to the fullest! Chiropractic care will allow you to maintain an active lifestyle, giving you the energy to do more for others.