

Coach Loder



Since 1999, Dr. Loder has been the head coach/club director for the Smoky Valley Wrestling Club. Here he is, dispensing some last minute advice to his district qualifiers. Wrestling will be wrapping up another season at the end of March with the state tournament. *He is looking forward to some time off, and I am looking forward to having him home for dinner!* ☺



This year, SVWC had a first. Former Smoky Valley wrestler, Timothy Prescott, earned a NCAA Division II Championship title for St. Cloud State, knocking off top-ranked and returning runner-up T.J. North of Augustana 3-2 in the 125-pound finals.

Prescott, a two-time All-American and two-time Academic All-American for Neosho County Community College, was one of six All-Americans for the Huskies. St. Cloud State won its first NCAA title in wrestling and also won the school's first NCAA title in any sport.

Prescott, a junior, came on strong at the NCAA meet after placing third at the regional tournament two weeks earlier. Prescott had lost twice to North during the season.

“Having coached Timothy through kids club, it was so exciting to see him have such great success. He is a testament to hard work and persistence.”

April 2015

**Healthy Family Newsletter
Smoky Valley Chiropractic**

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...so I thought I'd share a little with you. ☺

Austin Cook



Smoky Valley senior, Austin Cook, is pictured here with Dr. Loder after earning his 2nd high school wrestling championship. Austin is the first Smoky Valley wrestler to achieve this feat. 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!”**
Congrats, Austin!

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!



Just as chiropractic brings **“new life”** to your nervous system, we are blessed to have **“new life”** this Easter season. We hope you enjoy a blessed Easter weekend with your family & friends.



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!



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 big screen TV and watch the NCAA final four on something new!

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



McPherson County Rural Fire District #8 was the recipient of Dr. Loder's community donation for the month of March. Each month, Dr. Loder and his staff select a different community organization and donate proceeds from new patient exams to that group. What a deal! Dr. Loder is pictured with volunteer fire fighter, Ben Elliott. We love supporting our patients and our community! April is designated for the Children's Center. It's a great time to schedule that appointment and have your money go to a great cause and a healthier YOU!

Do you have an idea for our monthly donation list? Talk to any of our staff members, or email Mari at drلودer@sbcglobal.net

What is Earthing?

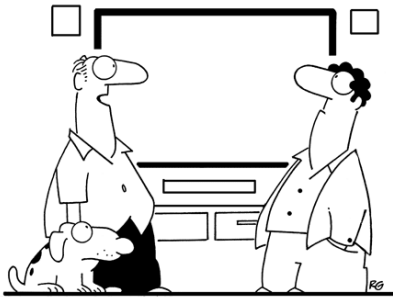
Like Chiropractic, Earthing focuses on your body's natural ability to heal itself from the inside out. It also encourages you to be active outdoors, which is a fundamental aspect of the chiropractic lifestyle. By directly connecting your body with the Earth, it becomes immersed with negative charged 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! Get adjusted, and fine tune your big picture!

Kansas State University Johnson Cancer Research Center



Dr. Loder is pictured with Kansas State University student, William Jones. William was the recipient of a Cancer Research Award provided by Dr. Loder for the 2014-2015 year. Dr. Loder funds a scholarship through the Kansas State University Johnson Cancer Research Center every year, that is focused solely on cancer prevention. Matthew's project focused on plant-derived lipids with a role in cancer prevention. Over \$2,383,794 has been invested in cancer studies since 2003.