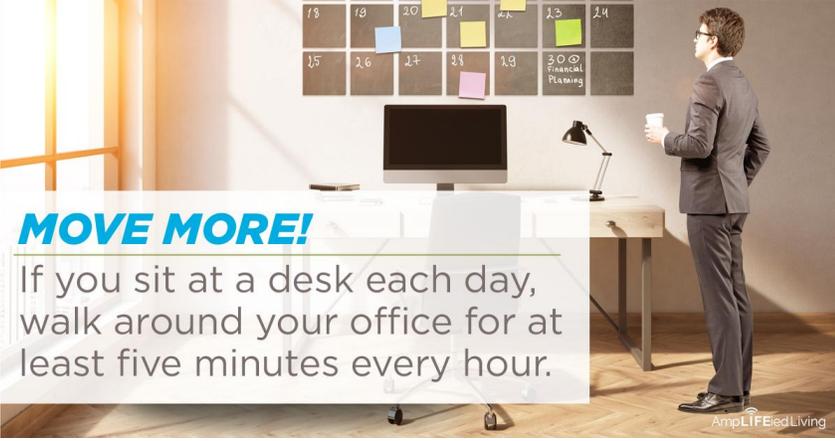


# APRIL 2017

## HEALTHY FAMILY NEWSLETTER



**MOVE MORE!**

If you sit at a desk each day, walk around your office for at least five minutes every hour.

ampLIFEedLiving



*eat well to live well*

**EAT WELL PART 2 HAS BEEN RESCHEDULED TO TUESDAY, APRIL 25TH AT 5:30!! PLEASE JOIN US FOR THIS FREE INFORMATIONAL CLASS AND DISCUSSION LED BY DR. LODER, C.C.W.P.**

Happy Easter from our family to yours!



Chiropractic helps all ages, shapes and sizes!



**“Did you Know”**

Irritation to the nerve system caused by spinal and cranial misalignment may be the cause of several newborn health complaints including:

- Colic
- Torticollis
- Nursing difficulties
- Weakened immunity
- Sleep Disturbances
- Constipation

 DR. CLAUDIA ANRIG

Eggs and Avocado

Ingredients

- 1 egg
- 1/2 of an Avocado
- Salt / Pepper to taste

Instructions

Crack the egg into the hollow and cook in a covered pan medium heat. Salt / pepper to taste.



“Walking in One Shoe...”

No one would entertain the thought of walking around with just one shoe on. Not only would it look funny, but it would be really bad for your feet, knees, hips, back and even your neck. Unfortunately, many people have been doing this very thing for years without knowing it!

When an otherwise healthy spine is forced to function in a Subluxated state (one or more vertebrae become misaligned and create biophysical deficiency) the resultant imbalance creates poor body mechanics and a higher risk for long term soft tissue damage. Postural distortions like uneven hips or a 'functional short leg' are signs that 'something's off' in your spine and needs to be evaluated. So much so that many Chiropractors use Leg Length Inequality checks as a means to confirm the presence of Subluxations in your spine.



Dr. Loder’s community donation for the month of March went to Smoky Valley Wrestling Club. Dr. Loder has been head coach/director of the club since 1999. He is shown here with a few of his wrestlers ☺

Zeke Baker, Braxton Schrag, Cooper Schrag and Gabe Baker.

Congratulations to the 2017 Smoky Valley Wrestling State Team!

Front Row: Gabe Baker, Zeke Baker, Corbin Pywell, Elijah Archuleta, and Parker Gardner.

2<sup>nd</sup> Row: Beck Elliott, Cort Elliott, Dylan Archuleta and Dax Hopp.

Back Row: Sterling Harp, Jon Burks, and Tanner Luttig.

Dr. Loder enjoys coaching this young athletes and taking care of them in the wrestling room and in the office! ☺



**Chiropractic is Life Changing!**

"Life changing!! Dr. Loder and his amazing team have made such an impact in my health and well being in such a short amount of time! I have been to several chiropractor's before, but never had experienced the torque release technique and the difference that it can make in your body. Each day I'm experiencing less pain and increased mobility, and best of all, I have peace of mind knowing that, with continued care, the way that I feel, mind, body, & spirit, will keep getting better and better!! Thank you for all that you guys do....you are a blessing!!" Jamie L. Papatheodoulou