

August 2016

Healthy Family Newsletter

Smoky Valley Chiropractic



Thank you for your generosity! The school supply drive was a huge success – thank you for making a difference for the children in our community!

PARTY!!

Join us on Friday, Sept. 2nd and help us celebrate 21 years of helping others live long, active, healthy lives!

We will be utilizing proceeds from our anniversary adjustments to fund a scholarship for the KSU Cancer Research Center. All patient payments will be helping to fund this scholarship. We will also be taking scholarship donations during the month of August.

Free shirts, food, and fun!

Be sure to schedule your appointment and order your free shirt by Friday, Aug. 26th.

Curious about Essential Oils?? Free class at the White Peacock on Thursday, August 11th at 5 PM.



Move Well Marathon

For the 7th year in a row, Dr. Loder will be sponsoring the Move Well Marathon. Students at Soderstrom Elementary will kick off the year with an assembly on September 2nd, and their first marathon morning on Sept. 7th. Students will be walking/jogging a marathon (26.2 miles) during the months of September & October.

Students exercise daily during the course of the program. Teachers and staff also participate and exercise before school with their students.

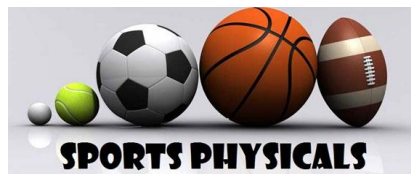
Thank you to Traci Baker for directing the program again this year! Parents are invited and encouraged to join their students every morning at 7:45 and start their day by "Moving Well!"

Interested in helping? Contact Mari for more details. ☺

It's not too late to schedule school and sports physicals! Get your child's physical now for the fall season.

Our doctor offers same day appointments.

All physicals are \$35 and must be paid in full at the time of your appointment. Dr. Loder would prefer to have a parent attend the appointment with their student. Call now to reserve your appointment time!



"You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives."

-Clay P. Bedford

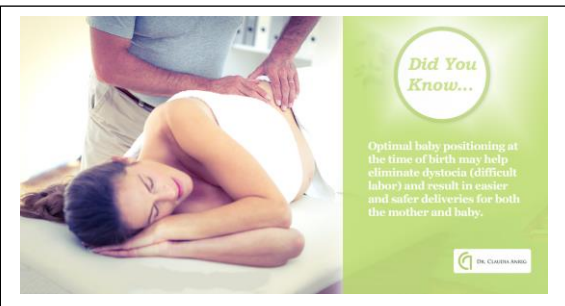
"Pounding a Bent Spine"



Hammer a straight nail, and it drives right into the wood. Hammer a bent one, and it bends even more. The same principle applies to your spine.

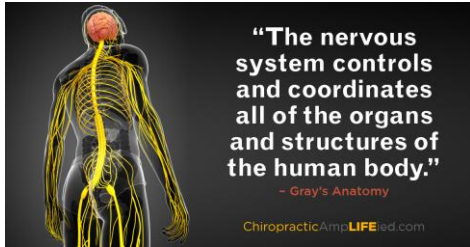
A properly aligned spine can withstand the forces you encounter every day (like lifting, standing, bending and twisting). Put an 'kink' in that spine (subluxation), and instead of withstanding those forces, your spine succumbs to them – turning normal everyday activities like doing housework, exercising or playing with your kids into occasions for injury, discomfort and disability.

Structural integrity begets normal function. When it comes to strength and performance, your spine needs to be in proper alignment to get any job done safely and pain free. Keep it in shape with regular Chiropractic care and you'll protect yourself from Life's daily pounding.



Did You Know...

Optimal baby positioning at the time of birth may help eliminate dystocia (difficult labor) and result in easier and safer deliveries for both the mother and baby.



"The nervous system controls and coordinates all of the organs and structures of the human body."

- Gray's Anatomy

ChiropracticAmpLIFEed.com

Who wouldn't want to function at their best?? You CAN'T do it without a healthy spine and nervous system. Make your health a priority with regular chiropractic care.

Prince Charming 



Every time it storms, we have sticks everywhere... Robert brings us the best bouquets! (He knows the way to our hearts!)



Jerry Rice didn't step on the field without seeing his **CHIROPRACTOR FIRST!** He credits his success and longevity in the NFL to his chiropractic care. Need another reason to get your athlete checked??

Why the KSU Cancer Research Center?

Dr. Loder worked in the KSU cancer lab under Dr. Terry Johnson from 1987-1992. What is cancer really about? Every day, your body produces cancer cells. Healthy immune systems are able to find and destroy these cancer cells. The immune system is controlled by the nervous system. And, chiropractors remove subluxations in your spine to allow the nervous system to function properly. When chiropractors restore function, the body is able to restore health. **Dr. Loder is passionate about prevention. It all starts with YOU.**

The fight starts here! From nanoparticles and stem cells to antioxidants and drug discovery, Kansas State University faculty are conducting the basic and translational cancer research that leads to improved prevention, diagnostics and treatments, as well as training future scientists.

Research

Scientists in 90 laboratories are demystifying cancer.

Education

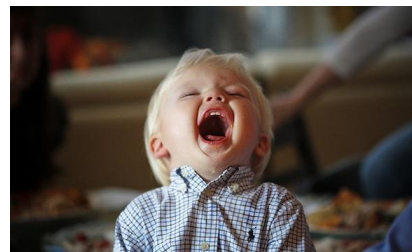
Students are training to be the next generation of researchers.

Outreach

Cancer information and resources are provided to the public.



Coach Snyder has led the fundraising efforts for the Terry C. Johnson Center for Basic Cancer Research every fall.



Get me to the chiropractor, please!

Let's get busy marking off your back to school list...

Dentist appointment ✓

Optometrist appointment ✓

School supplies ✓

Chiropractic appointment ✓

Chiropractic improves concentration, posture, sleep, and focus. Give your child every advantage this year!



Chiropractic Adjustments Improve Brain Function

Approximately 100 volunteers were examined with an electroencephalogram (EEG) before and after chiropractic adjustments.

A study presented at the 2009 *International Research and Philosophy Symposium* held at Sherman College of Straight Chiropractic finds that Chiropractic adjustments have a positive effect on the Central Nervous System (CNS), specifically on the four primary frequencies of brain function.

Brain function is measured on four primary frequencies: Beta, Alpha, Theta and Delta. Alpha waves reflect the meditative, relaxing healing mode. Beta waves represent the active, busy brain. Theta waves reflect light sleep, relaxation and conceptual development. Delta waves represent the brain activity during deep sleep, repair mode and energy storage.

The study was conducted over a three year period. Approximately 100 volunteers were examined with an electroencephalogram (EEG) before and after chiropractic adjustments.

The EEG scans were examined to check the right/left balance, the amount of total activity, the primary regions of activity and the effect of the adjustment.

After receiving a chiropractic adjustment, post EEG scans revealed improvement in all areas of the volunteer's brain function. Particularly, the researchers noticed an increase in the meditative Alpha brainwave patterns that are associated with a greater degree of relaxation, health and healing.

The researchers noted that some of the volunteers already had balanced and active brain scans and the adjustments had little effect on their post scans. They felt this was a good indicator that the adjustments had no negative effects on brain activity.

The implications of this study are profound indeed. Over and over research is proving that chiropractic care has the ability to positively affect body function on a far greater level than simple pain relief.

Nothing is IMPOSSIBLE;
the word itSelf says,
"I'M POSSIBLE!"
-Audrey Hepburn

health vitality mind
expression optimum
motion life wellness
chiropractic
innate body total
spirit active natural
potential balance

FABULOUS FRIDAY FEEDBACK...

"Dr. Loder has been an inspiration to me in many ways. During a wrestling tournament, we had the chance to reconnect. I say reconnect, because years ago he and my son ran around and wrestled together. I guess you could say, we have both wised up and are trying to improve our lives. He is way ahead of me and is now trying to educate me. I so appreciate all of the time and effort he takes with everyone!

In 2007, I lost my husband to cancer. He died at home in our bed. After that, I couldn't stand to sleep in that bed, so I started sleeping in my recliner. I slept in that recliner for 9 years...Dr. Loder has stressed to me how bad that was for my spine and nervous system. Advising, my spine needs a break and taking the pressure off of the spine and nervous system will help me heal and feel better.

I am so happy that I am now back to sleeping in a bed, not to mention how much better I feel. Good restful nights are a big relief. (I disposed of the recliner).

So, with that, plus supplements and adjustments, I am on my way to recovery.

Thank you so much Dr. Loder and staff!" - Annette

“90%
of the *stimulation*
and *nutrition* to the brain
is generated by the
movement
of the spine.”
- Dr. Roger Sperry, Nobel Prize recipient
Healthy USA 2020

Baby Love!



Kruze always brightens our day ☺ He had his first adjustment on the day he was born...and just look at him now!



Autism Spectrum Disorder and Language Skills Improved with Chiropractic

A case series study published in the Nov. 3, 2014, issue of the Journal of Pediatric, Maternal & Family Health documents chiropractic care helping language skills in two cases of diagnosed Autism Spectrum Disorder.

The study notes that the number of diagnosed cases of autism in the U.S. continues to increase and is now considered at epidemic proportions. The Center for Disease Control (CDC) estimates that 1 in 110 children in the U.S. are diagnosed with autism. In this case series, two children who were diagnosed with autism participated in the study. Each of the two children were diagnosed independently by clinical psychologists. The first of the two children was a boy at the age of a 3 years, 8 months. He was diagnosed at the age of 2 years with moderate autism. With this diagnosis, the boy was suffering with severe language and speech difficulties. Additionally, the boy had a history of allergies, ear infections, digestive problems, social interaction difficulties, behavioral problems, teeth grinding, and sleep problems.

The second child was a girl at the age of 3 years, 5 months, who was diagnosed with autism 2 months earlier. Her autism was characterized by severely delayed expressive and a moderate delay in receptive language skills. In addition to autism, she was also suffering from chronic colds, digestive problems, social interaction difficulties, behavioral problems, and sleep problems.

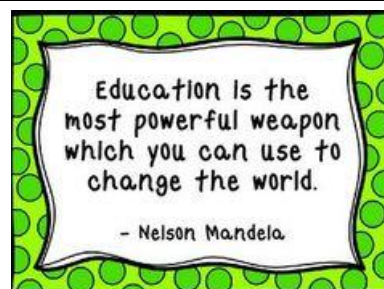
Chiropractic care was initiated on both children for correction of subluxations. At the first testing interval, both children showed measurable improvement in the language skills. By the fourth test both children showed significant improvement. The boy actually improved to the point where his language skills were 5 months above the average child his age. The girl, whose speech was worse at the onset of chiropractic care, improved enough to be only 8 months behind her chronological age.

The improvements in these children were observed and appreciated by their families. At three months into care the young boy said "I love you Daddy" for the first time in his life. The mother of the girl reported that her daughter was doing well in pre-school and was even seen helping other children with their tasks.

11 Benefits of Being Positive

1. Positive people live longer. In a study of nuns, those that regularly expressed positive emotions lived an average of 10 years longer than those who didn't (Snowdon, 2001).
2. Positive work environments outperform negative work environments (Goleman, 2011).
3. Positive, optimistic salespeople sell more than pessimistic salespeople (Seligman, 2006).
4. Positive leaders are able to make better decisions under pressure (Institute of HeartMath, 2012).
5. Marriages are much more likely to succeed when the couple experiences a 5-to-1 ratio of positive to negative interactions, whereas when the ratio approaches 1-to-1, marriages are more likely to end in divorce (Gottman, 1999).
6. Positive people who regularly express positive emotions are more resilient when facing stress, challenges, and adversity."
7. Positive people are able to maintain a broader perspective and see the big picture, which helps them identify solutions, whereas negative people maintain a narrower perspective and tend to focus on problems (Fredrickson, 2009).
8. Positive thoughts and emotions counter the negative effects of stress. For example, you can't be thankful and stressed at the same time.
9. Positive emotions such as gratitude and appreciation help athletes perform at a higher level (Institute of HeartMath, 2012).
10. Positive people have more friends, which is a key factor of happiness and longevity (Putnam, 2000).
11. Positive and popular leaders are more likely to garner the support of others and receive pay raises and promotions and achieve greater success in the workplace.

(Just in case you were wondering...) 😊



*If you are not willing to learn,
No one can help you!
If you are determined to learn,
No one can stop you!*