



December 2015 – SVC
Newsletter

Just What I Wanted!
Great Gift Ideas ☺



- Chiropractic Care gift certificate
- Innate Choice Omega 3 Fish Oil
- Innate Choice Probiotic
- Innate Choice Vitamin D
- Innate Choice Vita Sufficiency
- Mercola Pure Power Protein Powder
- Cervical Pillow

Gift Certificate for whatever they want!

Generous Hearts = Warm Kiddos!



Thank you all for your generous donations of coats, hats, and gloves!



Reindeer Oats will be available on December 14th. Be sure to take some home for your kids and grandkids ☺

The flu is not a season. Last time we checked, we only had Winter, Spring, Summer and Fall. Want to avoid the flu? So do we! What's our secret??

Get adjusted regularly - Get plenty of sleep - Take your supplements – Eat healthy – Exercise

“Clark’s Power Problem”



Clark Griswold stands with bated breath and extension cord in hand as a childlike giddiness overtakes him. The family drum roll commences, he makes the anticipated electrical connection and VOILA... nothing happens.

Clark has a power problem. Although the extension cords are all connected and each individual Christmas light has been inspected with precision, he's still not connected to the source. It isn't until his wife 'adjusts' the switch in the garage and turns the MAIN Power on that the light show begins. She'd actually make a good Chiropractor!

If your wiring is connected and your body parts have all been dutifully inspected by the best doctors in the world, you still won't function to your potential if you're not connected 100% to your source... the Life sustaining Power that flows from your Nerve System. Make sure you and your family stay connected to it with regular Chiropractic care during this bustling holiday season.

“Forget Someone at Home?”



Chiropractor - “Hey Mary, where are your kids?”

Mary - “I left them at home, they don't have any back pain...”

Chiropractor - “That might be true, but do they have Subluxations?”

Studies show that stress from the birth process alone is enough to produce pediatric Subluxations – subtle, yet significant vertebral mis-alignments which alter normal nerve function in children. And don't forget the stress they experience from falling off bikes, rough housing with siblings or just trying to fit in at school. Kids are inherently Subluxation prone!

If you bring your kids to the dentist for preventative maintenance as soon as they get teeth, it only makes sense you bring them to the Chiropractor as soon as they get a spine. In other words, don't leave them at home... get them checked EARLY and REGULARLY for Subluxations. You're investing in their health and their future when you do.



We will be closed on December 25th and 29th to celebrate Christmas with our families. We will be excited to see you after Christmas on Monday, Dec. 28 and Wednesday, Dec. 30! 😊

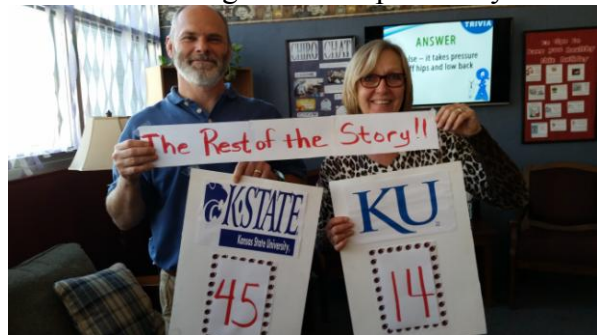
From Amanda – “Thank you for all of the prayers, cards, calls and concern during my recent hospitalization. I felt very blessed during my stay. I am so glad to be back to work and able to serve all of you!”

Food Drive Face-Off

Well...once again, the Jayhawks prevailed! The Hawks outdid the Wildcats, bringing in 76 items for the food bank. 122 total items were collected – a HUGE thank you to all who “competed!” 😊



Dr. Loder was NOT very happy in this one... I couldn't even get him to open his eyes...



Dr. Loder made us take a second picture on Monday morning, with the score of the football game....Dr. Loder was a little happier with the football score!

101 Ways to Make a Difference

This holiday season, we challenge each of you to make a difference for someone. We have come up with some ideas to get you started on what will be a gift to remember...

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| <ul style="list-style-type: none"><input type="checkbox"/> Drive someone to their chiropractic appointment! ☺<input type="checkbox"/> Return grocery carts<input type="checkbox"/> Participate in Operation Shoebox<input type="checkbox"/> Tip all of the wait staff next time you eat out, not just your server<input type="checkbox"/> Leave a pack of vinyl gloves at the gas station on top of the pump<input type="checkbox"/> Recycle your prom dress<input type="checkbox"/> Receive with gratitude<input type="checkbox"/> Donate old glasses to Lions Club<input type="checkbox"/> Invite a guest to Thanksgiving or Christmas dinner who might otherwise be dining alone<input type="checkbox"/> Donate winter coats to those in need<input type="checkbox"/> Volunteer at Ashby House<input type="checkbox"/> Drive someone to a cancer treatment<input type="checkbox"/> Prepare a meal for a single parent family<input type="checkbox"/> Pick up trash in and around your neighborhood<input type="checkbox"/> Give a package of stamps to a family with a family member serving our country<input type="checkbox"/> Donate school supplies<input type="checkbox"/> Put together soldier packs<input type="checkbox"/> Give without comparison<input type="checkbox"/> Purchase a tank of gas for the person behind you in line<input type="checkbox"/> Feed the parking meter for the next person<input type="checkbox"/> Recycle your wedding dress<input type="checkbox"/> Donate to the United Way<input type="checkbox"/> Volunteer at a domestic violence shelter<input type="checkbox"/> Adopt a prisoner or their family – offer to pray for them<input type="checkbox"/> Provide transportation for the elderly in your community<input type="checkbox"/> Visit residents at the nursing home<input type="checkbox"/> Send a thank you note<input type="checkbox"/> Tip a fast food worker<input type="checkbox"/> Donate to the Red Cross<input type="checkbox"/> Clean out your closets and donate extra clothing<input type="checkbox"/> Clean your church<input type="checkbox"/> Put together books and magazines to leave for chemotherapy patients to read during treatment<input type="checkbox"/> Deliver meals on wheels<input type="checkbox"/> Donate blood<input type="checkbox"/> Hand out inspirational calendars<input type="checkbox"/> Be a prayer partner<input type="checkbox"/> Volunteer at Pioneer Club<input type="checkbox"/> Shop for the elderly<input type="checkbox"/> Help someone move<input type="checkbox"/> Purchase gifts from the Angel Tree<input type="checkbox"/> Donate to the Ronald McDonald house<input type="checkbox"/> Participate on a mission trip<input type="checkbox"/> Worship more<input type="checkbox"/> CHUMS volunteer at the elementary school<input type="checkbox"/> Sponsor a kid for camp<input type="checkbox"/> Donate to the McPherson County food bank<input type="checkbox"/> Volunteer at the Senior Center<input type="checkbox"/> Repair or recycle old bicycles<input type="checkbox"/> Purchase a baby gift for a new parent<input type="checkbox"/> Give someone a grocery gift card<input type="checkbox"/> Volunteer at KICK<input type="checkbox"/> Purchase a gift through World Vision<input type="checkbox"/> Tie quilts for others | <ul style="list-style-type: none"><input type="checkbox"/> Determine how much money you spend at Christmas, and donate a matching amount to a charity of your choosing<input type="checkbox"/> Write a letter to a loved one<input type="checkbox"/> Compliment a child<input type="checkbox"/> Buy a cup of coffee for the person behind you in line<input type="checkbox"/> Donate some of your professional services to someone in need<input type="checkbox"/> Collect and distribute books<input type="checkbox"/> Raise money for a charity<input type="checkbox"/> Serve a meal at the Salvation Army<input type="checkbox"/> Give your time<input type="checkbox"/> Give your talents<input type="checkbox"/> Offer companionship<input type="checkbox"/> Run errands for someone<input type="checkbox"/> Encourage<input type="checkbox"/> Volunteer at TACOL<input type="checkbox"/> Smile...a lot!<input type="checkbox"/> Be a foster parent<input type="checkbox"/> Walk your neighbor's dog<input type="checkbox"/> Volunteer at the animal shelter<input type="checkbox"/> Babysit for someone to give them a break<input type="checkbox"/> Help elderly decorate for Christmas<input type="checkbox"/> Shovel your neighbor's driveway or sidewalk<input type="checkbox"/> Donate your old cell phone<input type="checkbox"/> Offer to go to the post office for someone<input type="checkbox"/> Clean for the elderly<input type="checkbox"/> Clear snow from the windshield next to yours in the parking lot<input type="checkbox"/> Gift a magazine subscription – especially to someone overseas<input type="checkbox"/> Host a breakfast at church<input type="checkbox"/> Gather friends or family for a Bible study<input type="checkbox"/> Teach someone<input type="checkbox"/> Send your child flowers – just because<input type="checkbox"/> Plan a surprise party for anyone/anything<input type="checkbox"/> Place flowers on a gravesite<input type="checkbox"/> Paint someone's finger or toenails<input type="checkbox"/> Create a carpool at work<input type="checkbox"/> Take a meal to new parents<input type="checkbox"/> Write a letter of forgiveness to someone<input type="checkbox"/> Post a status to inspire<input type="checkbox"/> Compliment a complete stranger<input type="checkbox"/> Take a meal to new neighbors<input type="checkbox"/> Volunteer to read at the library<input type="checkbox"/> Pass on a good book to others<input type="checkbox"/> Call someone instead of texting them<input type="checkbox"/> Write an apology<input type="checkbox"/> Play a board game with a group you don't normally hang out with<input type="checkbox"/> Adopt a college kid<input type="checkbox"/> Donate to local animal shelters - pets need love too!<input type="checkbox"/> Take a picture of a new mom with her baby and give her a framed copy<input type="checkbox"/> Thank God |
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“Be the change you want to see in the world.” - Ghandi

Take the Christmas challenge...

1. Take an idea from our checklist, or use one of your own.

2. Write down what you did to make a difference.

3. Put your entry in the jar.

4. Each entry is a chance to win a \$250 chiropractic gift card! Stay healthy AND make life better for someone else! Win...Win!!



Kansas State University Johnson
Cancer Research Center

Dr. Loder presented the Smoky
Valley Chiropractic scholarship
award to William Jones, who
works with Dr. Kathrin Schrick
in Biology at Kansas State
University.

Keep Up the Holiday Cheer!

During the holidays, it's normal to feel stressed out by the demands of shopping, parties, and even family gatherings. Taking on too much responsibility or saying yes to too many things can cause stress.

Take these steps to stay healthy and rested during the holidays:

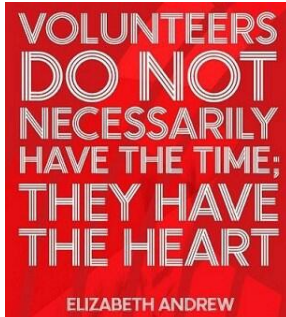
- Only do the holiday activities that are the most meaningful to you. Pass on those you feel obligated to do.
- Get enough sleep and stick with a regular schedule.
- Eat right and exercise – make it a priority!
- Don't stay cooped up inside. Sunlight can relieve depressive symptoms associated with winter's shorter days.
- Get adjusted! Your nervous system controls EVERYTHING, and sometimes we all need an attitude adjustment! ☺



Consider Others this Holiday

*Feeling blue??? Perhaps serving others
is just what the doctor ordered!*

- Volunteer. It will remind you of your unique talents and the difference you can make in someone else's life.
- Surround yourself with supportive and positive people. You may want to call or email someone you haven't heard from in a while. Be open to new opportunities where you could make new friends.



“Triple Dog Innate Dare...”



You've been given the throw down. Your family and friends are egging you on to try their Chiropractor. But you don't 'believe' in Chiropractic and doubt it would actually work for your health problems.

The question isn't whether you believe in Chiropractic, but rather do you believe in your own ability to heal yourself? You see, Chiropractors don't heal anything. It's the innate doctor inside you that does all the healing. Chiropractors simply create a better environment (a clear Nerve System) for that process to happen.

So what do you have to lose? Why not call the Chiropractor and get connected to your innate. You'll be amazed at what the doctor inside you is capable of doing - we triple dog dare you to try it.