

December 2012

Healthy Family Newsletter

Smoky Valley Chiropractic



Ready for 2012?

(Or do you need some help??)

That's what we're here for! Dr. Loder will be starting a new Lifestyle Class in January. Talk to him or any staff member if you are interested in having a happier, healthier year.

Testimonials from the "Class of 2012"

-“My greatest success thus far has been getting off of some medications. So far, I have been able to discontinue using Cymbalta, Lexapro, Plavix, and Ambien!” TM

-“My plate looks so much different at the table! I have learned to love the veggies and avoid the sweets.” – HC

-“A friend I haven't seen for quite a while told me I was 'absolutely glowing'.” -NN

-“I definitely have more energy and can get more things accomplished.” AF

-“My friends have noticed my choices. When I'm at ballgames, my snacks are fruits and vegetables that I have brought along.” – MR

-“I am smaller, I look better, my skin, my hair, my frame, and my attitude have all seen improvement.” -HH

-“My blood work has improved; my cholesterol is down to 138!” – RW

-“It seems like everyday problems don't seem like mountains anymore. I can think things out slowly and not fly off the handle as easily.” - HC

Celebrate Without Stress – Top 10

1. Limit your spending budget.
2. Shop early to avoid crowds and rushed purchases.
3. Get plenty of rest.
4. Limit alcohol consumption.
5. Limit the amount of “junk food” you consume.
6. Stick with an exercise program.
7. Focus on fun and relaxation, not perfection.
8. Don't stress out trying to please everyone; your health is more important.
9. Volunteer at area agencies, helping others is a great boost.
10. Come in for your chiropractic adjustment, and be the healthiest, happiest YOU this holiday season!



Stressed or Blessed?

The choice is yours...and your health is counting on you to pick the right one!

Community Service 101

Dr. Loder & Dr. Emily had the opportunity to share chiropractic at the Bethany Home Health Fair last month. It was a great community effort! Need a speaker? We can help!



Just a few of the great St. John's Military School cadets that Dr. Loder sees on campus on Tuesdays and Thursdays over the noon hour. Salina area patients are welcome to schedule during this time as well and save some drive time.

Our office will be closed on December 24 & 25 for the holiday season. We hope you enjoy a blessed Christmas with your family!



Four Ingredient Pumpkin Pie
vegan, makes one pie

1 1/4 cups raw soaked cashews
1 cup maple syrup
1 can organic pumpkin puree (16 ounces) (or use fresh puree)
2 tsp pumpkin pie spice
Optional: 1/2 tsp sea salt to taste (depends how much salt you soaked your cashews in)
Ingredients notes: using high quality spice is helpful. Also, I prefer grade B maple syrup for its rich amber tones and caramelized flavor - but grade A works too.
One standard vegan pie crust - or make your own.

Instructions:

1. Soak about one cup of raw cashews in about 2 1/2 cups of water in a large bowl. Add about 1/2 - 1 tsp of salt to the bowl - mix to dissolve. Note: you may want to soak more cashews than needed and make two pies.

2. Soak this cashew bowl overnight in the fridge. You want well-soaked cashews so that your pie mix blends up perfectly creamy. I soaked my cashews for about 18 hours. At least 8 is optimal.

3. The day of your actual *pie making* allow at least 3 hours from the time you start to the time you wish to serve the pie. I like a cool time of at least 2 hours.

4. Preheat your oven to 400 degrees.

5. Drain the water from your cashews. They should be very soft to bite and a slight purplish dark hue. *This is normal.* Add 1 1/4 cups of cashews to your food processor - or even better, a *Vitamix* or high speed blender.

6. Add pumpkin to blender. Next, add in the maple syrup and pumpkin pie spice. Blend on low -> high for about 3-5 minutes until the mixture is *completely* creamy. If your mixture is a bit thick for some reason - you can add in a few teaspoons of either water, maple syrup or even non-dairy milk. After blending, do a taste test and add a 1/2 teaspoon of salt *if needed*. I added in about 1 1/2 tsp extra salt. But taste before adding.

7. Pour your mix into a par-baked vegan pie shell (I toast my raw pie shell in the 400 degree oven for about 8 minutes). You can buy a frozen crust or make your own.

8. Bake pie at 400 degrees for 15 minutes. Then reduce to 350 degrees and bake for an additional 30-40 minutes - or until the edges look fluffy and a darker caramel orange tone. Use a toothpick in center if unsure. The tooth-picked filling should come out slightly wet - but very thick and dark. It is important to remember that your pie will firm up significantly upon cooling and chilling in the fridge.

9. Remove pie from oven. Cool on counter for at least 30 minutes. Then place in fridge until ready to serve. At least 2 hours cooling and/or chilling time is my preference. A warm pie will be tasty, but still a bit "wet" to slice.

10. Serve chilled!

Gift Ideas for Christmas



Healthy Gift Ideas
Pedometer · Fruit & Nut Basket · Stability Ball & Exercise Bands · Cookbooks with Healthy Recipe Ideas · Board Games · Teas · Gift Certificate to Fitness Center · Chiropractic Care Coupons
(And...I always tell Darrel that jewelry works too – it's calorie free!)



The beard is back!

Thanks to your generosity, our office raised \$1240 for cancer research...Dr. Loder shaved it off, but is back on the face just in time for hunting season! We'll have to see what challenge we can come up with for next year...



Chiropractic Gift Certificates are now available for purchase. Give someone the gift that keeps on giving – the gift of HEALTH. You don't realize how precious your health is...until you don't have it anymore!

What a Blessing!!

Michelle and Hannah had a time sorting through all of the coats, hats, mittens and scarves that were donated. The schools were so grateful! Thank you so much for your generosity towards others!



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...

- Drive someone to their chiropractic appointment! ☺
- Return grocery carts
- Participate in Operation Shoebox
- Tip all of the wait staff next time you eat out, not just your server
- Leave a pack of vinyl gloves at the gas station on top of the pump
- Recycle your prom dress
- Receive with gratitude
- Donate old glasses to Lions Club
- Invite a guest to Thanksgiving or Christmas dinner who might otherwise be dining alone
- Donate winter coats to those in need
- Volunteer at Ashby House
- Drive someone to a cancer treatment
- Prepare a meal for a single parent family
- Pick up trash in and around your neighborhood
- Give a package of stamps to a family with a family member serving our country
- Donate school supplies
- Put together soldier packs
- Give without comparison
- Purchase a tank of gas for the person behind you in line
- Feed the parking meter for the next person
- Recycle your wedding dress
- Donate to the United Way
- Volunteer at a domestic violence shelter
- Adopt a prisoner or their family – offer to pray for them
- Provide transportation for the elderly in your community
- Visit residents at the nursing home
- Send a thank you note
- Tip a fast food worker
- Donate to the Red Cross
- Clean out your closets and donate extra clothing
- Clean your church
- Put together books and magazines to leave for chemotherapy patients to read during treatment
- Deliver meals on wheels
- Donate blood
- Hand out inspirational calendars
- Be a prayer partner
- Volunteer at Pioneer Club
- Shop for the elderly
- Help someone move
- Purchase gifts from the Angel Tree
- Donate to the Ronald McDonald house
- Participate on a mission trip
- Worship more
- CHUMS volunteer at the elementary school
- Sponsor a kid for camp
- Donate to the McPherson County food bank
- Volunteer at the Senior Center
- Repair or recycle old bicycles
- Purchase a baby gift for a new parent
- Give someone a grocery gift card
- Volunteer at KICK
- Purchase a gift through World Vision
- Tie quilts for others
- Determine how much money you spend at Christmas, and donate a matching amount to a charity of your choosing
- Write a letter to a loved one
- Compliment a child
- Buy a cup of coffee for the person behind you in line
- Donate some of your professional services to someone in need
- Collect and distribute books

- Raise money for a charity
- Serve a meal at the Salvation Army
- Give your time
- Give your talents
- Offer companionship
- Run errands for someone
- Encourage
- Volunteer at TACOL
- Smile...a lot!
- Be a foster parent
- Walk your neighbor's dog
- Volunteer at the animal shelter
- Babysit for someone to give them a break
- Help elderly decorate for Christmas
- Shovel your neighbor's driveway or sidewalk
- Donate your old cell phone
- Offer to go to the post office for someone
- Clean for the elderly
- Clear snow from the windshield next to yours in the parking lot
- Gift a magazine subscription – especially to someone overseas
- Host a breakfast at church
- Gather friends or family for a Bible study
- Teach someone
- Send your child flowers – just because
- Plan a surprise party for anyone/anything
- Place flowers on a gravesite
- Paint someone's finger or toenails
- Create a carpool at work
- Take a meal to new parents
- Write a letter of forgiveness to someone
- Post a status to inspire
- Compliment a complete stranger
- Take a meal to new neighbors
- Volunteer to read at the library
- Pass on a good book to others
- Call someone instead of texting them
- Write an apology
- Play a board game with a group you don't normally hang out with
- Adopt a college kid
- Donate to local animal shelters - pets need love too!
- Take a picture of a new mom with her baby and give her a framed copy
- Thank God

“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!!

Today I made a difference for someone by

My name





Blogging with Dr. Emily...

A Little Bit Bah-Humbug

It all starts with Halloween. It was fun to dress up with Laramie and see other little kids and their parents dressed up, but I guess I just have a hard time with a holiday centered around going to stranger's houses and getting candy. LOTS OF CANDY. It doesn't end with Halloween either. Then we move on to Thanksgiving, a holiday which revolves around food and utter over-indulgence. Then comes Christmas. More like Stress-mas. Traveling, gift giving, MORE EATING. And then eating some MORE. Top it off with too much alcohol on New Year's Eve and you've got a recipe for a serious health crisis. No wonder more than 80% of this country is dying from preventable chronic illness. We spend 10 months out of the year trying to repair the damage done in a short 4 months.

I'm trying really hard to break this time-honored tragedy.

For Halloween we don't hand out candy. We hand out little toys or some fruit. I'm willing to be "that house" for the sake of our children. I cannot consciously, or in good conscience, contribute to childhood obesity and chronic illness. Laramie didn't go trick-or-treating this year since she's still too young to understand, but when the time comes for her to participate in the festivities, I'm going to have to get creative in finding ways to get around the candy.

We're hosting Thanksgiving at our house this year. I'm preparing a traditional meal without preservatives or casseroles. Organic as much as possible. My family has already begun to make fun of us, but again I cannot consciously perpetuate the tradition of eating highly processed foods. Our menu will consist of oven-roasted turkey (free-range if I can find it), mashed cauliflower, sautéed fresh green beans, homemade cranberry sauce, oven-roasted broccoli with pine nuts, and a gluten-free bread. I also found this amazing recipe for pumpkin pie made of pumpkin, pumpkin spice, cashews, and maple syrup. I'm also not going to make too much food, I'd rather run out than eat too much.

My goal for Christmas is to take the focus off gift giving. I don't NEED presents. I NEED my family. I want to spend Christmas having fun with my family. I LOVE playing games with family. I want to create a new family tradition this year. I'm hoping that it's wildly successful. ☺ I would also love the focus to be on helping others, whether it is people from your church, your community, or a complete stranger. There are so many things that can bring a wonderful feeling of wellbeing and peace during the holidays. I'd rather focus on those things than spend money I don't have on gifts people don't need.

Here's to having a happy, healthy holiday season this year!

Insurance Changes?

Please let Michelle know if you have any changes to your insurance information after January 1st.



Reindeer Oats

Reindeer Oats will be available December 17th-21st. Be sure to ask for some for your kids and grandkids.

