



**December 2014
Healthy Family
Newsletter
Smoky Valley**



Meet Michell Lemen! 😊



I was born and raised in Blair, Nebraska and am a Husker fan through and through. I have two younger brothers, Ty and Roger who still live in the Blair area with their families.

I am married to a great guy, Jim. We will celebrate our 25th next August. I have four wonderful kids. Cory and his wife Nichole have three girls Alicia, Breana and Clara (ABC as we call them) and still live in Blair. My daughter Jenny and her husband Steve live two houses down the street from me with their two kids Caleb and Sidney. My son, Ian, graduated from Manhattan Area Technical College and works at Great Plains in Ellsworth. My youngest daughter, Hannah, is a senior at Smoky Valley High School in Lindsborg and plans on attending the University of Kansas after graduation. We also have 4 dogs who live with us. We moved to Lindsborg when Jim went to work for Vanguard Plastics in McPherson in 1998.

After my graduation from high school (about 100 years ago); I joined the Air Force and worked as a jet mechanic. I have held positions through the years as a legal secretary for about 15 years, a day care provider, managed a flooring store, human resource director for a telemarketing company, high school lunch lady and a Fed-Ex driver. My most recent adventure is joining the staff Smoky Valley Chiropractic and I couldn't be happier to have found such a fantastic group of people to work with.

I love to be creative. In my spare time you can find me in my craft room painting, sewing, quilting or just hiding out.

Food Drive Face Off



K State had a strong showing on the last day, but didn't quite catch up! KU was our winner this year with 91 items for the McPherson County Food Bank. In the end, we are all winners for doing our part in trying to help others, and for battling hunger. Thank you to everyone for your generosity. We will no doubt be back for a challenge next year! (*Dr. Loder will make sure of it!!*). LOL 😊

From Dr. Loder... "It IS football season, so we have to let KU win something..." he's so ornery!



Stand Out in the Crowd!

Think Well Class

Wednesday, December 10th

6 PM

EVERYONE can use a little reminder about positive thinking....

Our office will be closed on December 24, 25 & 26 for the holiday season. We hope you enjoy a blessed Christmas with your family!



Merry Christmas

Looking For That Perfect Gift?

Chiropractic care gift certificates are a great idea for current patients and for those who are interested in taking control of their health. Gift cards are available in any increment. Ask any staff member to purchase and give the gift of health this year!



GREAT GIFT IDEAS...

- Innate Choice Omega 3 Fish Oil
- Innate Choice Probiotic
- Innate Choice Vitamin D
- Innate Choice Vita Sufficiency
- Dr. Mercola Pure Power Protein Powder
- Cervical Pillow
- Prolordotic Neck Exerciser
- Congaplex
- OPC Synergy
- Foot Levelers Orthotics
- Cyruta Plus
- **Gift Certificate for whatever they want!!!!**

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!

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



Dr. Loder's Top 10

Dr. Loder's Top 10 List for Boosting Your Immune System:

1. **Keep your nervous system healthy. Get a chiropractic adjustment!!** The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. The immune system, like every other system in the body, is coordinated and controlled by the nervous system.
2. **Avoid sugar, grains, commercial dairy.** They decrease the function of your immune system almost immediately.
3. **Get enough rest.** Your body does most of its healing while you sleep.
4. **Eat raw fruits and vegetables.** Especially berries, greens and crushed garlic.
5. **Exercise.** Regular exercise helps the body eliminate wastes and helps improve immune system function.
6. **Stay hydrated.** Water is necessary for every body function. When you are dehydrated, your body functions less efficiently.
7. **Probiotic.** Probiotics are healthy bacteria that are supposed to be in your gut that boost immune function.
8. **Take a multivitamin.** Eating well is essential for health. We recommend a whole-food supplement that does not contain artificial colors or preservatives, and is free of wheat, corn, soy, and dairy.
9. **Take cod liver or fish oil.** These two supplements contain 2 vital omega-3 fatty acids (EPA & DHA). They improve the function of the nervous, circulatory, and immune systems, are important in fetal development and have anti-inflammatory properties. Be sure to use a high quality source free of PCB's, mercury and other contaminants.
10. **Stay positive/decrease stress.** Optimists have healthier immune systems, suffer fewer infections and are not as adversely affected by stressful life events.

If your body's immune system works as it should, you won't have to worry about the flu.

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 15th-23rd. Be sure to ask for some for your kids and grandkids.

