



December 2016 – 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!**



Our office
will be closed
on Friday,
December 23rd
and Monday,
December 26th.
We will look
forward to
seeing you on



*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**

Autism Spectrum Disorder and Language Skills Improved with Chiropractic



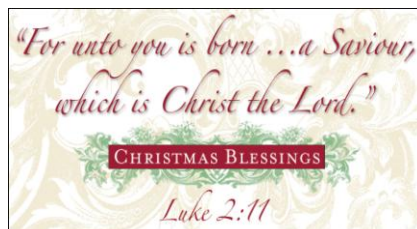
A case series study published in the Nov. 3, 2014, issue of the Journal of Pediatric, Maternal & Family Health documents chiropractic care helping language skills in two cases of diagnosed Autism Spectrum Disorder.

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 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.



"I discovered what's causing your backaches. This is an X-ray of your spine!"

It's Wrestling Season!



Roasted Brussels Sprouts, Cinnamon, Butternut Squash, Pecans & Cranberries

Sauté 3 cups Brussels sprouts in $\frac{1}{4}$ cup butter and 1 tsp. garlic salt until tender. In second pan, sauté squash in $\frac{1}{4}$ cup butter and 1 tsp. garlic salt until tender. Combine into one pan and add 3 Tbsp. maple syrup, $\frac{1}{2}$ tsp. cinnamon, 2 cups chopped pecans, and 1 cup dried cranberries. Toss gently and serve. (Wonderful and easy side dish!)



“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.



Food Drive Success!

It was all K-State this year! K-State made a late score and finished strong in the 2016 Food Drive and won the Sunflower Showdown! We are all winners when we help combat hunger! Thank you all so much for your generosity!! We couldn't do it without YOU!



It's a Wonderful Life!



Let us help you live it to the fullest!

Receive a complete “Chiropractic Evaluation” for \$30.

(An exam, consultation, all necessary x-rays, computerized nerve & foot scans, posture screen, and a Chiropractic report.)

Chiropractic adjustments are not subject to this discount.

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 |
|--|--|

“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.

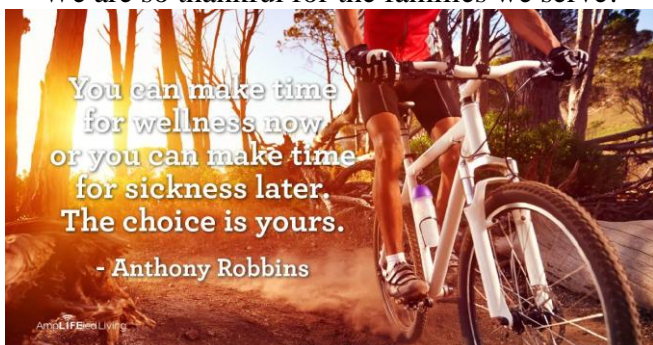
3. Put your entry in the jar.

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

Do you have plans for the weekend? How about getting out to support our local Boy Scouts and attending an awesome concert by Cadence from KSU?? © Dr. Loder's community donation for December is Lindsborg Boy Scout troop #120. Concert is Saturday, December 3rd at 7 PM in the AJ Steinberg Auditorium. Bonus - we have several of our very own Smoky Valley boys in this A Cappella group - don't miss it!



We've had Thanksgiving, Black Friday, Small Business Saturday, and Cyber Monday - It's exhausting! Did you know that today is "Giving Tuesday"??? While you are shopping this year, and trying to think of that perfect gift - GIVE SOMETHING THAT IS GOING TO MAKE A DIFFERENCE. Give the gift of health to someone you love - without our health, we have nothing! We are so thankful for the families we serve!



Mattie King is also getting ready to release a new line of BABY PRODUCTS! So excited ☺ Rylan had a bath with the new baby wash and smelled heavenly! (of course!) Hope to see many of you at the Made-from-Scratch Mama holiday open house from 1-4 - this Saturday, Dec. 3rd at my house in Marquette. Wine, food and fun!

Product	Price
Antibacterial Hand Soap.....	\$15.00
Antibacterial Hand Soap Refill Bottle.....	\$10.00
Beard Oil.....	\$10.00
Deodorant.....	\$8.00
Face Wash.....	\$8.00
Lip Balm.....	\$2.00
Mini-Rollers (5 mL).....	\$4.00
Rollers (10 mL).....	\$7.00
Room Spray.....	\$7.00
Thieves Hand Sanitizer.....	\$5.00
Whipped Body Butter (8 oz).....	\$16.00
Small Whipped Body Butter (4 oz).....	\$9.00

*All items will be charged plus tax

Thank you for supporting a local business!



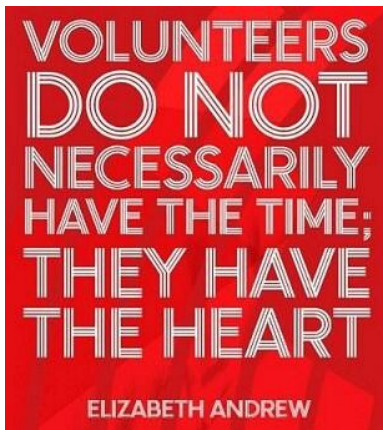
Dr. Loder's November donation is the Elizabeth A. Hopp Marquette Fine Arts Center. Dr. Loder is shown with his cousin, Casie Hopp Nelson, director of the MFAC. The MFAC was established in part by Casie's mother and Darrel's aunt, Beth Hopp. Casie does her part in keeping the arts thriving in the Marquette community, and she is appreciated!



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 different 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.



If someone says "It is too early to put up Christmas decorations"... Stop talking to them-You dont need that kind of negativity in your life.



someecards
user card

Keep Up the Holiday Cheer!

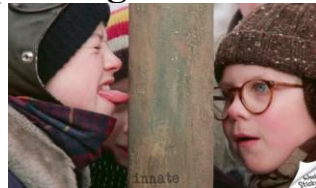
During the holidays, it's normal to feel stressed out by the demands of shopping, parties, and even family gatherings. Taking on too much responsibility or saying yes to too many things can cause stress.

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! ☺



“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.

