

*"For unto you is born ... a Saviour,
which is Christ the Lord."*

CHRISTMAS BLESSINGS

Luke 2:11

**December 2017
Healthy Family
Newsletter**

Generous Hearts = Warm Kiddos!



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

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!

*Oh Come
LET US
Adore
Him*

Our office
will be closed
on Monday,
December 25th
and Tuesday,
December 26th.
We will see
you on
Wednesday ☺
Merry
Christmas from



Reindeer Oats are now available. 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**



Molly Martin is the only DONA-certified postpartum doula in central and northwest Kansas. (TOM DORSEY / SALINA JOURNAL)

Postpartum doula

Salina mom enjoys nurturing other mothers

Workforce

From the boardroom to the boiler room, any worker is eligible to be featured in Workforce. If you know of a worker who would be an interesting subject for this feature, call editor Sharon Montague at 822-1411 or 1-800-827-6363, ext 123, or email her at smontague@salina.com.

NAME: Molly Martin

AGE: 28
TITLE: Postpartum doula for her business, Mama Nurture
TIME ON THE JOB: Started in March

By Erin Mathews
 Salina Journal

When Molly Martin became a mother two years ago, she realized that she had spent the past nine months focused on learning about pregnancy and delivery. Like most mothers-to-be, she spent comparatively less time learning about what it would be like to care for her newborn son. Since that time, she has taken online training and attended a workshop in Denver to become a postpartum certified doula for Doulas of North America, the largest doula accrediting organization in the world. Now she is

offering herself to other mothers as an expert.

She said although many people have heard of labor and delivery doulas, not as many are aware of postpartum doulas, who can assist new parents in the home. Martin said she is the only DONA-certified postpartum doula in central and northwest Kansas. She also works part-time as a nurse at Salina Surgical Center.

For two to six hours a day, two or more days a week, for two to 12 weeks, she will provide physical assistance, emotional support and evidence-based information for new parents. She has a sliding fee starting at \$25 an hour. She can be reached through her website at mamanuturedoula.com or her Mama Nurture Facebook page.

What made you want to do this?

Like most first-time moms, I felt like I struggled in a lot of areas in the first few months just learning everything as I went. Probably the biggest area that I would have benefited from is the doula being a reliable, unbiased source of information to help the mom sort through the plethora of contradicting information you can get if you go ask whoever for advice.

Sometimes, you turn to well-intentioned friends and family

members, but if you ask five different people the same baby-related question, you'll get 10 different answers usually and that can be way more stressful than if you wouldn't have asked for the advice to begin with.

All advice really is is what worked for that mom and that baby. That might have worked great for them, and you try it and you're more stressed that it didn't work and wondering even more what's wrong with me or what's wrong with my baby. This worked for my sister, and it's not working at all for me.

Are you finding there are a lot of people who just home with a baby and just really aren't sure what to do?

Yes, I feel like it's because our culture has just changed a lot. We used to have a lot of family very close by. A long time ago, they were in the same house. They were in different stages of having babies and had a lot of wisdom and experience to pass on, but now we either live far away from our families or they just have jobs and other obligations. They come and help when they can, but it's very overwhelming at first to kind of be pretty much left on your own. There's kind of a gap that I feel like the doulas can fill. I've found out a lot of it is just helping moms know what normal behavior and sleep patterns look

like and what to expect.

What's your mission as far as those parents are concerned?

To teach moms to trust their intuition—to find their intuition first, know what that even means—to take it one day or even one hour at a time and to just instill confidence and empowerment that the mom can do all these things. Each day will get a little easier.

One huge benefit of postpartum doulas is decreasing postpartum depression and anxiety. There's no doubt through the studies that postpartum doulas dramatically decrease the incidence of postpartum depression. A doula is non-judgmental, unbiased and has an understanding of what you're going through.

People tend to think that breastfeeding is a natural thing, so they'll just pick up on it, but it's not quite that simple for some people, is it?

No, not always. Sometimes there are no issues, but every mom is different and every baby's different. Even if you've already had one or two babies and didn't have issues, on your third you may be experiencing issues that you never had before that you are not sure how to deal with.

See DOULA, D3

DOULA

From Page D1

...I encourage clients to call or text when I'm not here. My whole goal with this is to lessen the learning curve for other moms. I want to be there anytime they need me, at least over the phone, when things come up. There was some lactation training through DONA, but in the future I plan to go on and get more lactation training because I think that's a huge area

that postpartum doulas will be beneficial for.

What is a normal sleep pattern for a baby who's a month old or younger?

The first thing I'd say is there is no normal sleep pattern, but that said, waking up every two to three hours is what you should expect. Really, every 45 minutes can even be normal for some newborns at certain periods of time. Some babies will sleep much longer, but just knowing that it's a possibility and it's normal if it's only about an hour can help ease the

stress. It's not fun, but it's normal, especially when they're going through growth spurts and doing what they call cluster feeding.

If you don't know about these normal newborn behaviors, you may worry because you may think something's wrong or your milk supply's dropping because they're acting hungrier and eating more often. They might even be waking up just to nurse for comfort, not necessarily out of hunger, and it's good to know and understand this, too.

Molly is Dr. Loder's niece, and he couldn't be more proud of her for the healthy lifestyle she models at home and for others. Her son is a testament to a healthy pregnancy, and

"I tried another chiropractic office, and while they were good, they couldn't quite resolve my issue. Coming to Dr. Loder is certainly worth my drive from McPherson. He is so knowledgeable and has so much training, and he was able to help!" – Jerilyn Johnston



"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 ¼ cup butter and 1 tsp. garlic salt until tender. In second pan, sauté squash in ¼ cup butter and 1 tsp. garlic salt until tender. Combine into one pan and add 3 Tbsp. maple syrup, ½ 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.

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.

(Due to Federal Regulations, Medicare and Medicaid Insured are not eligible for this promotion.)

Offer Expires 12/31/17

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! ☺



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...

- | | |
|--|--|
| <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!!

