



February 2013

Healthy Family Newsletter

Smoky Valley Chiropractic

10 Keys to a Successful Relationship...

- 1. Tell your partner you love them.**
Although actions speak louder than words, words often speak more clearly than actions.
- 2. Show some affection.** *Small acts convey warm feelings.*
- 3. Show appreciation for your partner.**
Let your partner know on a regular basis what you like most about them.
- 4. Share yourself.** *If it's important to you, share it with your partner.*
- 5. Be there for your partner.** *Be supportive through challenges and struggles.*
- 6. Show respect.** *Strong relationships have strong foundations.*
- 7. Respond gracefully to your partner's demands and shortcomings.**
Appreciate your partner for who they are, strengths and weaknesses alike.
- 8. Make 'alone time' a priority.**
Commit at least one hour every week or two for just the two of you.
- 9. Take nothing for granted.** *Cultivate a daily sense of gratitude for your partner and the blessings they bring into your relationship.*
- 10. Strive for equality.** *Follow the Golden Rule in your relationship.*



“He who has health has hope. And he who has hope has everything.”

– Arabian Proverb

Do you know someone who has lost their health? Our office offers hope...

Beach Week

We celebrated beach week at the office during the last week of January – just in time for the snow! We had different ‘beach’ handouts each week. I’ve included some of them throughout the newsletter.

Be sure to answer the questions on the Smoky Valley Chiropractic Facebook page and you’ll have a chance to win a \$50 chiropractic gift card!





Blogging with Dr. Emily...

2012 In Review

For starters, I feel like 2012 bled over into 2013. Not until just recently did I feel like the new year had actually started. I was too busy trying to get 2012 things crossed off the list. Let's see if I can finish 2013's entire list before the end of the year! Ha Ha! HAPPY (belated) NEW YEAR!

In January of 2012, I decided to start a new tradition. Instead of making a resolution, I chose a word to represent my goals for the year. Last year's word was PASSION. I wanted to spend the year sharing my passion for chiropractic and natural parenting with others. I'm checking that off as COMPLETE! I have had a fantastic time literally touching the lives of my patients young and, well... wise! ☺ I've also had a great time at my Natural Parenting classes sharing information with other mothers (and fathers and grandparents) on ways to help children stay healthy *naturally*! We're all born to be healthy and I want to help people stay that way. In fact, my mother and I decided to open a cloth diaper and natural parenting store as an outlet to share natural parenting with even MORE people! What an adventure that's been!

Now, here we are in 2013. My word for this year will be PURPOSE. I plan to spend this year "on purpose". My goal is to spend every moment I'm awake (with the exception of Laramie's nighttime feedings, perhaps!) working toward achieving what I believe to be my purpose in life. I want my life to be spent caring for the spine and nervous system of pregnant women, infants, and all children under the age of 120. I want to share with those around me the information I have gained on my journey through chiropractic school, chiropractic practice, and now as a chiropractic parent raising a chiropractic child. I have a lot of big projects lined up for this year to help me achieve this goal. Better get started...

What's your word for 2013?



Bob Marley had it right. Mental attitude plays an enormous role in our health. A negative mental attitude can have physical consequences. Negative thoughts can also cause subluxations.

Bob Marley dedicated his life to spreading happiness. Getting adjusted regularly can help you to feel great and think happy thoughts!

Make sure to get your attitude and your nervous system checked regularly!

What is one thing that made you happy yesterday?

Log on to our [facebook](#) and answer online for an extra chance to win!



Beating the Sands of Time

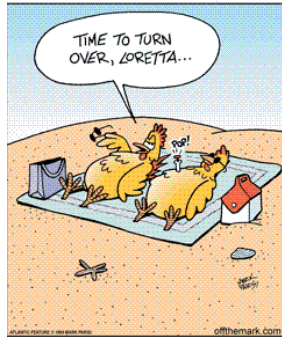
A healthy lifestyle – getting adjusted regularly, eating the foods your genes require, exercising, and getting enough rest, can actually make you feel and look younger. Don't accept aches and pains as a part of "getting older". Stop the aging process by getting your spine and nervous system checked regularly. Take Dr. Loder for example – because he lives the chiropractic lifestyle, his athletic performance is better than most people 20 years his junior!

Chiropractic can help you feel younger too!

How old do you think Dr. Loder is?

Log on to our [facebook](#) and answer online for an extra chance to win!

Get Your Sun On!
**Are you making enough
Vitamin D these days?**



Vitamin D is the “sunshine vitamin” because your skin needs to be exposed to sun light for your body to begin production. It’s a little tough to get enough sunshine during the winter months which is why supplementing with Vitamin D is so important! Diseases that Vitamin D positively influences include: heart disease, cancer, diabetes, inflammatory bowel disease, rheumatoid arthritis, multiple sclerosis, and osteoporosis. Pick up your bottle of Innate Choice Vitamin D today!

Name your favorite fun in the sun activity!

Log on to our [**facebook**](#) and answer online for an extra chance to win!

Waves of Relief
Chiropractic helps keep stress levels manageable.



"Yeah, I got away from the office, finally and the beach is so peaceful. Can you hear the surf?"

Being so connected to the world (cell phones, the internet, email, etc.) can increase your stress level. Turn all of your devices off for a while and do something to help bring your stress levels down. Deep breathing, yoga, and GETTING ADJUSTED can all decrease stress hormone levels.

Name one thing that really stresses you out. How can you avoid it?

Log on to our [**facebook**](#) and answer online for an extra chance to win!

BLESSINGS...

A great way to begin and end every single day is by counting your blessings. Especially on those days that are the most “challenging!” It’s important to give thanks for the challenges in our lives, as they help us to grow, change, and hopefully become better. There is always, always, always something to be grateful for!

"People who laugh actually live longer than those who don't. Few persons realize that health actually varies according to the amount of laughter!" James Walsh



Refer a friend or family member *by March 1, 2013*, and they will receive a complete "Chiropractic Evaluation" (an exam, all necessary x-rays, computerized nerve & foot scans, and a Chiropractic report) ON US!

Insurance will be submitted through those companies for which we are a provider in order to establish necessity of care, but no fees will be assessed for the above-mentioned services to the patient or the insurance carrier.

Chiropractic adjustments are not subject to this discount.
(Due to Federal Regulations, Medicare and Medicaid insured are not eligible for this promotion.)

Give a Valentine's Gift that will truly change your loved one's life!

**Smoky Valley Chiropractic, PA – 121 W Lincoln – Lindsborg, KS
67456 – 785-227-4455**

Dr. Darrel K Loder and Dr. Emily E DeRocco



Studies show that human touch has significant mental and physical benefits. The many benefits associated with hugs include safety, security and trust, strength, healing, self-worth, belonging, happiness, and appreciation. So, this Valentine's Day, don't hesitate to give friends and loved ones a hug to let them know just how much you care!



"I'd be more amazed if I *didn't* hear the ocean."

Can You Hear Me Now??

The first adjustment was given in September of 1895 by D.D. Palmer to Harvey Lillard, who was deaf. After the adjustment, his hearing was restored. Today, research has shown chiropractic to help with tinnitus (ringing in the ears) and hearing loss. Getting adjusted regularly helps keep your spine in line and your ears hearing!

Name one thing you love to hear (favorite quote, song, etc.).

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Had the CRUD??

Your nervous system is the master system and it controls every cell, tissue, organ and system in your body.

INCLUDING the immune system... Did you know that one chiropractic adjustment can boost immune function up to 400% - WOW! If you're ready to feel better faster, prevent the "crud" from invading your household, or simply stay healthy – get adjusted!

"All you really need is love, but a little chocolate now and then doesn't hurt!" – Lucy Van Pelt – "Peanuts"

