

Healthy Family Newsletter

February 2018



Gerald Karber was our December winner of the Random Acts of Christian Kindness Drawing. Congrats, Gerald! Thanks to everyone who participated in the fun. We know you are all doing wonderful things for other year-round!

“No matter how much you may hurt, or how badly you feel, help can be found here!” – Sharon Harrell



Join us in stocking the pantry at the McPherson County Food Bank during our “Souper Bowl” challenge! Bring your donations to the office anytime through **February 8th** and we will deliver them for you! Thanks for making sure that your neighbors and their families have enough to eat this winter!

Your donation matters ☺





Home for the Holidays!

We love it when our college students stop in for an adjustment when they are home on breaks. Haylee has moved on to Tabor College and is on a swimming scholarship there. It is a blessing to be able to help keep her healthy and active. We are so proud of her!



"Don't Miss if You're Sick..."

If you ever thought about canceling your appointment because you were sick and didn't want to spread your germs to everyone in the office, think again. It's actually the BEST time to come in.

The field of neuro-immunology has well established the connection between a healthy nerve system and normal immune function. Chiropractic adjustments boost your ability to fight off colds and flus by unlocking your spine, clearing nerve tension and unleashing your immune POTENTIAL. And doesn't it make sense to keep your immune system working its best so you can get better faster?

You wouldn't cancel a dental appointment because your tooth hurt. Likewise, don't cancel your Chiropractic appointment when your nerve system is fighting to get you well. Even if you're under the weather, try not to miss adjustments.... and don't worry about the other folks in the office getting sick - everyone here will be adjusted, protected and ready to serve you.

"Vince and Principle #6"

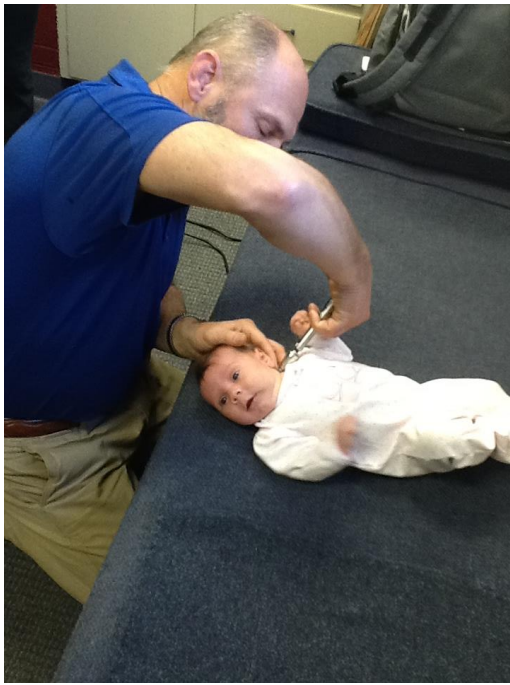


"The Packers never lost a game... we just ran out of time." - *Vince Lombardi*. Coach Lombardi's quote sums up his unwavering belief in his team's ability to win every game, if given enough time to execute their winning game plan. Chiropractors hold a similar, unwavering belief in your body's innate ability to heal.

The 6th Principle in Chiropractic states "there is no process which does not require time," including the healing process. BJ Palmer (the developer of Chiropractic) believed that given enough time and a clear nerve system the body could heal itself in just about any situation. In his mind, the innate wisdom of the body had the potential to win any healing game if just given a chance. This is the foundation of all a successful Chiropractic experiences.

If you've been under Chiropractic care for some time and see only minimal results, don't give up. The power that made your body designed all the plays needed to get you healthy and whole again. It won't lose the game if you provide enough time on the clock.

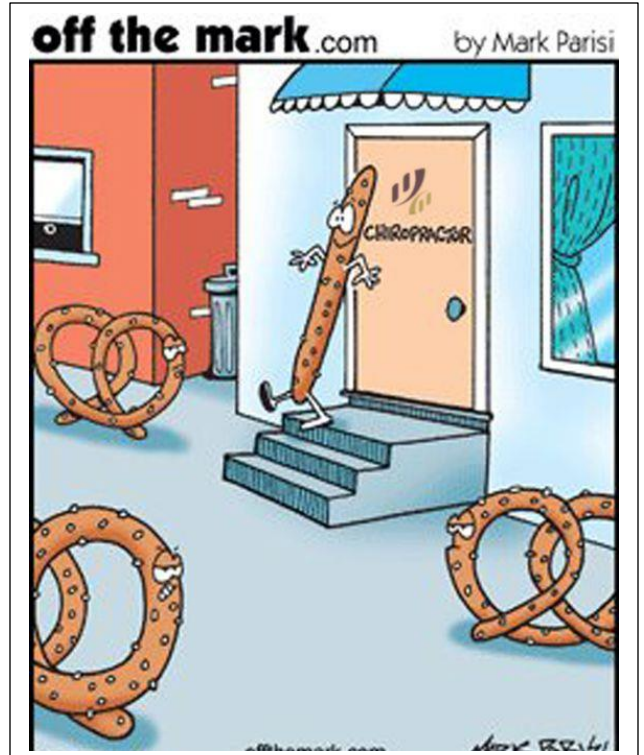
***Did you also know that
all 32 teams in the
NFL offer their
players chiropractic?***



Meet Luna – Our Newest (and cutest) Patient ☺

Luna's parents are getting her off to a great start with chiropractic care right after birth. Often, the very first subluxation happens during the birth process. Since the nervous system controls absolutely everything – it is vital to keep that system free of interference. Subluxations can lead to asthma, ear infections, digestive challenges, sleep problems – You name it! (Not to mention that we get to snuggle this little doll while she is here!) ☺

**I ♥ My
ChIROPrAcTOR**



It's the New Year, and time again for setting health goals. No doubt there will be a myriad of exercise plans, home gym equipment and diet regiments to choose from to restore your fitness and vitality - but will you include the most important puzzle piece to make 2018 your healthiest yet?

Eating right and exercising are important to building a better version of you. But your 'best health' picture won't be complete without a clear nerve system. Proper muscle function, efficient digestion and a good mental attitude depend on smooth transmission of signals within your nerve system - signals which can be interfered with if your spine is stiff, misaligned and in poor shape.

If you want to get the most out of your new, New Year's routine, make sure to pencil in a trip to your Chiropractor and have your spinal health evaluated for potential problems that could hold you back. If you fit in ALL the pieces of the puzzle, your hard work will certainly pay off.



Tell Others – Chiropractic Works!

"I have seen/felt a difference in just a week of treatment!" – Amy Robinson

"Chiropractic improves my quality of life!" – Karen Schulz

"Chiropractic keeps me moving!" – Stephen Weller

"Chiropractic has released my pain and has made me feel better!" – Chloe Patrick

"Chiropractic is like a superhero. It can "save" you from a lot of pain. It's awesome!"
– Madison Tolle

"I move better and feel healthier thanks to Dr. Loder!" – Lisa Christopher

"I am looking forward to feeling better and having overall better health!" – Becky
Gross

"I thank Dr. Loder for keeping me going with all of my different challenges. I believe in
chiropractic!" – Gary Patrick

"Chiropractic improves my everyday life!" – Harvey Daniels

Winter = Wrestling



If you're looking for Dr. Loder on a Saturday from January through March, chances are you will find him coaching Smoky Valley wrestlers somewhere in Kansas!

Smoky Valley Wrestling Club – "Building Champions in Life"