

January 2011

Healthy Family Newsletter

Smoky Valley Chiropractic



Natural Parenting Class



Dr. Emily DeRocco from Smoky Valley Chiropractic will be presenting the following topics:

- Natural Remedies for Common Conditions
 - Natural First Aid
- Baby Wearing (wraps and slings)
 - Cloth Diapering 101

When: Sunday, January 15th @ 2:00 pm

Where: Health Food Market in Downtown McPherson

**Cost: \$30.00 per person
Space is limited!!**

Call 785-227-4455 to reserve your spot today!



It's Official!

Dr. Emily is an honors graduate of Salina High School South, the University of Florida, and Palmer College of Chiropractic's Florida Campus. She is having the time of her life with her husband, Steven, and their daughter Laramie who was 4 months old on December 23rd. She did an internship with Smoky Valley Chiropractic from June to September of this year and officially joined the office in October of 2011. **Starting in January of 2012, she is available to see patients! She loves seeing patients of all ages, but is especially passionate about pregnant women, infants, and children. Dr. Emily, Steven, and Laramie currently reside in McPherson, but are planning a move to Salina in the coming year.**



**You're Invited to a Sip & See!
Please join us for an Open House to welcome Dr. Emily.
"Sip" the wine and
"See" the doctor!**

**Sunday, January 15th
5-7 PM – Come & Go
Wine & hors'doeuvres will be served.
An open invitation to the community.
*Need not be a patient to attend!***

Welcome!!



We are excited to welcome Hannah Heideman to our office – make sure and introduce yourself! ☺



Ready for 2012??

If not...Dr. Loder can help you get there!

The 2012 Lifestyle Program will be kicking off in January.

Sunday, January 8th

7:00 PM

Free class with Dr. Loder at the office to introduce the Lifestyle Program to those interested in joining, and changing their health

FOREVER!



Check out our new Facebook page
– Smoky Valley Chiropractic.
“Like us!” ☺



You can also “blog”
with Dr. Emily.
Look for the link at
www.drlover.com

The Question...Can Chiropractic Change A Life??

“Your chiropractic care has made a real difference in the quality of our lives. Here’s to many more years of caring for people!” – Chuck & Monette Johnson

“I’m healthier thru regular treatments and wouldn’t go without them like I wouldn’t go without eating!” – Mandi Davis

“I have been feeling so much better since coming to Dr. Loder. I’m no longer walking with a cane or thinking about back surgery. In fact, I was able to get rid of my cane after just one week of chiropractic care!” – H. Neal Gish

“I have a very physical job that tends to take its toll, especially on my hands, knees and back. Since I have started coming to Dr. Loder, his honest, caring, knowledgeable treatment and that of his wonderful staff have helped tremendously to solve my aches and pains. I always leave with more spring in my step!” – Nancy Holk

“Thank you Dr. Loder, for helping Neal avoid surgery and doing your best to keep me “straight!” – Lois Gish

“Dr. Loder keeps me up and going. I truly believe that my regular adjustments help keep my Multiple Sclerosis symptoms tolerable!” – Donna Grant

“I am thankful for a better outlook on my health.” – Tamra Gladding-Young

The Answer...YOU’D BETTER BELIEVE IT!!



Ahhhhh....Snow!!
Lift Light, Shovel Right!
Tips for Avoiding
the Ache.

-Keep your adjustment schedule, a healthy spine is prevention plus!
-Warm-up before beginning any snow removal.

-Pick the right shovel – a lightweight, push-style.

-Push, don’t throw.

-Bend your knees.

-Take frequent breaks.

(And when all else fails...call that 12 year-old that lives across the street!

His mother will love you for it!)



Dr. Loder will be out of the office for Continuing Education on January 19th & 20th.

Make sure you’re on our email list! We have started sending out the monthly newsletter via email. Send your email address to Mari at drlover@sbcglobal.net.

Blogging with Dr. Emily...

Tips for Taking Control of Your Health in 2012

- Diet and Nutrition
 - Sign up for the Lifestyle Program
 - Schedule family dinners
 - Avoid fast food
 - Clean out the cupboard – get rid of the junk!
- Healthy Sleep
 - Follow a routine and encourage regular sleep patterns
 - Wind down before bed
- Exercise
 - Keep the TV turned off
 - Participate in activities & sports
 - Exercise together as a family
- Chiropractic Care for Your Family
 - Ensure a healthy nervous system
 - Strengthen your immune system
 - Optimum health is a benefit all year round!

Happy Retirement to Sara!

After 14 years at SVC, Sara is going to retire and spend more time with her family (especially all of those cute grandchildren!)

We wish her all the best – she will be missed!

