

January 2014 Healthy Family Newsletter Smoky Valley Chiropractic



Ready for 2014?

(Or do you need some help??)

That's what we're here for! Dr. Loder will be starting a new Lifestyle Class in January.

Talk to him or any staff member if you are interested in having a happier, healthier year.



We are thrilled to welcome Michell Lemen to our office. She is a wonderful addition to our chiropractic family! 😊

And...speaking of welcoming....Hannah has some big news to share! 😊



Happy Healthy New Year!

Chiropractic will help keep your spine and nervous system, the master control center of the body, functioning at peak efficiency. Use this coupon to start 2014 off the right way – by taking care of your health!

**This coupon is good for \$5 off
of your next chiropractic
adjustment.**

*(Out of pocket expense – Limit one per family please.)
Expires 1-31-14*

Insurance Changes?

Please let Michelle know if you have any changes to your insurance information after January 1st.





"I'm sending you to a seminar to help you work harder and be more productive."

Dr. Loder will be out of the office on January 10th to attend continuing education classes. Dr. Emily will be available for appointments.

From Dr. Emily:

We are excited to announce the upcoming opening of Dr. Emily's Natural Family Chiropractic Center in Salina! Dr. Emily plans to have this location open in mid to late January to existing and new patients. This will be an extension of Smoky Valley Chiropractic office where patients can expect the same level of excellence and care provided here at the Lindsborg office. Make sure to sign up for emails from Smoky Valley Chiropractic to stay updated with the latest announcements.



Michell and Michelle drawing the winning entry for the \$250 chiropractic holiday gift certificate.....drumroll.....

**And the winner is.....ROXANE GILL ☺
CONGRATULATIONS!**

We had so many entries, and it was so fun to read them all. There were LOTS of random acts of kindness going on because of all of our wonderful patients - way to go!~

**"Do not go where the path may lead,
go instead where there is no path and
leave a trail."**

- Waldo Emerson



Ahhhh....Snow!!

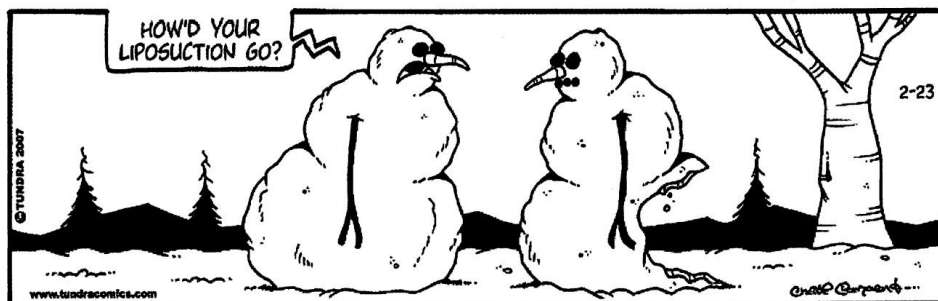
Lift Light, Shovel Right – Tips for Avoiding the Ache ☺

- 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 my personal favorite...when all else fails, call that 12 year-old that lives across the street! His mother will love you for it!)

All I Need to Know About Life, I Learned from a Snowman

It's okay if you're a little bottom heavy. Hold your ground, even when the heat is on. Wearing white is always appropriate. Winter is the best of the four seasons. It takes a few extra rolls to make a good mid-section. There's nothing better than a foul weather friend. The key to life is to be a jolly, happy soul. We're all made up of mostly water. You know you've made it when they write a song about you. Accessorize! Accessorize! Accessorize! Avoid yellow snow. Don't get too much sun. It's embarrassing when you can't look down and see your feet. It's fun to hang out in your front yard. Always put your best foot forward. There's no stopping you once you're on a roll.



20 Tips for a Positive New Year

(These are great tips for 365 days/year!)

- 1. Stay Positive.** You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.
- 2. Take a morning walk of gratitude.** I call it a "Thank You Walk." It will create a fertile mind ready for success.
- 3. Make your first meal the biggest and your last meal the smallest.** Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- 4. Zoom Focus.** Each day when you wake up in the morning ask: "What are the three most important things I need to do today that will help me create the success I desire?" Then tune out all the distractions and focus on these actions.
- 5. Talk to yourself instead of listen to yourself.** Instead of listening to your complaints, fears and doubts, talk to yourself and feed your mind with the words and encouragement you need to keep moving forward.
- 6. Remember that adversity is not a dead-end but a detour to a better outcome.**
- 7. Don't chase dollars or success.** Decide to make a difference and build meaningful relationships and success will find you.
- 8. Get more sleep.** You can't replace sleep with a double latte.
- 9. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.** Instead invest your energy in your purpose, people and the positive present moment.
- 10. Mentor someone and be mentored by someone.**
- 11. Live with the 3 E's.** Energy, Enthusiasm, Empathy.
- 12. Remember there's no such thing as an overnight success.** There's no substitute for hard work.
- 13. Believe that everything happens for a reason and expect good things to come out of challenging experiences.**
- 14. Implement the No Complaining Rule.** Remember that if you are complaining, you're not leading.
- 15. Read more books than you did in 2013.** I happen to know of a few good ones. :)
- 16. Don't seek happiness. Instead decide to live with passion and purpose and happiness will find you.**
- 17. Focus on "Get to" vs "Have to."** Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
- 18. Each night before you go to bed complete the following statements: I am thankful for _____. Today I accomplished_____.**
- 19. Smile and laugh more.** They are natural anti-depressants.
- 20. Enjoy the ride.** You only have one ride through life so make the most of it and enjoy it.

95 years of Chiropractic & the Flu

In the closing days of World War 1, a deadly form of the flu appeared. The flu pandemic of 1917-1918 claimed more lives than the war.

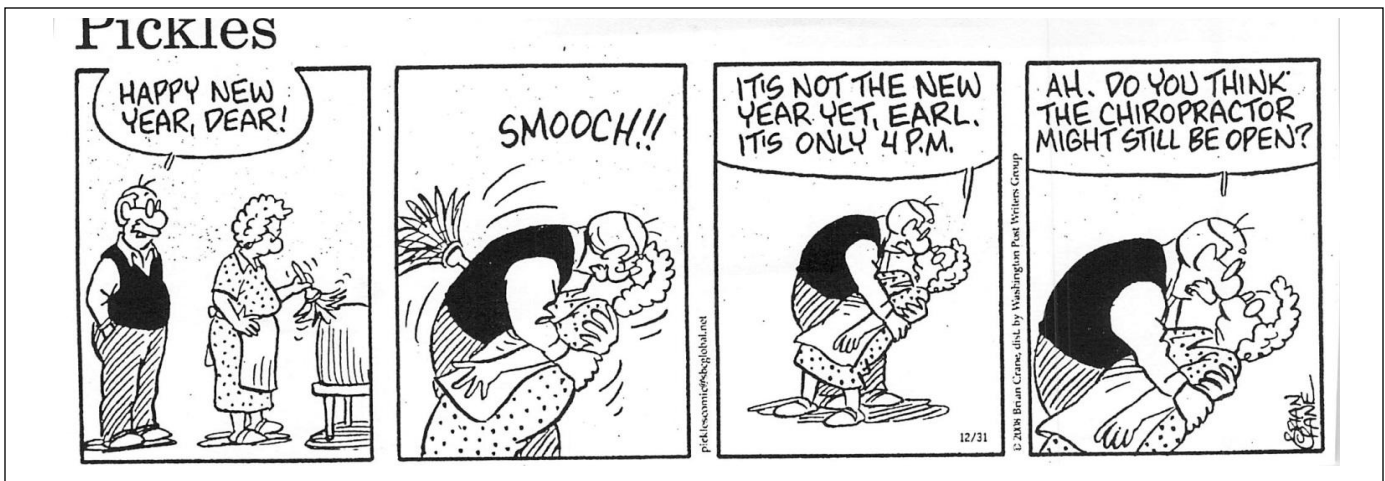
During this crisis, doctors of chiropractic noticed that their patients seemed to have a lower fatality rate than the general population. Although this observation remains unpublished in the peer-reviewed literature (since no scholarly journals were willing to publish chiropractic data in those days), a study was published by the osteopathic profession. Among doctors of osteopathy of the time, it was routine to check patients' spines for "osteopathic lesions" (subluxations), and to correct them with manipulation. Due to this similarity, the osteopathic publication effectively verifies the chiropractic experience.

The death rate among flu patients under conventional medical care in the U.S. was estimated at 5 to 6 %. The fatality rate among flu cases under osteopathic care was estimated at 0.25%. The implication drawn from this data by the study's author was that lesions (subluxations) depress the immune system; therefore, correcting the lesions assists immune function.

This conclusion, drawn by both osteopaths and chiropractors more than 80 years ago, has received support from recent research. The activity of the immune system's white blood cells has been found to increase after chiropractic adjustments. A small but intriguing study suggests that the immune response of HIV-positive patients (as measured by CD4 count) improves when spinal subluxations are corrected.

In your ordinary, day-to-day experiences, you are not likely to notice that your white blood cells are a bit sluggish. However, this may very well be one effect of spinal subluxation - even in the absence of a sore back or stiff neck.

"Our kids have been able to make it through the flu season antibiotic free for the first time in the past 8 years." Deb Talbott



New Year's Resolutions?

Since the best gift we can give to our loved ones is to take care of ourselves, why not take a different view of New Year's resolutions? Instead of simply resolving...take the steps to turn your resolutions into reality! Write 10 specific and achievable health resolutions that you can and will achieve that you can view as gifts to yourself and to your family.

Healthy actions result from the development of healthy lifestyle habits.

Regular chiropractic adjustments are a great start!