

# January 2017

## Healthy Family Newsletter

Smile, You're Welcome!



### Beach Week is Coming!

...and You Won't Want to Miss the Fun!

We will have special prizes, drawings, food and  
UMBRELLA DRINKS!

*(We do live in Kansas...so we'll just have to  
**pretend** we're at the beach!) ☺*

### AND....We Have Some Winners!!

**CONGRATULATIONS!**  
to Adam Lackey, Kyle  
Stolzenburg & Diana  
Rawson! They were our  
winners for December  
RACK (Random Acts of  
Christian Kindness)  
drawings!

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!~



### 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!)*

### Insurance Changes?

Please let us know if you  
have any changes to your  
insurance information  
after January 1<sup>st</sup>.

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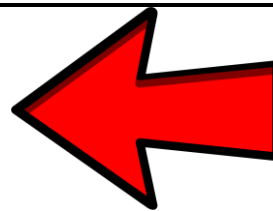
"According to our records, you had the same illness  
200 years ago in a previous life. That qualifies  
as a pre-existing condition."

## SVC Product of the Month



**Come and Get Your  
Liquid Sunshine! ☺**

## A Little Vitamin D Goes a Long Way!



Scientists evaluated the effects of vitamin D3 on the mental health of 80 elderly patients, half of who were stricken with a mild case of Alzheimer's disease and the rest of whom had no problems with dementia.

The patients were evaluated using a battery of standard tests. Those with the lowest levels of vitamin D were 11 times more likely to be depressed than those who received healthy doses. Moreover, 58 percent of patients had abnormally lower vitamin D levels than the average.

Getting your vitamin D naturally from safe sunshine exposure is the best way to go. If you are not getting 30 minutes of summer sun over the majority of your body, you need to take a natural (D3) supplement. Adults require 5,000 IU's of D3 per day and children 1,000 IU's per day, per 40 lbs. of body weight.

Diseases that Vitamin D *positively* influences include: Heart Disease, Cancer, Diabetes, Inflammatory Bowel Disease, Rheumatoid Arthritis, Multiple Sclerosis, and Osteoporosis. Vitamin D can also strengthen bones and the immune system, provide pain relief, and help with brain function.



**THANK YOU FOR THE DONATION!** The coats, hats and gloves were all used on this snowy day! We are so grateful for your annual coat drive! You made a BIG difference at Sprout House Learning Center!

*We wanted to help even more...so Sprout House Learning Center is our community donation of the month for January! Thank you SHLC for serving our community!*



Dr. Loder will be offering free classes on a wide variety of health & wellness topics beginning this month. Stay tuned for details!



## **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.** It will create a fertile mind ready for success.
- 3. Eat Healthier Foods.** Eat foods that grow on trees and plants, and fewer foods that are processed.
- 4. Talk to Yourself.** Instead of listening to your complaints, fears and doubts, talk to yourself and feed your mind with words of truth and encouragement.
- 5. No Energy Vampires Allowed.** Post a sign that says, “No Energy Vampires Allowed.” Gandhi said, “I will not let anyone walk through my mind with their dirty feet?”
- 6. Be a Great Team Member.** When you help your team improve, you improve.
- 7. Don’t Chase 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 Energy.** Don’t waste your precious energy on gossip, energy vampires, issues of the past, negative thought or things you cannot control.
- 10. Love, Serve and Care.** You don’t have to be great to serve, but you have to serve to be great. Look for opportunities to love, serve and care.
- 11. Remember Your Why.** Remember why you do what you do. We don’t get burned out because of what we do. We get burned out because we forget why we do it.
- 12. Be Patient.** There’s no such thing as an overnight success. Anything worthwhile takes time to build.
- 13. Have Trust.** Believe that everything happens for a reason and expect good things to come out of challenging experiences.
- 14. No Complaining Rule.** Remember that if you are complaining, you’re not leading.
- 15. Read More.** Read more books than you did in 2016.
- 16. Don’t Seek Happiness.** Instead decide to live with love, passion and purpose and happiness will find you.
- 17. Focus on “Get To.”** Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
- 18. Get Back Up.** The next time you “fail” remember that it’s not meant to define you. It’s meant to refine you.
- 19. Smile and laugh more.** They are natural anti-depressants.
- 20. GET ADJUSTED!** You only have one spine – take care of 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.

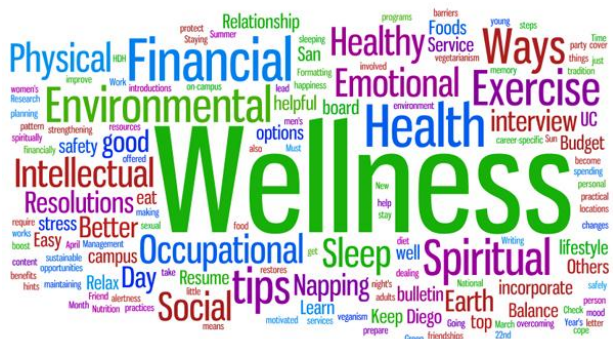
During this crisis, doctors of chiropractic noticed that their patients seemed to have a lower fatality rate than the general population. Although this observation remains unpublished in the peer-reviewed literature (since no scholarly journals were willing to publish chiropractic data in those days), 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 ¼ of 1%. 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*



# Searching for Better Health that's Affordable?

Our office offers a variety of plans for those patients who pay cash and have completed a treatment plan with Dr. Loder. Ask any staff member about our discounts for cash patients, families, and those interested in getting well and staying well! We have something that will fit your family and your finances! 😊



Introducing the new line of baby products!  
Diaper & Baby Balm and Baby Wash

*Babies have sensitive skin that deserves gentle, chemical-free healing. Coconut oil is a soothing moisturizer that has antibacterial and antimicrobial properties.*

*There are only two ingredients: essential oils and coconut oil. That's it! A simple recipe that you can trust can yield powerful results.*

*Diaper & Baby Balm is great for healing diaper rashes and dry skin and will make your little one smell fresh and clean!*