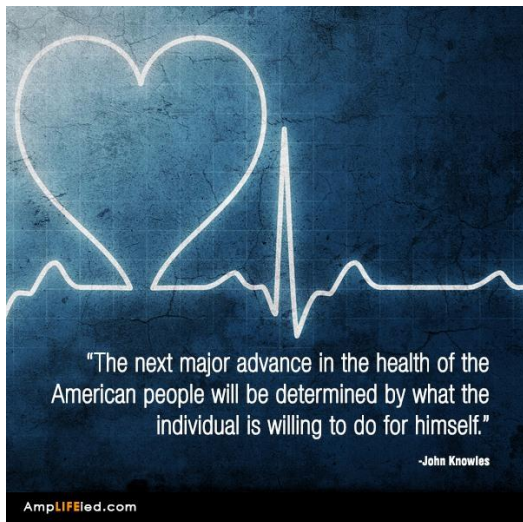


*January 2018*  
*Healthy Family*  
*Newsletter*  
*Smoky Valley*



**Join the Wellness Revolution!**  
**Your health is in YOUR HANDS!**

## **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.



## 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! ☺



## We Have A Winner!!

**CONGRATULATIONS to Gerald Karber! He was our winner for the December RACK (Random Acts of Christian Kindness) drawing! 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!~**



## Forget New Year's Resolutions!

If you are like millions of others, perhaps you made a list of New Year's resolutions. And again, if you are like millions of others, you have already forgotten what they were. We start with the best of intentions but then life gets in the way and before we know it, we are back to our old way of doing things. But don't be too hard on yourself. New Year's resolutions are doomed for failure from the very start. Who can resolve to do anything for a year at a time? It's hard enough to plan a month, a week or sometimes, even a day ahead. Instead of making New Year's resolutions, I suggest you make New Day's resolutions every morning when you get up. Instead of resolving to do something for a whole year, resolve to do it just for today. What are some of the things you can resolve to do today that will improve your health and your life?

1. Resolve to make healthier food choices just for today. Instead of chips, have carrot and celery sticks or an apple. Instead of that candy bar, have a piece of fruit. Instead of donuts for breakfast, have a scramble. Drink a bottle of water instead of the soda. It's the choices we make each day, each meal that make the difference. Resolve today to make at least one healthier choice.
  2. Resolve to spend at least 10 minutes exercising today. You might spend 10 minutes in the morning just stepping in place for a few minutes followed by some stretches for your legs, back and arms. You could walk down the street for 5 minutes out and 5 minutes back. You could get in the floor for some crunches - even if you can only do a few - and some push-ups (modified if need be and as many as you can do). Resolve to do SOMETHING in the way of exercise just for today.
  3. Resolve today to spend a few minutes in quiet contemplation and prayer. This can be in the morning, at work on your break or in the evening before bed. It could even be in the car as you are driving home. Turn off the radio and spend a few minutes thinking of all the things in your life for which you are grateful. Resolve to look at all the things going RIGHT in your life today.
  4. Resolve to do something nice for someone today without expecting anything in return. It may be a word of appreciation, an e-mail of support or a phone call just to say hi. Is there someone you could visit? A child you can spend time with? What can you do for your spouse today? When we do nice things for others while expecting nothing in return, we are enriched and our lives become more fulfilled.
  5. Resolve to take care of yourself. Schedule an appointment with your Chiropractor. A 5 minute adjustment can boost your immune system by 400%. Better yet, bring the family!
- These are just a few suggestions. I'm sure you can think of your own. The key is to keep it simple and keep it in today. We are blessed that we have neat, clean 24 hour segments of time to live each day. Each day we get a new opportunity to start over, to improve, to make a difference. So forget your New Year's resolutions. Today's a new day!



- 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.

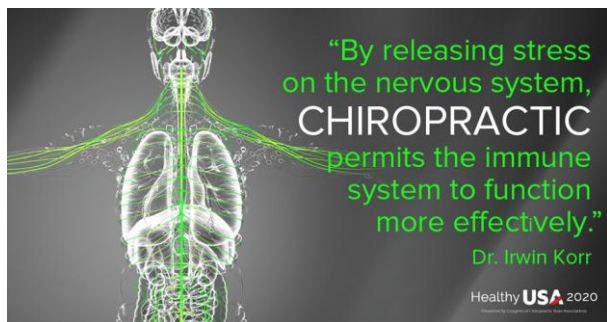
The death rate among flu patients under conventional medical care in the U.S. was estimated at 5 to 6 %. The fatality rate among flu cases under osteopathic care was estimated at 1/4 of 1%. The implication drawn from this data by the study's author was that lesions (subluxations) depress the immune system; 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.

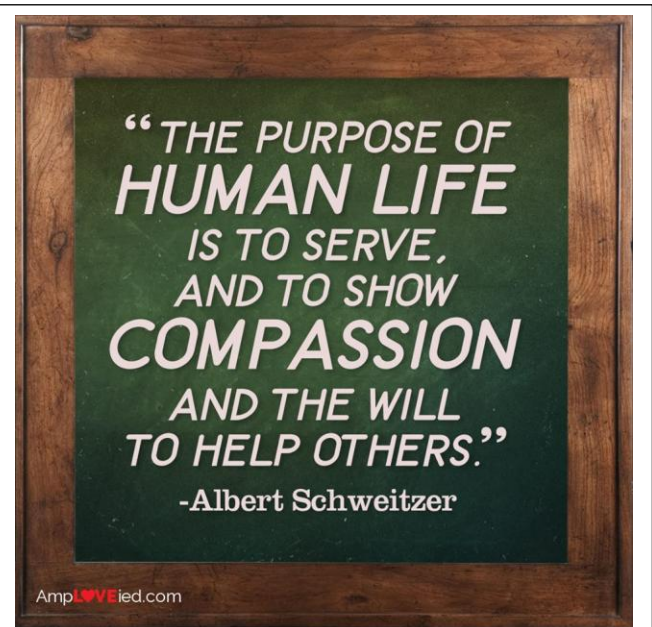
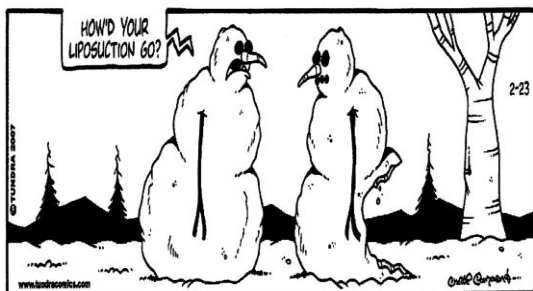
In your ordinary, day-to-day experiences, you are not likely to notice that your white blood cells are a bit sluggish. However, this may very well be one effect of spinal subluxation - even in the absence of a sore back or stiff neck.

***"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***

### Has Your Family Stayed Healthy This Year??



*There's too much emphasis on treating symptoms and not enough on correcting causes. Start with the spine. Start with chiropractic.*



*The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another. ~ Thomas Merton*