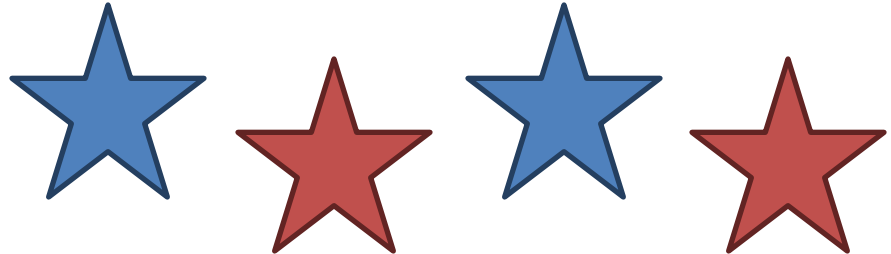


STAR SPANGLED BANNER
 we the people
AMERICA
 red white and blue
 independence
LIBERTY USA
 STARS AND STRIPES
 my country 'tis of thee
 in God we trust
 LAND OF THE FREE &
 HOME OF THE BRAVE
FREEDOM
 from sea to shining sea

July 2013

**Smoky Valley Chiropractic
 Healthy Family Newsletter**



School & Sports Physicals



It's not too early to schedule school and sports physicals! Get your child's physical now for summer sports, summer camps and the fall season.

Our doctors offer same day appointments.

All physicals are \$35 and must be paid in full at the time of your appointment. Dr. Loder and Dr. Emily would prefer to have a parent attend the appointment with their student. Call now to reserve your appointment time!

Go Vikings!



The Summer Survivor class with Dr. Loder was so fun! CHEERS from everyone, the cups were empty - they loved the smoothies!



*"I think patriotism is like charity – it begins at home."
 – Henry James*

Local Charity and Donation of the Month - Summers Arts Experience



Dr. Loder is offering proceeds from his new patient exams to local charities and organizations.

The June recipient is the Summer Arts Experience. Dr. Loder is pictured with program director, Shawn Knopp.

Would your organization or club like to be considered for a donation? Contact Mari at drloder@sbcglobal.net.



What a Catch!

Dr. Loder will be out of the office July 29th - August 2nd for a fishing trip with his family.

Dr. Emily will be taking great care of everyone until he returns.

Our office will be closed on Thursday, July 4th to celebrate America's Independence Day.

Enjoy the day with your family! ☺



We are celebrating **Independence Day** by saluting our veterans. Help us show respect and gratitude for the freedoms we enjoy every day in this country.

Help us celebrate with some "Armed Forces Specials"

- **Complimentary adjustments for all veterans and active duty service men and women July 1st – 5th.**
- **Complimentary new patient appointments for all veterans and active duty service men and women through the month of July.**

Show your gratitude and help us spread the word!



Join us for 2 sessions of Eat Well #3 on Wednesday, July 10th and Wednesday, July 24th. Both classes begin at 6 PM. Cost is \$30 for those not enrolled in the lifestyle program.

facebook

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



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

Backpack S hopping

With the weight of school on their backs, students typically feel pain in their neck, shoulders and lower back during the school year. The extra weight and improper distribution cause muscle strain and irritation to spinal joints. If these problems go uncorrected it could lead to rounding of the shoulders, distortion of the natural curves in the middle and lower back and can cause a person to lean forward leading to improper posture.

Here are some tips to help prevent these problems from developing:

See your chiropractor regularly. Getting adjusted can help with the subluxation caused by a heavy back pack and can also alleviate the stress from a heavy workload at school.

Stay Fit. A stronger body is more resilient to changes that the extra weight can bring. Exercise will also help boost brain power.

Be organized. Distribute the weight of the pack evenly throughout all the pockets and place heavier objects closer to the back of the pack leaving it closer to the body.

Wear it right. A backpack’s bottom should be just 2 inches above the waistline and the top should be just below the base of the skull. Also, make sure and use both straps. Carrying your pack on one shoulder causes severe straining on the body.

Triano DC, PhD, John J. "Tips to Prevent Back Pain from Kids' Backpacks." Spine-Health. N.p., 10 August 2012. Web. 15 Aug 2012. <<http://www.spine-health.com/conditions/back-pain/tips-prevent-back-pain-kids-backpacks>>.



What a great turnout! Thanks to all who participated in the 5 K run and 2 mile walk. Dr. Loder is planning to sponsor this event again next year – so it’s not too early to start training! Congratulations to the 5K winners, Aaron Yoder and Brittney Scott!

2013 Race Pictures



Before, and...



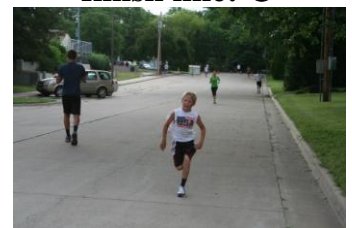
After!



Dr. Loder finishes strong!



And Hannah beats her husband, Adam, at the finish line! ☺



Our youngest runner.



**FREE
CLASS**
with
DR. LODER

Image provided by
Smoky Valley Chiropractic

TOPIC - *Organic Overload?*

- What does "all natural" really mean?
- The importance of going organic
 - How to shop organic
 - Labels, labels, labels

**FREE
& open
to the
public!**

(at our office) 121 W Lincoln
Wednesday, July 10
12:15 pm

Feel free to bring lunch if you
wish. Smoothies provided.



SMOKY VALLEY CHIROPRACTIC, P.A.

DARREL K. LODER, D.C., C.C.W.P.
Certified Chiropractic Wellness Practitioner

EMILY E. DEROCO, D.C.

121 W. Lincoln, Lindsborg, KS 67456 • 785-227-4455 • www.drloder.com

"Helping Others Live Long, Active, Healthy Lives!"

What's Up Next??

Wondering about all of the hype
surrounding organic and
all-natural products?

Come and join us for a **FREE
CLASS**, some fun and some snacks!

Learn about the 'Dirty Dozen' and
the 'Clean Fifteen.'

See you in July!

Please Help Us Fill Our Backpacks!



Each year, we have more and more
students who need assistance with
school supplies. And each year, our
patients help make a difference for
these students!

**VIKING? WOLVERINE? BULLPUP?
WILDCAT? JAYHAWK?**

We hope you'll join us in a friendly
competition to fill your favorite
backpack with school supplies.

**Bring in your supplies July 15th –
26th and put them in your favorite
'team pack.'**

Thank you for being so generous! You
should see the smiles on those little
faces! 😊

Easy Summer Spaghetti Squash and Meatballs

You'll need:

- One medium spaghetti squash
- One pound of grass fed ground beef
- One 14 oz. can of tomato sauce
- 2 tbsp of [hot pepper relish](#) (optional)
- 4 to 6 cloves of garlic, whole
- 2 tbsp of olive oil
- Italian seasoning (Oregano, Basil, Thyme) to taste

Directions:

1. Make sure you use a large [6 quart slow cooker](#) for this recipe.
2. Dump your tomato sauce, olive oil, garlic, hot pepper relish and Italian seasoning into your slow cooker and stir well.
3. Cut your squash in half and scoop out the seeds.
4. Place your 2 squash halves face down into your slow cooker.
5. Roll your ground beef into meatballs, then fit as many as you can in the sauce around the squash. I was able to work in about a half pound worth.
6. Cook on High for 3 hours or cook on low for 5 hours.
7. Use a large fork to pull the "spaghetti" out of your squash, then top with your meatballs and sauce.
8. Garnish with parsley if you feel fancy, and enjoy!