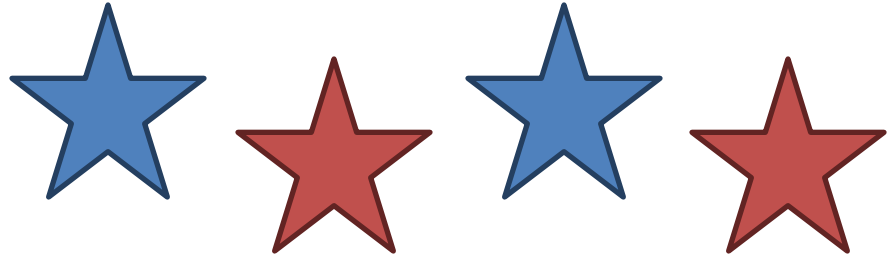


STAR SPANGLED BANNER  
 we the people  
**AMERICA**  
 red white and blue  
 independence  
**LIBERTY USA**  
 STARS AND STRIPES  
 my country 'tis of thee  
 in God we trust  
 LAND OF THE FREE &  
 HOME OF THE BRAVE  
**FREEDOM**  
 from sea to shining sea

July 2015

# Smoky Valley Chiropractic Healthy Family Newsletter



## School & Sports Physicals

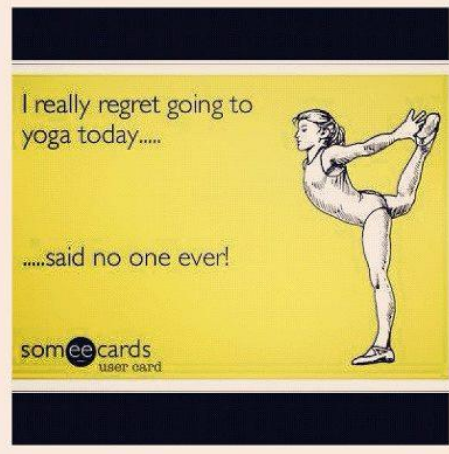


It's not too early to schedule school and sports physicals! Get your child's physical now for summer sports, summer camps and the fall season.

Our doctor offers same day appointments.

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

# Go Vikings!



Join us for Yoga with  
 Dr. Loder  
 Wednesdays at 12:15  
 at SVC  
 July 8<sup>th</sup> & 22nd



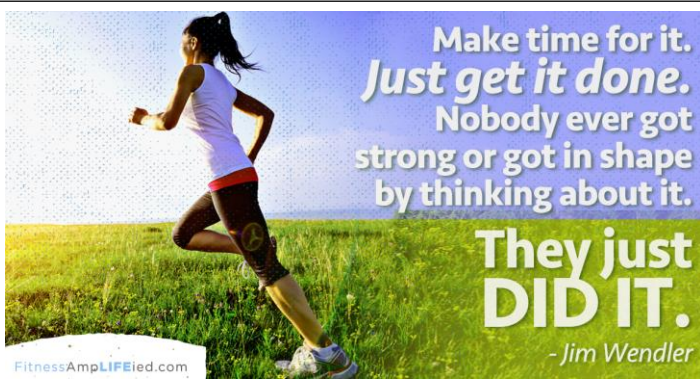
*"I think patriotism is like charity – it begins at home."  
 – Henry James*

## Local Charity and Donation of the Month - St. Bridget's Preschool



Dr. Loder is offering proceeds from his new patient exams to local charities and organizations. **The June recipient is St. Bridget's Preschool. Dr. Loder is pictured with director Courtney Friesen.**

*Would your organization or club like to be considered for a donation? Contact Mari at [drloder@sbcglobal.net](mailto:drloder@sbcglobal.net).*



*Make time for exercise or find time for illness.*

### Healthy Vacation Tips

- Bring your own snacks.
- Stay hydrated.
- Stay active.
- Make healthy choices at restaurants.



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 June 29, June 30, and July 1.
- **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!**

## Be at your best with Chiropractic

Ask your chiropractor how you and your family can feel great and experience wellbeing naturally with the five pillars of health.



daily movement



quality sleep



healthy spine + nervous system



positive mental attitude



eating right

© Jens Oide Nielsen



**Midsummer's Festival**  
LINDSBORG, KANSAS  
*Ties to Sweden 1764*

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! Thank you to our staff for manning the route and cheering everyone on!



The Peterson Family ☺

Lydia, Telea, Gracia, Sophia, Kajsa, Joshua, Isaac, Samuel & Kathy.  
Gracia was our youngest runner this year, taking home a medal.



Lined up and ready to go!



The Baker Family ☺

Front row – Zeke, Gabe & Traci  
Back row – Chris, Mark & Karen



The Nelson family

☺

Evan, Casie, Josh & Zeke

## 2015 Race Awards

**Men's Winner – Aaron Yoder**  
**Women's Winner – Hailey Priddy**  
**Oldest Runner – Bob Pfenning**  
**Youngest Runner – Gracia Peterson**



Thanks to Holly Lindquist & Melissa Brumbaugh for all of their help with this event.

Wonderful to see so many healthy families out enjoying the beautiful Midsummer's morning together! Thanks for participating!



## Help us LOAD THE BUS!

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!

**Bring in your supplies the week of July 27th – 31st and help us load the bus!**

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

## “Don’t Let the Needle Get to E”



I'm forever reminding my spouse (with total love of course), '...honey, don't let the gas gauge get to E. Fill up when it hits a quarter left because you don't want to run out of fuel when you need it the most - like when on the highway with a car full of kids.

Likewise, you don't want to let your 'Chiropractic gas needle' get to E before you come in for an adjustment. Some patients feel then can go several weeks or months without an adjustment because they're cruising along, just feeling fine. And it's true. Based on your health, lifestyle and activity levels adjustments can hold for a while - but not forever. Unfortunately, 9 times out of 10 patients who fail to gauge their adjustments properly, show up with some ache or pain as a reminder they've waited too long. And that's not how maintenance care works.

Maintaining a healthy spine is a proactive decision... something you do regularly not based on how you feel, but based on what you need to stay on the road of Life. The next time you wait too long for your next adjustment and experience the hurt, consider filling your Chiropractic tank WAY before it gets seriously low again.

We have had a remarkable response to Vita Sufficiency™. The fact that we were able to produce the world's first **100% synthetic-free, certified organic** multivitamin-mineral with **100% naturally occurring vitamins and minerals from 100% certified organic fruits, vegetables and plants** has made Vita Sufficiency™ the Gold Standard for quality of ingredients, health benefits, and value.

Innate Choice has created a new month supply based on a daily serving of 2 capsules per day instead of 4 while still keeping excellent levels of naturally occurring nutrients. This means that your cost for a month supply bottle will now be **ONLY \$35!**

Vita Sufficiency™ is quite simply the highest quality vitamin-mineral supplement available because it has the best ingredients available. Don't let yourself or your patients get fooled – make sure you understand the difference between **Naturally Occurring** and 'natural' nutrients, between **Certified Organic** Products and products that contain some organic ingredients. The thing that determines quality is quality of ingredients and the thing that determines value is quantity of quality ingredients. Everyone needs to know the truth about what the research says about synthetic vitamins and everyone needs to make sure they are buying quality, receiving value, and achieving health benefits.

