

JULY 2017
HEALTHY FAMILY NEWSLETTER
SMOKY VALLEY CHIROPRACTIC



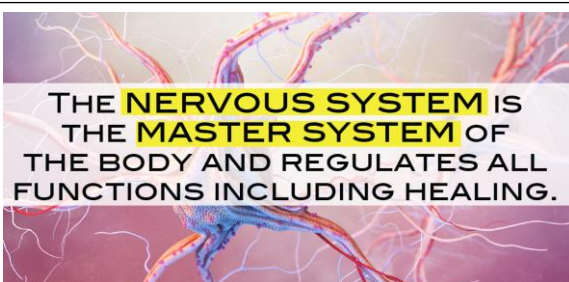
**THANK YOU FOR HELPING US
 CELEBRATE OUR VETERANS THIS
 INDEPENDENCE DAY! DR. LODER
 WAS PRIVILEGED TO OFFER
 COMPLIMENTARY ADJUSTMENTS
 TO OUR SERVICE MEN AND WOMEN.
 WE ARE GRATEFUL FOR YOUR
 SACRIFICE!**



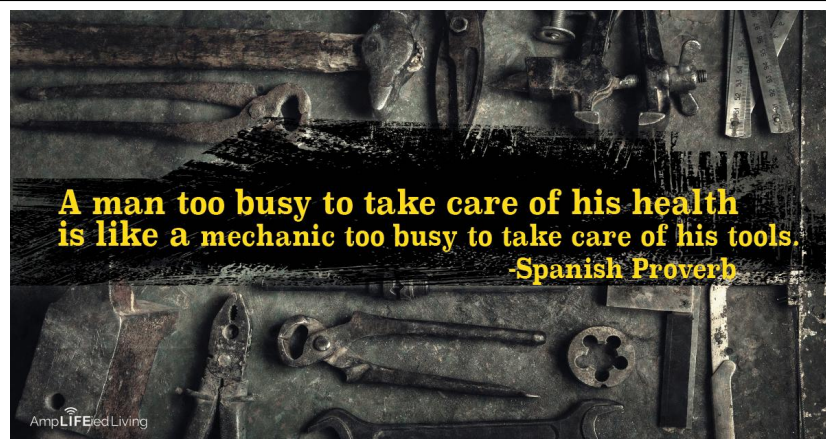
***It's Been A While...(his beard is a
 LITTLE more GRAY) ☺***

**DR. LODER WILL BE OUT OF THE OFFICE
 JULY 24-28 FOR SOME FAMILY TIME AND
 R&R (and some FISHING). WE WILL SEE
 YOU BEFORE OR AFTER!**

**BROADWAY RFD IS JUST AROUND THE CORNER AND
 WAS CHOSEN BY DR. LODER AS HIS COMMUNITY
 DONATION FOR THE MONTH OF JUNE. HE IS SHOWN
 HERE WITH MARIK, ANNA AND BRYNNA ANDERSON,
 PRESENTING A DONATION FROM NEW PATIENT EXAM
 PROCEEDS TO THE SUMMER THEATER.**



***"I am an American; FREE BORN and FREE
 BRED, WHERE I acknowledge no man as
 my SUPERIOR, EXCEPT FOR HIS OWN WORTH,
 OR as my INFERIOR, EXCEPT FOR HIS OWN
 DEMERIT." — Theodore Roosevelt***



Don't Neglect Yourself

You must take care of yourself on a regular basis to remain healthy. If you neglect to take care of yourself, over time your health will suffer.



DR. LODER IS SHOWN PRESENTING A CHECK TO DAVID HAY FOR THE LINDSBORG 4TH OF JULY CELEBRATION. LINDSBORG KIWANIS, DAVID HAY AND ROBERT AHLSTEDT ARE PREPARING FOR A GREAT EVENING OF FIREWORKS. DR. LODER CHOSE THIS EVENT AS HIS COMMUNITY DONATION OF THE MONTH FOR JUNE, DONATING PROCEEDS FROM NEW PATIENT EXAMS TO THE FIREWORKS.

One of our friends was helping Darrel get rid of thistles in the pasture. I thought our farmer families would get a kick out of this! (We thought we could substitute the thistles for the dandelions and be in business!)



Thistle Wine??

1 quart blossoms, well rinsed

1 gallon boiling water

1 pkg active dry yeast

8 cups white sugar (Dr. Loder didn't like this part)...

1 orange

1 lemon

Place dandelion blossoms in the boiling water, and allow to stand for 4 minutes. Remove and discard the blossoms, and let the water cool to 90 degrees F (32 degrees C).

Stir in the yeast, sugar, orange slices, and lemon slice; pour into a plastic fermentor, and attach a fermentation lock. Let the wine ferment in a cool area until the bubbles stop, 10 to 14 days. Siphon the wine off of the lees, and strain through cheesecloth before bottling in quart-sized, sterilized canning jars with lids and rings. Age the wine at least a week for best flavor.

What our patients are saying...

"I came in with numbness and pain in my right hand. After starting treatment with Dr. Loder, I no longer have numbness or pain! I also have less back pain and more confidence that he can help me stay active for many years to come. I would recommend Dr. Loder to my friends and family!" – Lonnie Heigle

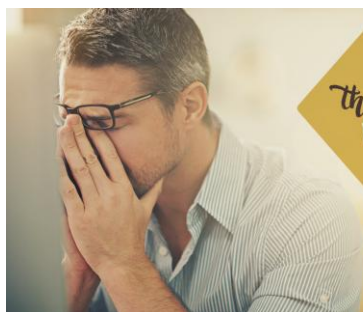
Family Wellness

Paying cash for your care? We have several plans available for individuals, couples, and families who are paying cash for their adjustments. Ask any staff member about how you can **GET WELL and STAY WELL. Invest in your health - you will reap the **BENEFITS!****

**"EXERCISE IS KING,
NUTRITION IS QUEEN,
PUT THEM TOGETHER
AND YOU'VE GOT A
KINGDOM."**

-JACK LALANNE

NutritionAmpLIFEied.com



**CHIROPRACTIC
CARE MAY BE
the most effective
WAY TO GET RID
OF TENSION
HEADACHES.**

AmpLIFEiedLiving

"Before starting chiropractic care with Dr. Loder, I had chronic pain and headaches. Since starting care, my headaches are gone and my pain has diminished. I am pleased with the recommendations about prevention and trying to be pro-active about wellness. I would tell people who are curious to give chiropractic a try!" - Jennifer BURGARDT

"I'd Rather Be Fishing"

There was a time where tackle boxes were used to hold fishing gear. Bobbers, hooks and perhaps your favorite lures all found a home in one of many varying sized, slotted compartments. Now those boxes are used to hold the multitude of drugs so many seniors are prescribed.

According to a recent analysis by the IMS Institute for Healthcare Informatics, people aged 65-79 receive more than 27 prescriptions for new drugs per year. It doesn't start off that high. One prescription most likely created a side effect which begat the need for another, which begat the need for another, which begat yet another, so on and so for - like a bad, chemical ancestral lineage. Until one day, only a tackle box can 'tackle' the volume of meds needed every day.

Still, there ARE senior citizens who need little to no prescriptions - they're vibrant, alert, active and full of Life. It makes you wonder what they did during their lifetime to reap such healthy rewards late in life - most likely they spent more time at their favorite fishing hole, than at their favorite doctor's office.



The PERFECT Fit!

From daytime to bedtime, our essential oils can be a perfect solution for every part of your life! We invite you to discover how they can enhance your day, every day.



1 SPIRIT
FRANKINCENSE: Sourced from ancient frankincense trees, you can diffuse this revered essential oil to deepen your sense of spirituality.
JOY™: Diffuse or inhale Joy to invite a sense of happiness and peace into your environment.

2 HOME
LEMON: With a delicious, lemondrop flavor, Lemon essential oil is a perfect substitute in many recipes calling for lemon juice, rind, or flavoring.
PURIFICATION™: Diffuse Purification to cleanse the air of unpleasant odors and infuse indoor spaces with the fresh aroma of Lemongrass and other essential oils.

3 Internal SUPPORT
PEPPERMINT: Add a few drops to a capsule to support normal digestion.*
THIEVES™: A proprietary blend of Clove, Cinnamon, Lemon, and other essential oils, Thieves can support a healthy respiratory system when taken internally.*

4 Skin & Body CARE
TEA TREE: This popular essential oil possesses a fresh, spa-worthy aroma with properties that support radiant-looking, supple skin. Add it to moisturizers and other body care products.
PANAWAY™: PanAway's cooling essential oils are perfect to use after strenuous activity.

5 MIND
LAVENDER: Diffusing Lavender's relaxing floral aroma can create an environment of tranquility for the end of a long day.
STRESS AWAY™: Inhale Stress Away's citrusy-sweet blend of Lime, Vanilla, and other essential oils to inspire a positive, confident outlook.

Find the perfect
fit for every piece of your life with the
**EVERYDAY OILS
COLLECTION!**
— WWW.YOUNGLIVING.COM —



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Essential Oils 101: Living a Healthy & Happy Life!



Monday, July 10TH
7:00 p.m.

Join us for a fun, informative class on essential oils and how to live a healthier, happier, chemical-free life! Did you know there are 63 hazardous chemicals in the average American household? We will be learning how to live a chemically-free life easily and affordably with the best essential oils in the world. The class is totally FREE and will amaze you! Snacks

and FREEBIES WILL BE AVAILABLE, SO BRING YOUR NOTEPAD AND PREPARE FOR A FUN AND EDUCATIONAL CLASS. Take control of the chemicals in

Hosted By:

MATTIE KING

**At Smoky Valley Chiropractic
121 W. Lincoln St.
LINDSBORG, KS**