

Smoky Valley Chiropractic

Healthy Family News – June 2011

Be A Lifesaver! Give the Gift of Chiropractic Care!

This coupon is good for one complete “Chiropractic Health Audit” (an exam, all necessary x-rays, computerized nerve and foot scans, and a health audit report) for just \$45.

(adjustment not included)

(Regular fee is \$150)

Insurance will be processed through those companies for which we are a provider.

Expiration date 7-29-11



Think Well #2

**Wednesday, June 8th
6:30 PM**

**Please join us! Talk to
Dr. Loder or a staff
member for details.**



“We are thankful each and every day for the opportunity to serve our patients and bring health and wellness to our community. Our patients have truly blessed us!”

-Dr. Loder



“You cannot always control what goes on outside. But, you can always control what goes on inside!” - Dr. Wayne Dyer

Ever Wonder?

Why do people travel up to 3 hours to see Dr. Loder??

Could it be his post-doctorate wellness certification??

Or maybe his specialized training in wellness??

Perhaps his unique Torque Release adjusting technique??

Or maybe that when you step into our office, you know that you have our undivided attention focused on your health and well-being??

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.

Dr. Loder 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!



Chiropractic Trivia

Name one healthy lifestyle tip.

Contest Rules:

The answer is somewhere in the newsletter. Call our office at 227-4455, email drلودer@sbcglobal.net, or give a staff member the correct answer when you come in for your appointment, and our staff will enter you in the monthly drawing.

Berry-Pine Nut Chicken Salad

DRESSING

3 Tbsp red wine vinegar
2 Tbsp seedless raspberry jam
1 tsp. Dijon mustard
1/4 c. olive oil
1/8 tsp salt
1/8 tsp coarse ground black pepper

SALAD

1/4 c. pine nuts
5 c. Romaine lettuce and spinach
1 c. fresh blueberries
1 lb grilled chicken breast
1/4 small red onion
8 oz sugar snap peas



1. For dressing, combine vinegar, jam & mustard; mix well. Add oil, salt & black pepper. Mix well & set aside.
2. If using pine nuts, place in a saute' pan & toast over medium heat 4-6 minutes or until fragrant & golden brown. Remove from pan & cool completely.
3. Wash lettuce & berries & dry. Thinly slice chicken & onion. Cut sugar snap peas in half at a diagonal.
4. To serve, layer lettuce, chicken, peas, blueberries & onion in a large serving bowl. Pour dressing over salad just before serving; toss gently to coat. Sprinkle with pine nuts or sunflower seeds.

Yield: 4 servings

Thanks to Nikole Bird for sharing her recipe this month!

Chiropractic Case of the Month – May 2011

The Story of Billy-

Last winter, I slipped on some ice and suffered severe back pain. I thought I'd just take it easy for a day or two hoping the pain would disappear. It did not happen, in fact by Saturday (I had fallen on Tuesday), the pain was so bad I couldn't stand it any longer. I called every Chiropractor in the telephone book with no luck finding anyone in on a Saturday until my (now) Chiropractor answered her phone and said she would see me that day. I thought she must be an angel!

My pain decreased almost immediately but it took a couple of weeks for me to say I was pain free. The best thing, however, was that I got another response I did not expect. I have suffered from ear pain for most of my life due to chronic ear infections as a child which destroyed my eardrum. For the past 15 years I have used some very expensive ear drops (sometimes 3 times a day) whenever my ear hurt. At week three into care, I realized I hadn't used the drops for weeks because I no longer had ear pain.

My Chiropractor explained that the pressure in my ears being so exaggerated was from the nerve pressure in my spine and with chiropractic care, that pressure was lowered and thus my pain was relieved. I highly recommend chiropractic care to everyone I come in contact with now. As for me, I am on maintenance now and plan to be a lifelong patient with this practice.

The Wellness Doctor Speaks...

The following is an **Indisputable Fact** - The lifestyle choices you make on a day to day basis is the single greatest determinant of both the quality and quantity of your life! Once we accept the fact that chronic illness, which is killing 80% of our population, is caused by how we eat, move, and think, it becomes self-evident that changing our behaviors is the only viable option to get and stay well. What lifestyle behaviors should we adopt to produce more healthy people and fewer sick people? Those that are genetically congruent, of course. Those that promote the genetic expression of health and prevent the genetic expression of sickness.

The FACTS are very clear. No drug or surgery will EVER be the wellness and prevention solution for chronic illnesses caused by malnutrition, overeating, or the ingestion of toxins in our food. No drug or surgery will EVER be the solution for conditions caused by sedentary living or poor physical fitness. No drug or surgery will EVER be the answer for problems related to lack of self-esteem, lack of life satisfaction, or the lack of positive attitudes, thoughts, emotions, and social relationships.

There is a great book now available to the lay public called **The Wellness & Prevention Paradigm** by Dr. James L. Chestnut which contains some of the information taught in the post-doctorate Wellness Certification program I completed that was designed by Dr. Chestnut. This book is about teaching the truth and exposing the myths regarding why humans have become so sick. It also explores why the current diagnosis and treatment approach to chronic illness has not worked, why it will never work, and what we need to implement in the future that has already been proven to work. This book can be purchased at wellnessandprevention.com, or purchased/checked out through my office.

THANK YOU!!

Thanks for the referrals! The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us to help others. If you know someone who should be seeing us, we can supply some helpful information to help you better explain today's chiropractic care. Just ask us!



Shout It From the Rooftops!!

Dr. Loder,
One of your patients made the front page of the Salina Journal! Again, **THANK YOU** for your part in Jackson's successful recovery and wellness, so that he can enjoy playing his favorite sport. He hit one over the fence at Dean Evan's stadium in last evening's game also.

-Marilyn Rolfs



A father carries pictures where his money used to be. ~Author Unknown

Healthy Lifestyle Tips

1. Live with the 3 E's – Energy, Enthusiasm, and Empathy.
2. Practice clarity, develop skills, and pull that trigger – action is king!
3. Play more games and read more books than last year.
4. Make time for yoga, stretching, prayer, “you time.” We need to recharge our batteries.
5. Try to make at least 3 people smile daily.
6. Clear clutter from your house, your car, your desk, and let new and flowing energy into your life.
7. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class, but the lessons you learn will last a lifetime.
8. Do the right thing, simply because it's the right thing to do.
9. Try and pay an honest compliment to someone every day.
10. Is there something you can do today that will help you improve your life tomorrow? Don't wait!

**Innate Lifestyle Blog
Q & A**

Q: My parents seem to be “slowing down.” Can chiropractic help the elderly?

A: I'll refer to a 1996 study from the Rand Corporation for this answer. Elderly chiropractic patients report better overall health, have fewer chronic conditions, spend fewer days in nursing homes and hospitals, are more mobile in their communities, and are more likely to report strenuous levels of exercise than their non-chiropractic counterparts.



Life's the Berries, Strawberries That Is

Strawberries are delicious and nutritious. Strawberries are a wonderfully nutritious fruit. A half-cup serving of raw whole berries contains approximately 23 vitamin packed calories. There is more vitamin C in this serving than a whole orange, along with smaller percentages of vitamin A, calcium and iron. Strawberries are virtually free of any sodium, fat or cholesterol.

The Important Role of Fathers

June is a great time to recognize fathers and the important role they play in the lives of their children. Children with involved, loving fathers are significantly more likely to:

- Do well in school.
- Have a healthy self-esteem.
- Be more ambitious.
- Be less susceptible to peer pressure.
- Exhibit empathy and pro-social behavior.
- Avoid high-risk behaviors, such as drug use, criminal activity, and truancy.
- Be more competent.
- Be more self-protective and self-reliant.

So, this June, celebrate Father's Day with some quality family time.
It makes a difference!



**“Fatherhood is
pretending the present
you love most is
soap-on-a-rope.”
~Bill Cosby**

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Summer Grilling Tips

There's nothing complicated about grilling veggies – just chop 'em up and throw 'em on! (I usually use foil.)

-Brush vegetables with olive oil to prevent them from sticking and to add flavor.

-Lightly spray your grill with cooking oil. (We prefer organic olive oil.)

-For a flavor boost, marinate vegetables before grilling.

A good marinade includes equal parts olive oil and balsamic vinegar with sprinkles of minced garlic, basil, oregano, marjoram, coriander, or other favorite herbs.

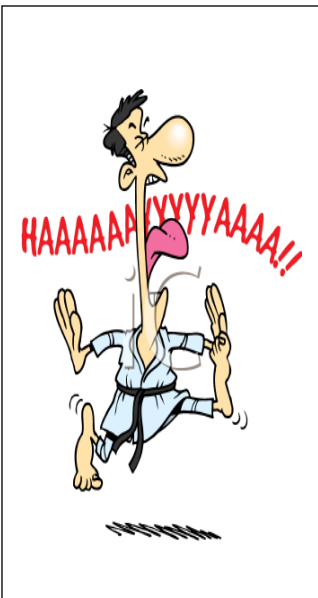
CHIRO DOZEN

Paying cash for your care??? Ask about our “Chiro Dozen” program. Pre-pay for 12 adjustments and get the 13th FREE. “Chiro Dozen” adjustments are only \$40 each.



Summer Activities...

Get outside, get active, and get healthy! Encourage children to spend time away from the TV and computer. There's nothing better than fresh air and sunshine! Exercise encourages your brain to work at optimum capacity and causes nerve cells to multiply and strengthen connections. Join the swim team, play softball, take morning walks. Do it together and have fun!



Kick Start Your Day!

- Take time to think – thoughts are a source of power.
- Take time to play – play is the secret of perpetual youth.
- Take time to read – reading is the fountain of wisdom.
- Take time to pray – prayer can be a rock of strength in time of need.
- Take time to love – loving is what makes living worthwhile.
- Take time to be friendly – friendships give life a delicious flavor.
- Take time to give – sharing brings joy to your heart.
- Take time to work – work is the price of success.
- Take time to dream – dreams show you what is possible.
- Take time to do your work well – pride in your work nourishes the mind and the spirit.
- Take time to show appreciation – it's the frosting on the cake of life.

“The groundwork of all happiness is health.”

-Leigh Hunt

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Family Wellness Plan

Ask any staff member for details about our Family Wellness Plan. Get your entire family adjusted once a week for a monthly fee of just \$288.



**Congrats to our
May
Family Wellness
winners –
Traci Baker,
Heather House,
and Kenny
Blomberg!**

Gift Ideas for Dad
-Chiropractic adjustment.
-Ergonomic office chair.
-Walking shoes.
-Supplements.
-Ergonomic backpack.
**-Time with the family, the
best gift of all!**

Dr. Darrel Loder, D.C., C.C.W.P.
**(Certified Chiropractic Wellness
Practitioner)**
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