



June 2016

***Healthy Family Newsletter
Smoky Valley Chiropractic***

90 Day Lifestyle Plan

Combines all aspects of lifestyle into one program.

-Eating, Moving and Thinking

Teaches you what you need to do and how to develop self-control to keep consistency.

Helps fulfill the daily, necessary requirements for your body to express health.

Based on science; **NOT** the current “magic” solution or fad diet.

- What is required to get well and stay well?
- How do I do what is required?

The 90 Day Lifestyle Plan will help you answer these questions.

- An online only program
- Includes a Health Risk Assessment
- Gives you a daily meal plan, workout routine and gratitude exercise
- Report available at the end of every day to monitor your progress
- Available NOW!

Armed Forces Appreciation

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 and new patient services for all veterans and active duty service men and women July 1st, July 5th & July 6th.

Show your gratitude and help us spread the word!



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!

Go Vikings!

GREAT BIG DEAL

Dr. Loder will be offering 1/2 price physicals on Salina.com's GBD beginning ????. Be sure to take advantage of this great coupon. Limited number available.



Smoky Valley Chiropractic will once again be sponsoring the Midsummer's 5K run and 2 mile walk. Registration forms are available at the office, or online at midsummersfestival.com.

Join us for some morning exercise on Saturday, June 18th!

(Check out the drawing at the office for a free entry fee courtesy of Dr. Loder!)

**Cultivate
Good Health
& Reap the
Benefits!**



During this harvest season, cultivate good health and reap the benefits in all areas of your life! This coupon may be redeemed for *\$5 off of your next chiropractic service or product. Exp. 6-30-16*

(Limit one coupon per family please.)

Product of the Month – Pure Power Protein



If you're an athlete serious about gaining an edge on the competition, or just someone more demanding about supporting your overall health, **Mercola Pure Protein Powder** is something I strongly recommend.

The unique superfoods in **Pure Power Protein Powder**... whey protein, chia seeds, and probiotics potentially...

- **Provide a high biological value** – The three superfoods yield high absorption and digestion of protein powder.
- **Enhance muscle nourishment** – Provide key nutrients required for nourishing muscles and triggering lean muscle gain.

The exclusive triple-power of whey protein, chia seeds, and probiotics is like no other I've seen in satisfying demanding athletes looking for the optimal protein powder.

If you seriously want what I believe is the most amazing whey protein powder to support your overall health and fitness levels, order **Mercola Pure Protein Powder** today and take advantage of all it has to offer.

Available in Chocolate and Vanilla.

Enjoy 10% off of this product during the month of June! 😊

Happy, Healthy Father's Day!
Celebrate your dad with a "Father's Day" adjustment – health is a GREAT investment.



