



June 2016

Healthy Family Newsletter

Smoky Valley Chiropractic

June Product of the Month – Coconut Oil

Just a few of the benefits of coconut oil:

- Promotes heart health.
- Promotes weight loss when and if you need it.
- Supports your immune system health.
- Supports a healthy metabolism.
- Provides you with an immediate energy source.
- Helps to keep your skin healthy and youthful looking.
- Supports the proper functioning of your thyroid gland.



What to look for in a product:

- Certified organic
- No refining
- No chemicals added (including hexane)
- No bleaching
- No deodorization
- No hydrogenation
- Made from traditional coconut palms only, no hybrid or genetically modified (GMO) varieties.
- Made from fresh coconuts, not the dried “copra” used in cheap oils
- Made without heat processing

For more information – go to Mercola.com
and search “coconut oil”.

Enjoy 10% off of this product all month! ☺

Congratulations!



Becky...y
drawing winner ☺ Be sure to
participate with the daily
handouts – you might be our
next winner!

SVC Golfers!



**The Lemen family
represented us well
at the Bethany
Football golf outing.
We didn't win, but I
think Michell will
tell you that they
had the most fun!**

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!



Are you a Smoky Valley Chiropractic Facebook Friend? Don't miss out – like our page and get some great info...LIKE THIS...

<https://www.youtube.com/watch?v=yA5Qpt1JRE4&feature=youtu.be>

Kid President's 25 Reasons to Be Thankful!



School & Sports Physicals



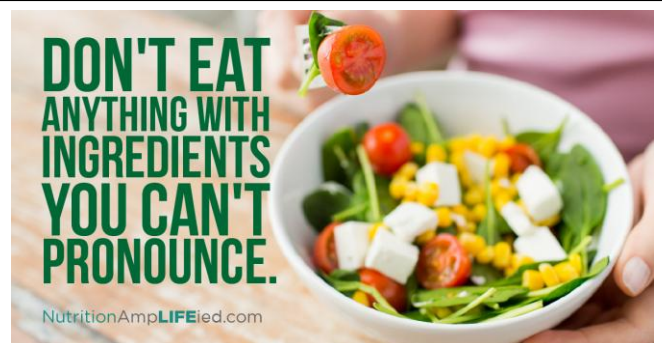
It's not too early to schedule school and sports physicals! Get your child's physical now for summer sports, summer camps and the fall season.

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!



DO SOMETHING
TODAY
THAT YOUR FUTURE
SELF WILL
THANK YOU FOR.

WWW.DAILYINSPIRATIONALQUOTES.IN



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.)

TTT=TERRIFIC TUESDAY TESTIMONIAL

"I am a believer in the practice. I would encourage others to explore chiropractic care. I requested acute care for a problem that I thought I would have to endure, as other chiropractors were unable to identify and correct. One adjustment and I felt better!! No problems with that area since. I carry stress in my neck/shoulders. Adjustments have helped, but

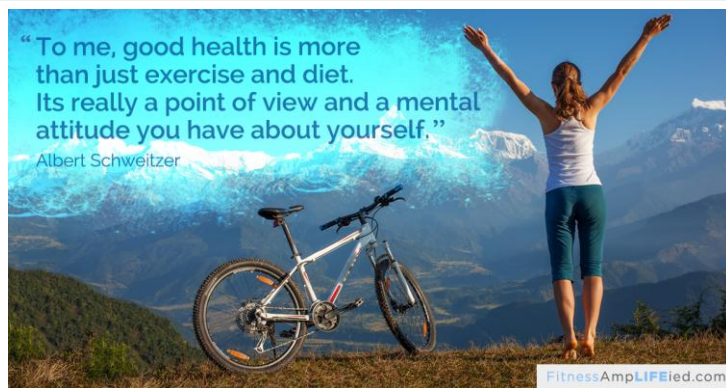
I have also learned techniques to help myself, spinal hygiene and neck exercises." -Amy Hoss



*Happy, healthy Father's Day from
our family to yours!*



Best Wishes to SVHS Band Instructor Shawn Knopp as he takes on a new position at Tabor College. Our community is sure going to miss you (and so is our favorite trumpet player!)



"Once You Go..."



One of the most misunderstood beliefs about chiropractic is that once you start, you have to go forever. It's true, many Chiropractic clients choose to continue care on a regular wellness basis after experiencing great results, but they do so simply because it makes sense - the body functions better without nerve interference.

Here are some other things that you don't have to do for the rest of your Life, but also make good sense... brushing your teeth, going to the gym, taking your vitamins, eating your veggies, changing the oil in your car or saving for retirement. Somewhere along the road, you discovered on your own accord that these activities ADD to your Life as opposed to subtract from it, and it's the same for clients who choose to get adjusted for maintenance.

No one can make you do something you don't want to. Just like regular car tune ups or staying physically fit, the choice to keep your spine and nerve system free from damaging stress for the rest of your Life is totally yours... as are the benefits if you do and the consequences if you don't.

