

# June 2017 HEALTHY FAMILY NEWSLETTER SMOKY VALLEY CHIROPRACTIC

## 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!**

It's never too late to make better choices for your health

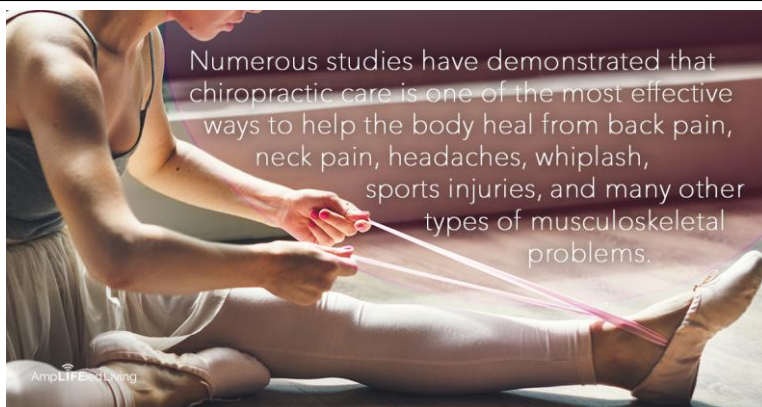


Choose Wellness! We always have a choice in the care we take of our bodies: what foods we eat, whether we exercise, whether we receive routine chiropractic care, and how much clean water we drink.



Have you ever noticed how many children we see in our office? More children than ever were brought in by their parents, not for back pain but because their parents wanted their children to be as healthy as they could be now, and for the rest of their lives.

Since patterns of nervous system stress tend to run in families, the parents of many of the children you see in our office are looking to grow their children to be as healthy as possible rather than have them grow up with the kind of health problems that they, or for that matter, their parents, had. And, so while we have a fabulous success record in helping adults overcome their health problems. We see children to help them grow up



Numerous studies have demonstrated that chiropractic care is one of the most effective ways to help the body heal from back pain, neck pain, headaches, whiplash, sports injuries, and many other types of musculoskeletal problems.



**"NOT AN OVERNIGHT PROCESS"**

**BRACING TEETH TAKES TIME. ALTERING THE POSITION OF HARD STRUCTURES (TEETH) IN SOFT TISSUE (GUMS) REQUIRES A GOOD DEAL OF REMODELING AND CHANGE IN SUPPORTIVE STRUCTURES THAT HAVE BECOME ACCUSTOMED TO THE SHAPE OF YOUR SMILE FOR SO LONG.**

**CORRECTING SPINAL SHAPE TAKES TIME AS WELL. ALTERING THE POSITION OF VERTEBRAE IN SOFT CONNECTIVE TISSUE, LIGAMENTS AND MUSCLES REQUIRE TIMELY CHANGE IN THE SUPPORTIVE STRUCTURES THAT HELD THEM THERE FOR SO LONG.**

**WHEN MOVING TEETH FOR A BETTER COSMETIC RESULT, OR MOVING SPINAL BONES FOR A BETTER STRUCTURAL RESULT, YOU CAN'T EXPECT TO SEE CHANGE OVERNIGHT. UNDERNEATH THE FINAL RESULT LAY MONTHS IF NOT YEARS OF FOUNDATIONAL CHANGE THAT WILL ULTIMATELY MAKE THE SHAPE CHANGE STRONGER AND LONGER LASTING. EVERY WORTHWHILE CHANGE IN THE BODY**



**Vanilla Pears**

Ingredients:

4 pears, cored, peeled and halved (or peaches, plums, nectarines)

1 Tbsp. water

1 tsp. allspice

12 drops pure vanilla extract

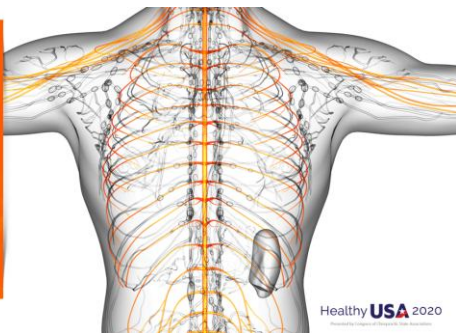
Honey

Instructions:

Preheat oven to 325 degrees. Place pears in water in a baking dish. Sprinkle with allspice and drizzle each pear half with 3 drops of vanilla. Drizzle with honey. Cover and bake for 20 min. Enjoy!

**Tuesday, June 13<sup>TH</sup> @ 5:30 PM**  
**MOVE WELL class with DR. LODER**  
**CLASS IS FREE OF CHARGE AND OPEN TO**  
**THE PUBLIC. Come and educate**  
**YOURSELF ON HEALTH AND MOVEMENT.**

Every cell, tissue, organ and system of your body is controlled and regulated by your nervous system.



Healthy USA 2020

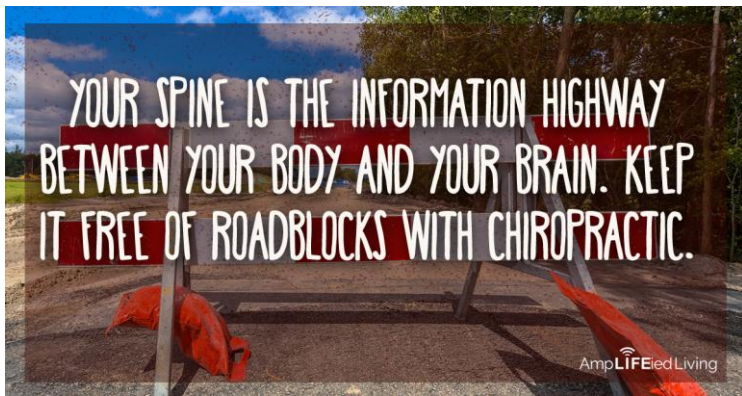
**KIND OF HARD TO BE HEALTHY UNLESS YOUR NERVOUS SYSTEM IS FUNCTIONING OPTIMALLY...**

**GET ADJUSTED!**

Anyone who says that I don't exercise has obviously never watched me put on a pair of jeans fresh from the dryer...







## No More Roadblocks

**IN ORDER TO BE TRULY HEALTHY, IT IS VITAL THAT YOUR NERVOUS SYSTEM BE FUNCTIONING FREE OF INTERFERENCE.**

## Get Adjusted

### 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](http://Mercola.com) AND SEARCH "COCONUT OIL".**

**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 3<sup>RD</sup>, July 5<sup>TH</sup> & July 7<sup>TH</sup>.**

**Show your gratitude and help us spread the word!**



## **It's Pretty Simple...**



# 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, lemongrass 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](http://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 &



**Tuesday, June 20th  
7:00-8:30 PM**

**Come and learn about essential oils and how they can enhance your home and lifestyle! We are excited to share with you about living a chemical-free life and enjoying the things and people in life to the utmost, lunch will be provided! A healthy life is a**

**HAPPY LIFE!  
Hosted By:**

**Mattie King**

**At Smoky Valley Chiropractic  
121 West Lincoln St.  
Lindsborg, KS**