

# March Newsletter 2016



## Babies...Babies...Babies!

Kruze is such a sweet baby! He has been getting adjusted since he was born. (And mom was adjusted during pregnancy, too). Since your nervous system controls every cell, tissue, and organ in your body - getting adjusted from the beginning of life is pretty important! We are happy to help Kruze (and his parents) enjoy life! He makes us all smile - even Dr. Loder! 😊



## 16 Ways Chiropractic Can Improve Your Life!

- Enhance athletic performance
- Increase quality of life
- Increase organ function
- Less pain, stiffness, numbness
- Better sleep
- Improved balance
- Stronger immune system
- Lower blood pressure
- Improved relationships
- Improved digestion
- Increased longevity
- Improved breathing
- Improved circulation
- Less or eliminate medication
- More active lifestyle
- Better range of motion

(There are A LOT more than 16 POSITIVE side effects!) 😊



## Bethany Swedes are Headed to Nationals!

Congrats to 2 former Smoky Valley Wrestling Club and Smoky Valley High School wrestlers, Brandon Archuleta (L) and Trevor Whittaker (R), on qualifying for Nationals. Dr. Loder has coached both of these young men since they were young, and has helped keep their bodies in tune with chiropractic care! We are so proud of them – Persistence! We love having all of these great role models for our wrestling programs!

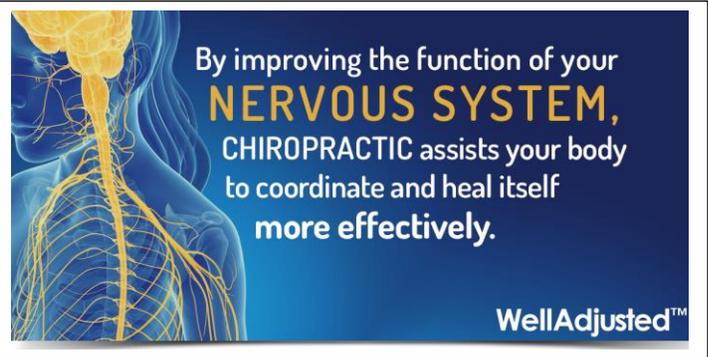


Looking for some balance in your life?

We've got some ideas! 😊

Learn to say “no”...Read good books...Stretch...Get some fresh air...Prioritize tasks...Take a brisk walk...Laugh at yourself...Eat right...Look at the big picture...Get up earlier...Celebrate life...Be flexible...Express your feelings...Soak in the tub...Plant a garden...AND...

Take care of your body – Get adjusted on a regular basis; your body will thank you!



## Game Time!

Well, not everyone is a basketball superstar...so we are going to give you a chance to be a Chiropractic winner during March Madness. Each time you share your *Chiropractic superstar status*, you earn a ticket to win prizes!

**Write a testimonial – 3 tickets**

**Record a video testimonial – 10 tickets**

**Refer a friend – 5 tickets**

By doing this, you're doing more than entering for a chance to win a great prize (a **Fitbit Charge!**) – and you're introducing others to the chiropractic lifestyle! It is our goal to help others live long, active, healthy lives. There are few things more rewarding than passing a healthy lifestyle forward!



Congrats to Austin Cook - he is headed to Nationals on March 12 to represent University of Wisconsin at Lacrosse!! Another SVWC wrestler and “chiropractic kid”!

*Not only does chiropractic care keep you healthy and active, it's good for your soul! – Jennifer Krob*



## LIFE IS TOO SHORT

to wake up in the morning with regrets. So, love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it.



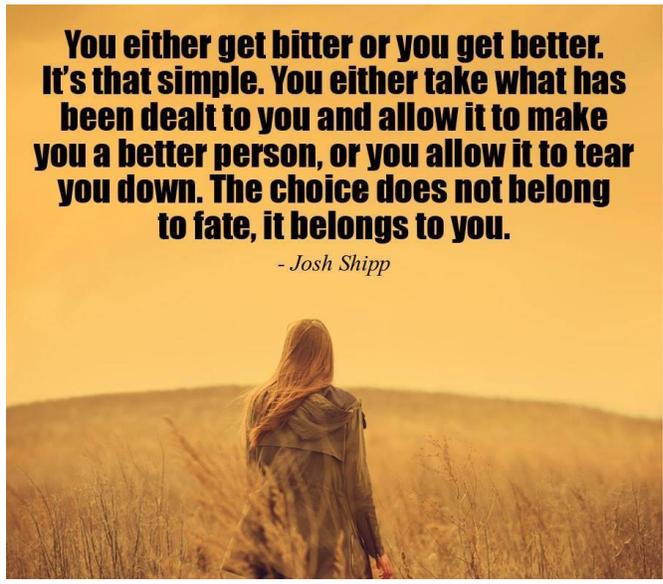
## At Least He is On the Sidelines...

When Dr. Loder isn't working, or coaching wrestling, you can find him volunteering his time with the K-State Rugby team. Dr. Loder is coaching again this spring, as well as serving as team doctor. (If you've ever watched a rugby game, you KNOW how badly these boys need those adjustments!) Dr. Loder is shown here with some of the team after their 3<sup>rd</sup> place finish at the Olympic Rugby Championship for Big 12 Universities in Norman, Oklahoma. Go Cats!



Kylie loves getting "happy bones" with Dr. Loder 😊 Everyone has a nervous system...and your nervous system controls every cell, tissue, and organ in your body...so, doesn't it make sense for everyone to get checked? Chiropractic is for EVERYONE WITH A SPINE AND NERVOUS SYSTEM. (Just like dentistry is for everyone with teeth!) 😊

*You are never too old or too young to benefit from chiropractic care. Dr. Loder, Mari and their staff are terrific. Try 'em, you'll love 'em! – Muriel Strange*



**You either get bitter or you get better. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you.**

*- Josh Shipp*

*Dr. Loder will be out of the office on Friday, March 25 for State Wrestling. Good luck to the Smoky Valley Wrestling Club!*



## Smiles, Everyone! 😊

Dr. Loder is shown with Reverend Tim Bever of the Marquette United Methodist Church. Dr. Loder presented the church with a donation for their youth ministries. Pioneer Club began in 2012. K-5<sup>th</sup> graders meet at 5 PM the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month for Bible lessons and activities. Group 21 is for ages 6<sup>th</sup>-8<sup>th</sup> grade and meets the last Sunday of the month and the first Saturday of the month at Riverview to play games with the residents. All are welcome!

## Need An Attitude Adjustment?

*Nerve dysfunction* can promote **chemical imbalance** and a lack of harmony within the body.

This imbalance affects areas of your brain responsible for **emotion** and this may alter your **perceptions and moods**.

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### **Did you know that March is Brain Awareness Month?**

#### **Any Trivial Pursuit fans out there?**

Some of the cards are easier than others. There are some cards that we know all of the answers, and others that we hope we don't have to try and answer when it's our turn. Either way, chiropractic adjustments boost your brain function, concentration, and energy.

Here's one that you should be able to answer with confidence.

***Name one health benefit of chiropractic care.***

## **“Check Your Eggs”**



How many times have you had a minor fender-bender, or a slip on the sidewalk and never gave it a second thought? Maybe your ego was bruised, but you didn't notice any outward signs of injury. What happened to you on the inside could be a different story.

After a trauma, things may appear fine on the outside, but it doesn't mean they're OK on the inside. That's why we open egg cartons and check the contents for hidden damage before we buy them. The same goes for your spine after any jolt. What may seem like a minor bump from the outside, could actually create **SUBLUXATIONS** on the inside. (Misaligned vertebrae that interfere with nerve function, and silently diminish health)

What's the smart thing to do? Get your spine checked for **SUBLUXATIONS** after any trauma, no matter how big or small. If your kid takes a tumble down the stairs - get them checked. If your spouse backs the car into a fence post - get them checked. If you tripped over the dog on the way to the refrigerator last night - get yourself checked too. Life's tough enough without having to live it **SUBLUXATED**.

