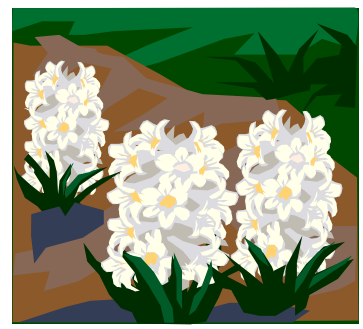


# March 2013

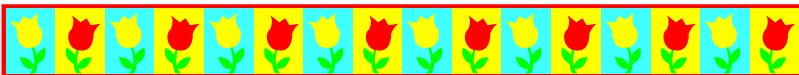
## Healthy Family Newsletter

### Smoky Valley Chiropractic



### Spring Cleaning...(your body, that is!)

Spring is the perfect time to revamp your diet. I should say lifestyle instead of diet, because if you are looking for long-term, permanent change, you will have success. Winter has come and gone (soon hopefully!) and everyone is ready to ditch those comfort foods and add in more fruits and vegetables. Spring brings sunshine, more time outside, and often, more energy! Plant a garden, drink more water, reach for fresh fruits and vegetables as a first option, add in some daily exercise, and ‘SHAZAM’, it’s the new you!



Your Health is YOUR Pot of Gold...  
Help Someone Else Find THEIRS with Chiropractic!



Bring this coupon in to our office and receive a complete "Chiropractic Health Audit" (an exam, all necessary x-rays, a computerized nerve & foot scan, and a health audit report) for just \$45 (adjustment not included).

Exp. Date 3-31-13

*Insurance will be processed through companies for which we are a provider.  
Due to Federal Regulations, Medicare and Medicaid insured are not eligible for this promotion.*



Did you know that March is Brain Awareness Month? Sometimes my brain isn't very....Aware... Let's talk about "Brain Drain" and what causes it.

1. Let's start with what you feed your body first thing in the morning. Do you skip breakfast? That morning meal is important; it is intended to "break the fast" your body has just endured. Start with some protein and turn on those brain cells!
2. Exercise? Yep, great idea!
3. How about sleep? Not getting enough? Prepare for a "fog advisory"!
4. Negative thoughts also cloud our judgement. Start and end each day with affirmations and gratitude.



**Congratulations to the SVHS Wrestling  
State Qualifiers!**

**Way to go!**

**What do these boys have in common  
besides wrestling??**

***4 of these 5 athletes utilize chiropractic care  
to help improve their athletic performance  
and stay healthy throughout the season.***

**They definitely have an advantage!!**

# Amore

**What do our patients love about Chiropractic?  
There were some amazing responses!**

**-I love chiropractic because it is TRUE! My  
entire world has changed because I made one  
choice. The choice of health.**

**-I love having an alternative way to stay pro-  
active with my health!**

**-I love the instant relief I feel and the friendly  
people. It all just makes my day better!**

**-I love chiropractic because it is helping me  
get my health back so that I am able to do what  
I love again.**

**-This office works around my busy schedule  
and makes it work for me. I appreciate that!**

**-Chiropractic keeps me going!**

**-Chiropractic helps me walk without pain.**

**-I LOVE that I have 99% less migraines and  
can spend more time doing things I love with  
my family!**

**-I love the care, the education, the accountability  
(yes, even that), the entire awesome staff, and  
the love!**

**-I love getting out of pain!**



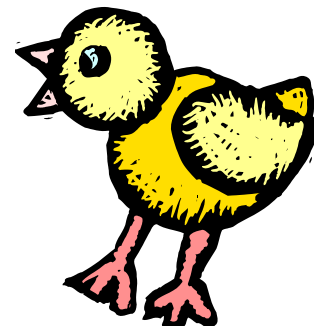
**“A smile is a  
curve that sets  
everything  
straight!”**

**– Phyllis Diller**



**Are you an established  
wellness patient? Ask  
any staff member for  
details about our Family  
Wellness Plan. Get your  
entire family adjusted  
once a week for a  
monthly fee of \$288!**

**Great health is something to  
CHIRP about. “Tweet” yourself  
to \$5 off your adjustment today.  
Way to take control of your  
health! Happy Spring from Dr.  
Loder and his “chicks”!**





**Under Pressure?**  
 Come and join us for a Think Well class on Wednesday, March 13<sup>th</sup>. Dr. Loder will share some strategies about positive thinking and stress management that will make a difference in your health!

**facebook**

Check out our Facebook page – Smoky Valley Chiropractic.  
 “Like us!” ☺



You can also “blog” with Dr. Emily.  
 Look for the link at [www.drلودer.com](http://www.drلودer.com)

## *The Question...Can Chiropractic Change A Life??*



### *The Answer...YOU'D BETTER BELIEVE IT!!*

**Chiropractic works!** Have you shared ‘the good news’ with someone that could benefit from chiropractic care? Do you know anyone with a new baby? A constantly ill child? How about someone struggling with arthritis, allergies, bulging discs, ADHD.....the list goes on, and on, and on.

**Chiropractors are nervous system doctors.** The nervous system controls every system, organ, tissue, and cell in your body. This includes your **IMMUNE SYSTEM**. Not sure if chiropractic is the answer? Schedule a complimentary consultation with one of our doctors and find out.

**Chiropractic offers HOPE! You can't put a price tag on that!**

**Laughter is the best medicine...**

**My wife was hinting about what she wanted for our upcoming anniversary. She said, “I want something shiny that goes from 0 to 200 in about 3 seconds.” I bought her a bathroom scale.**

**And that's how the fight started...**



**Congrats to Cassidy Gerlach!** She was our drawing winner during the month of January. Be sure to enter each time you're in the office. Participate with the daily handout, and you have a chance to win \$50!

**Make sure you're on our email list!** We have started sending out the monthly newsletter via email. Send your email address to Mari at [drلودer@sbcglobal.net](mailto:drلودer@sbcglobal.net).



**“The wisdom of the body is responsible for 90% of the hope of patients to recover. The body has a super wisdom that is in favor of life, rather than death. This is the power that we depend on for life. All doctors are responsible for letting their patients know of this great force working within them.” – Dr. Richard Cabot, Harvard Medical School**

**At first glance you’d think a Chiropractor was responsible for these words. But they were actually written by a Harvard medical school instructor in the late 1800’s. While this belief is trivialized by the medical and pharmaceutical community today, it remains the core foundation of the practice of chiropractic.**

**Chiropractors humbly acknowledge that “the ONLY thing that can heal the body is the Power that created it.” The wisdom Dr. Cabot refers to in his quote is called Innate Intelligence by Chiropractors. It is the coordinating force that maintains our body’s health. It knowingly orchestrates all steps involved in the healing process from mending a broken bone to putting cancer in remission. It is in favor of you living, rather than you dying.**

**The most important job of a Chiropractor is to teach you about this great force and keep you connected to it. If you want to meet the REAL doctor responsible for healing you, take a look in the mirror. It’s the one staring right back at you.**

## Sleepy??

**Many patients report that they sleep better after getting adjusted.** Now some exciting preliminary research links insomnia with vertebral subluxations. In the study, patients under chiropractic care reported their sleep pattern was changed immediately after their chiropractic adjustment. **In the patients with insomnia, improved sleep was noted in the six days following the chiropractic adjustment.** (*J Manipulative Physiol Ther* 2005).

Chronic neck or back problems can also affect your sleep quality according to scientific studies (*Sleep Med Rev* 2001). Chiropractic adjustments can alleviate your aches and prevent them from recurring, helping you to sleep.

We want to help you and your loved ones get back on track and conquer insomnia so you can lead a healthy, well-balanced lifestyle.

