

# March 2014

## 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!



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"Sometimes you get a brainstorm,  
sometimes you only get the clouds."

*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 judgment. Start and end each day with affirmations and gratitude.



### **Why are Chiropractic Doctors and Staff the Luckiest People on the Planet??**

**Because we get to help others achieve and maintain their health each and every day! We are so blessed!**

**What about you? Have you counted your blessings today? Is good health on that list?**

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



### **Winter Olympics & Chiropractic Care by Dr. Wayne Fichter**

The inclusion of Sochi Winter Olympics chiropractic care in 2014 reflects the fact that over the last decade, chiropractors have become a key part of an athlete's training and recovery program.

Athletes train hard and endure significant physical demands. Throughout the years, chiropractic care has become a mainstay in the care of world-class athletes, leading to a growing number of chiropractors being included in the Olympic Games. Many athletes are sidelined with injuries that could be avoided, while others are still playing, but at less than peak efficiency simply because their structural system is not balance.

For the Sochi Winter Olympics Chiropractic Care, athletes and coaches realize that pain-killing drugs are not the answer, nor are they permitted at the Olympics. The grueling level of competition places an unusual amount of strain on the back and structural systems of Olympic athletes' bodies.

At the Sochi Winter Olympics Chiropractic Care, treatments can help to improve posture, increase a person's range of motion and flexibility, reduce pain in major joints, and increase blood circulation, all of which can help sports people. Numerous athletes attribute the care they receive from their chiropractor, along with working with other health-care professionals, as a key to properly preparing their bodies to perform optimally.

The beauty of the Sochi Winter Olympics Chiropractic Care is that chiropractic care is not only drug-free and surgery-free care, but also preventative and performance-enhancing care. Maintaining proper alignment will allow athletes to be prepared for their sport.

Chiropractors emphasize manual therapy including joint adjustment and manipulation, with particular focus on joint dysfunction or subluxations. They consider the athlete as an integrated being, stressing keeping all the systems of the body functioning efficiently.

Chiropractic care has the potential to positively impact lives. We encourage everyone at any age to come in and benefit from what even the greatest athletes in the world claim as their secret weapon.



Dr. Loder will be teaching 2 classes in March – double the fun!  
Join us for Move Well on Wednesday, March 5<sup>th</sup> at 6 PM  
AND

Think Well on Wednesday, March 19<sup>th</sup> at 6 PM.

Both classes will be held at the office.

Cost for the class is \$30. (You can bring your spouse or significant other for free – **Date Night!**)

See Dr. Loder or any staff member for details.

### 5 Things to Do Instead of Complain

*(I can think of more than 5, but we'll start with that...)*

**Practice Gratitude – Praise Others –  
Focus on Success – Let Go - Pray**

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

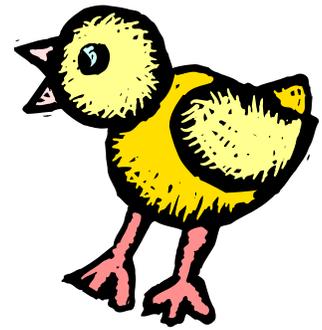


### *The Answer...YOU'D BETTER BELIEVE IT!!*

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!**

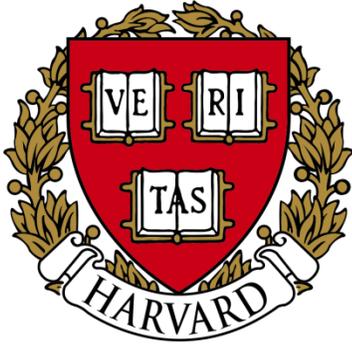


**Great health is something to **CHIRP** about. "Tweet" yourself to \$5 off your adjustment today. Way to take control of your health! Happy Spring from Dr. Loder and his "chicks"!**

**Congrats to Katie Hawkinson! She was our drawing winner during the month of February. Be sure to enter each time you're in the office. (You can't win if you don't play...)** Participate with the daily handout, and you have a chance to win \$50!

**facebook**

Are we "Facebook Friends" yet? Be sure to check out our page – Smoky Valley Chiropractic – and "Like" us!! ☺



**“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.

