

March 2015 Healthy Family Newsletter

See What Your Wellness Doctor Has
Been Up To....



Dr. Loder attended a wellness conference in Kansas City the weekend of February 21-22 entitled, “Eat Well: The Science, Paradigm and Clinical Application of Wellness Nutritional Protocols.” The conference was put on by the International Chiropractic Association’s Council on Wellness Lifestyle Science and hosted by international wellness expert and author, Dr. James Chestnut. Dr. Loder is one of just two doctors in the state of Kansas to have earned his post-doctorate certification in wellness.



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!

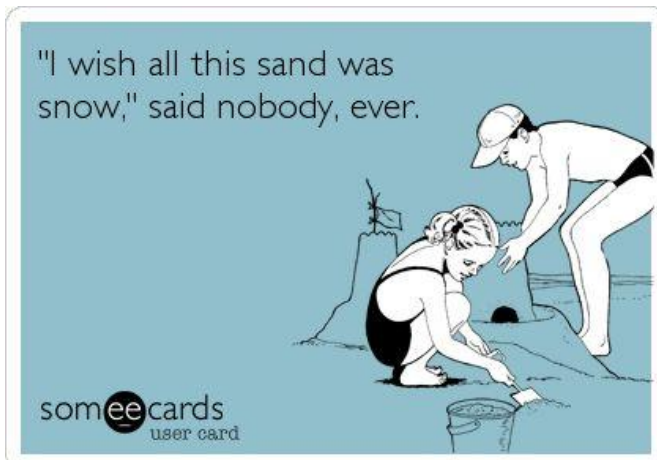
**Write a testimonial –
3 tickets**

**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 – 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!

Product of the Month – Innate Choice Omega Sufficiency

- Omega -3 Fatty Acids are ESSENTIAL for health and well-being.
- The North American (Western) diet is DANGEROUSLY DEFICIENT in EPA/DHA from Omega-3's.
- The only way to SAFELY consume adequate amounts of EPA/DHA is by consuming a purified Omega-3 fish oil like Omega Sufficiency.
- Dietary sufficiency of EPA/DHA Omega-3 fatty acids is essential for the proper function of every cell, tissue, organ and gland in the brain and body.
- Deficiency in EPA/DHA Omega-3 fatty acids is implicated as a causal factor in virtually all the common illnesses and causes of disease-related death in the Western world.
- Humans are genetically designed to consume EPA and DHA directly, not to convert them from vegetable sources.
- Omega Sufficiency is sourced from wild anchovy, herring and sardine from pristine cold waters, kept in the NATURAL triglyceride form with the NATURAL EPA/DHA ratio, ORGANICALLY FILTERED, ULTRA PURIFIED and immediately infused with NATURAL antioxidants to ensure maximum purity and freshness. This devotion to quality is what makes Innate Choice OMEGA SUFFICIENCY™ fish oil the world's premier EPA/DHA Omega-3 supplement.
- During March Madness, we are looking at the "Final Four" supplements your body needs. Innate Choice Probiotic, Vita Sufficiency, Vitamin D, and Fish Oil provide the best supplementation we have found anywhere!
- **This month, enjoy a 10% discount on your Innate Choice Omega Sufficiency purchase!**



Spring is Coming...We Promise!

In the meantime, be sure to keep your immune system boosted with regular chiropractic care. **One adjustment has been shown to boost immune function from 200%-400%.** So....if you're feeling crummy, chiropractic can help you get better faster, and avoid illness all together.

No one likes to be sick – keep a regular adjustment schedule instead – it's the best investment you can make in your health!



5 Things to Do Instead of Complain

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

Practice Gratitude - Praise

Others -

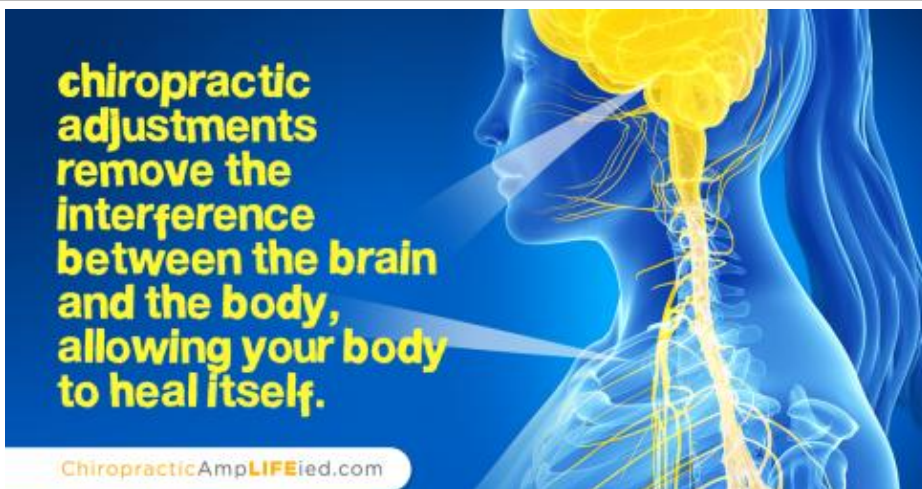
Focus on Success - Let Go - Pray



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"!**

Exp. 3-31-15

One coupon per family please ☺



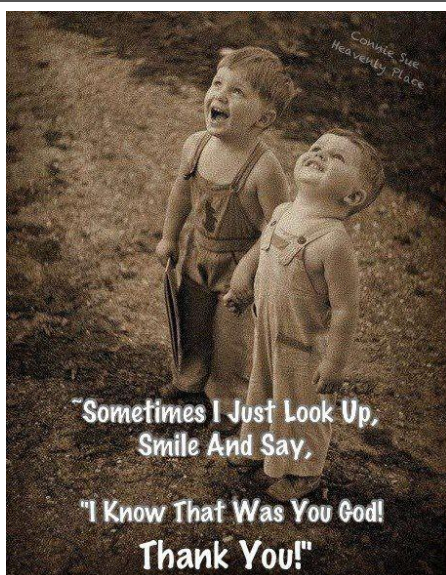
Are we **"Facebook Friends"** yet? Be sure to check out our page – Smoky Valley Chiropractic – and **"Like"** us!! ☺

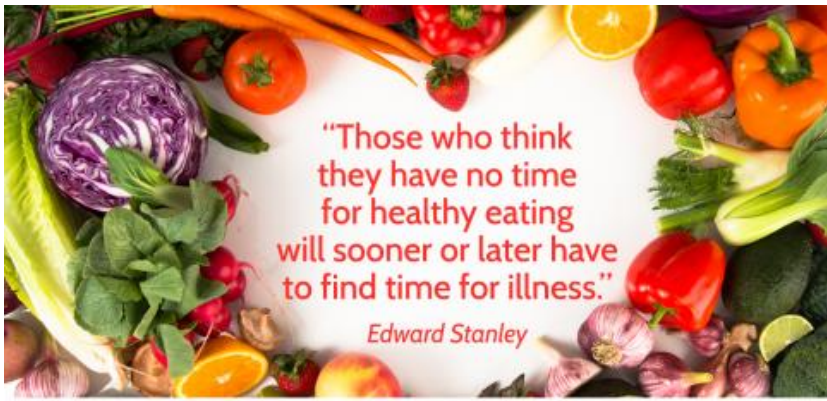
Wellness Macaroons

- 1 7-ounce bag unsweetened shredded coconut (2 2/3 cups)
- 1 cup sliced raw almonds (best if run through food processor first)
- 1/4 cup raw honey
- 4 large egg whites

1. Preheat oven to 325 degrees F. Grease 2 large cookie sheets. Into large bowl, measure coconut, almonds, and honey. With spoon, mix until combined. Stir in egg whites until well blended.
 2. Drop mixture by heaping tablespoons, about 2 inches apart, on cookie sheets. Place cookie sheets on 2 oven racks. Bake cookies 20 to 25 minutes until golden, rotating cookie sheets between upper and lower racks halfway through baking time. With pancake turner, remove cookies to wire racks to cool completely. Store cookies in tightly covered container.
- Yields: About 1 1/2 dozen

(I use the whole egg, not just the egg white. We also substitute walnuts sometimes for the almonds. I put everything in the food processor except the coconut, I stir that in. We add fresh fruit, dark organic chocolate chips, etc. Lots of variety!) Mari





“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”

Edward Stanley

NutritionAmpLIFEied.com

Donation of the Month

We are happy to announce the return of the monthly community donation from Dr. Loder.

Each month, proceeds from every new patient appointment will be donated to a community organization or group.

Our office has selected the **Lindsborg Fire Dept.** for the month of March.

Want to show your support for this organization? It's time to schedule that appointment you've been putting off!

Improve your health and donate to a good cause at the same time! That's what I call a **WIN – WIN!**



Do you have an idea for our monthly donation list? Talk to any of our staff members, or email Mari at drloder@sbcglobal.net



“90% of the stimulation and nutrition to the brain is generated by the movement of the spine.”

AmpLIFEied.com

-Dr. Roger Sperry, National Academy of Sciences

This research fact comes to us from Dr. Roger Sperry, Nobel Prize Recipient for Brain Research. This means...if you aren't moving, your brain is parked in neutral! That means...if you aren't keeping your body free of subluxations, and exercising every day, your brain battery is not getting recharged.

There is also extensive research that different activities, like crossword puzzles and Suduko, keep your brain stimulated.

Here's the catch...You have to get adjusted to make it all work! You can move your spine all you want...but if you have interference present, those messages aren't getting where they need to go.

See you soon! ☺