

March Newsletter 2017



Chiropractors focus on ensuring that your body's own innate healing ability is working its best.

Routine chiropractic care is one of the simplest ways to maintain the health of your body.



Our special little someone sure does love her chiropractor ♡ she has her cute onesie on today from Grandpa 😊



Hooray for volunteers! We are so thankful for Linda Johnson and the rest of the Marquette EMS. Linda was happy to accept a donation today from Dr. Loder for the Smoky Valley Chiropractic community donation for the month of February.

WHEN YOU ARISE IN THE MORNING, THINK OF WHAT A PRECIOUS PRIVILEGE IT IS TO BE ALIVE, TO BREATHE, TO THINK, TO ENJOY, TO LOVE. — MARCUS AURELIUS



Who else is “*MAD*” about Chiropractic???

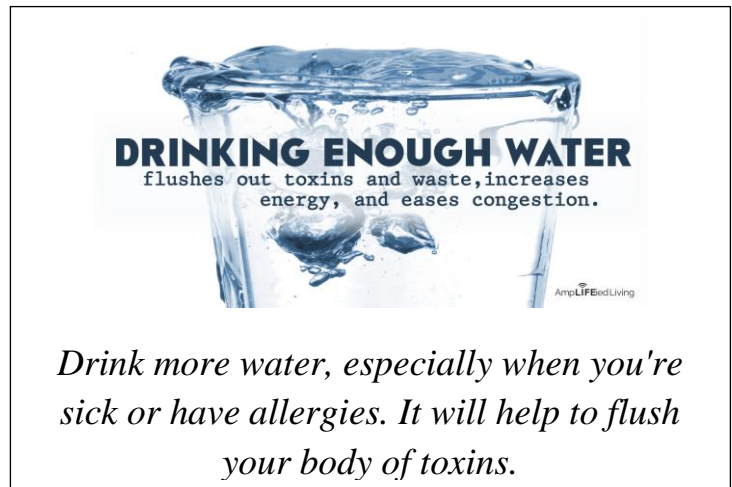
Chiropractic care helps my knees, back and neck functioning comfortably, and I feel better all over. –**Rachel Winans**

I first started seeing Dr. Loder and using Chiropractic many years ago. I’m not sure what happened but I felt fine in the morning but as the day went on I was moving slower and slower. By the end of the next day, I was barely able to walk and was in quite a bit of pain. The next day was excruciating for me. I made my appointment with Dr. Loder, not knowing if he would be the answer to my situation, he explained to me what was going on with me and started my adjustments. The results were amazing. I knew after that first visit I had found my solution to my problem. That’s when I began my healthy Chiropractic lifestyle. It’s kept me in motion and doing the things I enjoy doing!! I love life and live it!! - **Betty Palmquist**

I came to this office about two year ago. I’d had low back pain when sleeping for about 15 years. I wasn’t sure if Chiropractic would work, but I had nothing to lose. It took almost month, but I was finally getting a good night’s sleep. – **Courtney Thomas**



A high level of sugar intake is very unhealthy and contributes to obesity, Type 2 diabetes, heart disease due to elevated triglycerides, kidney stones, tooth decay, chronic tiredness, and reactive hypoglycemia.



Drink more water, especially when you're sick or have allergies. It will help to flush your body of toxins.

New Products from Made from Scratch Mama



Check out her blog! ☺

<http://www.madefromscratchmama.com/the-basics-of-essential-oils/>

How we help...

COLD, FLU & VIRUS SYMPTOMS

Cold vs. Flu, What's the Difference?

The common cold and the flu (influenza) often share many of the same symptoms, so it can be difficult to tell them apart. The flu is generally worse than the common cold, and those suffering from the flu will typically have symptoms such as fever, body aches, fatigue and dry cough. Symptoms for the common cold are usually runny nose, congestion and sneezing. Both conditions are common, contagious, short-term and typically self-treatable.

Treating Cold and Flu Symptoms

Many people turn to over-the-counter medications to mask the symptoms of the cold and flu, but often these medications come with other side effects and may or may not relieve the symptoms.

The Lymphatic System, the Central Nervous System and Chiropractic

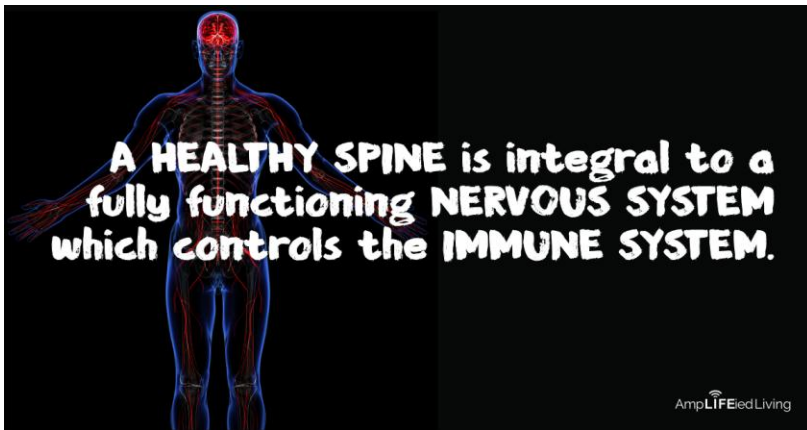
One of the critical systems of the body is the lymphatic system, which is a network of organs, lymph nodes, lymph ducts and lymph vessels that move lymph (clear/white fluid made of white blood cells and chyle) from tissues to the bloodstream. This system is a major and important part of the immune system; the lymph nodes of the body (people have between 501 and 700 lymph nodes) make immune cells to help fight infection. Lymph is transported throughout the body by the musculoskeletal system; to put it simply, it's transported through the motions and contractions of the muscles. We also know through a study published in Nature in June of 2015 that the central nervous system (the brain and the spinal cord) is connected to the lymphatic system.

These connections between the musculoskeletal system, central nervous system (the brain and the spinal cord) and lymphatic system help to explain how a chiropractic adjustment can improve the function of the immune system. The chiropractic adjustment removes subluxations in the spine, which occur when a vertebrae or vertebrae move out of position and can prevent proper communication within the central nervous system. Subluxations can also thwart movement in the musculoskeletal system.

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 members of the KSU Rugby team after their 3rd place finish at the Big 12 Championships in Norman, Oklahoma. Go Cats!





Boost your immune system and decrease allergies with regular chiropractic care.



Good News For Migraine Sufferers!

Do you know anyone who suffers from migraine headaches? Are they living a limited a life? A study done at the University of Southern Denmark in 2005 supports chiropractic care as an option for treatment of migraines. This study shows that 14 sessions of spinal manipulation over an 8-week period is likely to reduce the number of migraine attacks by about 40%. It's hard to live life with happiness and vitality when you're in pain. Share this information with anyone whose migraines are keeping them from living life without limits!



ALIGN ME

Stay Tuned
FOR something
AWESOME

Wednesday, March 15th – 6:30 PM

Eat Well – Free Class with Dr. Loder

*It costs
\$0.00
to be a
decent
person*

WWW.LIVELIFEHAPPY.COM