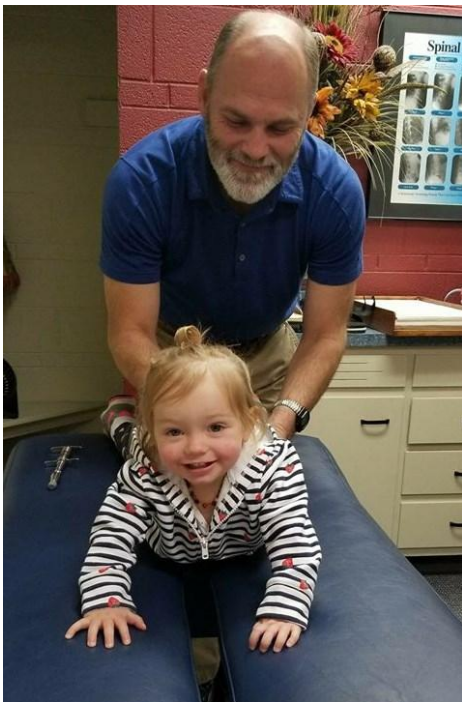


March Newsletter 2018



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.



That is one happy toddler! Rylan loves getting her weekly happy bones from her grandpa. **Did you know that one Chiropractic adjustment can boost your immune function up to 200%?** Are you battling the flu? Time for an adjustment!

Surprise: The 5 F's Chiropractic Can Help Manage!!

“You might think chiropractors are only able to help with backaches, stiff necks, slipped discs and whiplash injuries. If so, you’re not alone, but you’re missing out.”

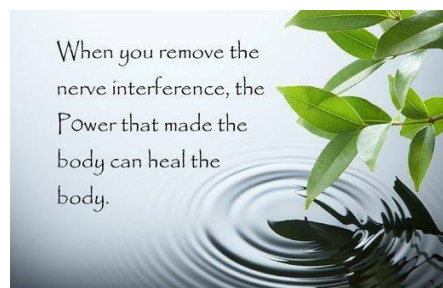
FATIGUE. Fatigue can lead to migraines and tension headaches. Research shows that spinal manipulation -- the primary form of care provided by chiropractic doctors -- is an effective way to treat tension headaches and headaches that begin in the neck.

FRAZZLED. Stress puts a strain on our nervous system. Chiropractors work primarily with the spine -- the root of the nervous system through which nerve impulses travel between the brain and the rest of the body -- and can help the body manage and process this stress in a healthier way.

FIBROMYALGIA AND FLEXIBILITY. Fibromyalgia and loss of Flexibility can affect our nerve function and range of motion. Chiropractic can specifically remove interference to the nerve system from subluxation while returning the spinal joints to as near to normal range of motion as is possible with a patient.

FUNCTION. There is a direct connection between subluxation and immune function. “Subluxation is the term for misalignments of the spine that cause compression and irritation of nerve pathways, affecting the body’s organs. Subluxations are an example of physical nerve stress that affects neuronal control. According to researchers, such stressful conditions lead to altered measures of immune function and an increased susceptibility to a variety of diseases.” Chiropractic uses specific techniques to locate and remove subluxations.

November 30, 2015, article on the U.S. News and World Report Website in the Health Section



When you remove the nerve interference, the Power that made the body can heal the body.



Who else is “MAD” about Chiropractic???

“He saved my life and has been giving me a **NEW** beginning ever since!!” -Janice Swenson

“Chiropractic not only makes you physically better, but also can improve your outlook on life. Thanks to Dr. Darrel I’m alive and well at 90!”

-Muriel Strange

“The care that I and my family has received has been nothing shy of amazing! Just in the short time we have started seeing Dr. Loder, the results are so noticeable. I feel better; have more energy and my children have benefitted as well.”

-Jessie Bullock

“There are no words to describe all that SVC has gotten us thru. The regular adjustments have made a huge difference in our overall health. Knowing the vast knowledge Dr. Loder has of the body and wellness is such an asset to us all! Thank You!”

-Rita and Robert Engle

“If you have back pain, stop in to Dr. Loder for a visit. His methods are not the same as other chiropractors!”

-Lonnie Heigle

Chiropractic Care – A Huge Help to Olympic Athletes

Most Decorated Olympian of All Time, World’s Fastest Man, Other Olympic Athletes Use Chiropractic Care to Improve Their Performances

For athletes, chiropractic care can help to reduce the risk of injuries, accelerate recovery time and improve health and performance through enhancements in range of motion, flexibility, balance, muscle strength and other key factors. Chiropractic & the Olympics: Did You Know?

- Doctors of chiropractic specializing in sports injuries and physical fitness are the ideal health care providers to help elite athletes reach their maximum physical potential. They are unparalleled in their ability to handle both injury and recovery treatment and help the athletes prepare for competition.
- Chiropractic care in the Olympics dates back to Leroy Perry, DC, who treated athletes representing Antigua during the 1976 Games in Montreal. U.S Track and Field star Dwight Stones broke barriers and thrust chiropractic care into the Olympic spotlight in an interview on national TV, where he spoke about the important work being done by Dr. Perry.
- Dr. George Goodheart, the founder of Applied Kinesiology who practiced in Detroit and Grosse Pointe, was the first official US Olympic team chiropractor, serving at the 1980 Winter Olympics in Lake Placid. Chiropractors have been included on the U.S. medical team in every Olympic and Pan-American Games ever since.
- The current Director of Sports Medicine for the USOC is a chiropractor, Dr. Bill Moreau. In this role, Dr. Moreau oversees the clinics at the U.S. Olympic Training Centers in Colorado Springs, Chula Vista, and Lake Placid.
- For the first time in the history of the Olympic Games, the 2010 Winter Games in Vancouver, Canada, included chiropractic care inside the Olympic Village Polyclinic, a multi-disciplinary facility offering comprehensive healthcare and medical services, marking the first time that DCs from the host country treated athletes and officials from around the world directly inside the Polyclinic. In 2012, there were 28 DCs in the Olympic polyclinic and 27 other DCs working with foreign countries and teams from around the world.



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.

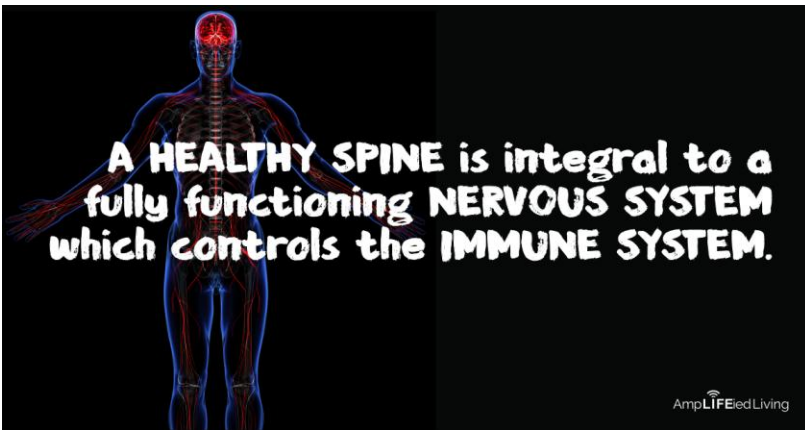
These connections between the musculoskeletal system, central nervous system (the brain and the spinal cord) and lymphatic system help to explain how a chiropractic adjustment can improve the function of the immune system. The chiropractic adjustment removes subluxations in the spine, which occur when 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.

“Not all chiropractors are the same!” – Larry Swenson



Some chiropractors manipulate to relieve pain...Dr. Loder performs specific, neurologically-based Chiropractic adjustments to improve health and function. Which sounds better to you?





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



Such a sweetheart on Valentine's day! According to Grandpa and Grandma, Marlie is such a happy, content baby. Marlie's mama took great care of herself with regular adjustments during her pregnancy and continues to take care of herself and Marlie! Marlie loves her "Happy Bones" from Dr. Loder and we love Marlie!

HOW DO I **KNOW** IF MY **Toddler** OR **Child** NEEDS **CHIROPRACTIC CARE?**

CHILDREN LEARN THROUGH TOUCH, TASTE, SIGHT, SMELL & HEARING. **ALL** OF THESE REQUIRE A PROPERLY FUNCTIONING **NERVOUS SYSTEM**

EARLY SIGNS A YOUNG **NERVOUS SYSTEM** IS OUT OF **BALANCE** INCLUDE:

- * CHRONIC EAR INFECTIONS
- * IRREGULAR/POOR SLEEP
- * BEDWETTING
- * COLIC
- * BOWEL MOVEMENTS LESS THAN 2 - 3 TIMES A DAY
- * HYPERACTIVITY
- * OVERSENSITIVITY
- * AGITATED OR FRETFUL
- * LACK OF APPETITE

CHIROPRACTIC ADJUSTMENTS for children

95% of infants have misalignments after birth

- chiropractic is shown to relax muscular tension, improve sleep, can reduce colic symptoms, and can improve breastfeeding outcomes in newborns.



"Chiropractic is not designed to make you instantly feel better, it is designed to make you instantly heal better."

GoChiroPractice.com



MYTH:

Once you go to a chiropractor, you have to keep coming back.

The truth is, many patients willingly choose maintenance care, just like they'd go to a dentist periodically. Like keeping your teeth cavity-free, spinal hygiene and chiropractic adjustments are a part of a healthy lifestyle.

ChiropracticImages.com

FALL IN LOVE WITH TAKING CARE OF YOURSELF. MIND-BODY-SPIRIT.