

May 2012 Healthy Family Newsletter Smoky Valley Chiropractic



Double Boat Pose
Dr. Emily & Rita Engle



Fence Pose
Mari & Rita



Yoga on the Lawn
with Kelli Dossett



Double Locust Pose
Dr. Loder & Kelli
Streeeeeetch~!

Lizard on a Rock
Kelli & Mari



**CHIRO TOUCH
IS COMING**

You will notice some great changes in the next few months at Smoky Valley Chiropractic. We are updating all of our software to meet the electronic health records requirement put out by the federal government.

We are looking forward to email and text reminders for patients, patient sign in on the lap tops, and less paperwork for our patients. We will no longer be sending out statements in the mail, as patients will have the opportunity to do all of their payments electronically and at the time of service.

Please be patient with us as we make this transition – it's going to be great!

**Vaccines:
What To Know
Before You Go**



Come learn the pros and cons of vaccination from Dr. Emily.

When: Sunday, May 6th @
2:00pm

Where: Smoky Valley
Chiropractic

Cost: \$10 per person

Space is limited to 20 people –
R.S.V.P. with Michelle today @
785-227-4455!


Midsummer's Festival
LINDSBORG, KANSAS
Little Sweden USA

Be sure to sign up for the 5K Run and 2 mile walk sponsored by Smoky Valley Chiropractic on Saturday, June 16th. Race forms are available on our Facebook page, and on the announcement board in the entryway.

School's Out!

Summer is just around the corner. We know that many of you will have schedule changes with kids' activities. Our office schedule remains the same. We are here early if you want to beat the heat; or here late if you want to come after work! Dr. Emily is also here on Saturdays and early Thursday afternoons.

Office Hours

Monday, Wednesday and Friday 7:45 - 6:00
Tuesday 2:00 - 6:00
Thursday 1:00-5:30
Saturday 9:00-12:00



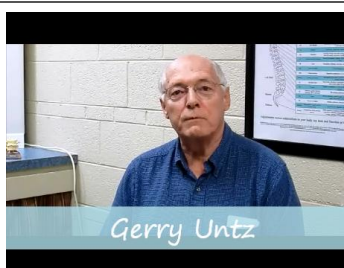
We will be closed on Monday, May 28th in observance of Memorial Day.

Even Super Heroes Rely on Chiropractic!



Captain America and The Hulk (Zeke & Gabe Baker) stopped in for their weekly adjustment with Dr. Loder. Fighting crime is hard on your body, but they stay on top of it all with chiropractic care!!

Happy Mother's Day to all of our wonderful, beautiful Mothers!



Hey Hollywood!!
Have you seen our "Facebook Stars" for April? Be sure to log on to our Facebook page and see what each of our stars has to say about the amazing benefits of chiropractic in their lives!

Success Principles to Live By...

- Don't criticize, condemn or complain.
- Show real, honest appreciation.
- Think good thoughts about yourself and others.
- Give before you get.
- Smile often.
- Remember names.
- Be an effective communicator by listening.
- Look for good things to happen to you. Focus on the positive.

Members of the 2012 Innate Lifestyle class enjoyed some juicing at the last Eat Well session. Mark your calendars to join us on May 9th for Move Well #2 at 6:30 PM.




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



You can also “blog” with Dr. Emily. Look for the link at www.drلودر.com

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

“My son Mathew is 11 years old, and has had many health problems since birth. We have dealt with skin issues and eczema, allergies, asthma, and behavior issues to name a few. Since coming to see Dr. Darrel, he is now off all medications and is doing SO MUCH BETTER! I only wish we would have brought him in sooner, we would have saved ourselves so much money, headaches, and would have saved Mathew a lot of unnecessary pain. At one point, he was taking up to 9 medications and had 3 shots every month. Now, we have a COMPLETELY different kid. We cannot thank Dr. Darrel enough!”

– Tammy Surface

“Since I started coming to SVC on 4-25-11, I have noticed less neck pain and fewer headaches. I have been able to reduce my medication and feel that I can enjoy daily activities without pain.”

- Amy Fitzgerald

“I recently had a very sore knee and could barely walk on it, much less keep up with my running routine. After just **2 visits** to Dr. Loder, I was able to run normally again, and was back to my normal running routine.”

- Lindsay Modin

“I’m feeling comfortable and moving more freely. I’m more active and the ringing in my ears is much better!”

- Karen Wolf

“When asked this question – ‘How would you explain chiropractic to others?’ – the answer was simple, honest and direct: ‘IT WORKS!’”

- Elizabeth Rawson

The Answer...YOU’D BETTER BELIEVE IT!!

**Torque ???
 Things you may
 have been
 thinking about...**

“You seem to be doing a lot to my feet?”

TRT uses the legs to help determine where in the spine the nervous system is being irritated. Based on patterns of contraction in one leg compared to the other, and by applying pressure to strategic points on the spinal column we can locate exactly where your spine needs to be adjusted. The pattern and degree of tension in your central nervous system is “mirrored” by patterns of muscle tension and imbalance in your hips and legs. (Similar to a Doctor measuring your blood pressure in your arm to tell what is happening in your heart.)

HAVE YOU MADE YOUR SATURDAY APPOINTMENT??

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 drلودر@sbcglobal.net.



Blogging with Dr. Emily...

Chiropractic Helps With... Your Looks!

We're all on the lookout for that latest, greatest thing in looking fabulous. Heck, there are several industries built around looking good. But what if the secret to being beautiful was quite old?

The secret to natural beauty is... drum roll, please... a healthy diet, exercise, positive thinking, and of course – a properly functioning nervous system. Chiropractors have been touting these “beauty secrets” since 1897!

There's lots of press these days about “eating healthy”, but what does that really mean? It means eating copious amounts of fresh fruits, vegetables, nuts/seeds, eggs, and lean meats. These are the foods we are genetically programmed to digest and use. Humans are not genetically designed to eat grains, dairy, or heavily processed foods. These can cause a cascade of hormonal changes in the body that negatively affect health AND beauty. Has anyone ever told you to put down a carrot because it was going to cause acne? Probably not.

We all know that exercising boosts your metabolism, burns calories, and releases those “feel good” hormones we all love. So why aren't we doing it more? You don't need an expensive gym membership to feel good. Walk on your lunch break, do the stairs at work, or get an exercise video. All in all – just get moving!

People often neglect the role positive thinking plays in being beautiful. Being beautiful on the inside can affect your appearance on the outside. Being full of positive energy can actually make you “shine” from the inside. Try having a glass-half-full day and see if those around you don't take notice.

And last, and most importantly – you must have a nervous system working at 100% to achieve the best results in your quest for true beauty. If your nervous system isn't working properly, then it may prevent you from taking in the nutrients from your food, working out to the best of your ability, and keeping a positive attitude. Smoky Valley Chiropractic focuses on ALL of these principles – so come see us to get your Beauty On!



Positive Side Effects – Chiropractic & Kids

Having a family is one of life's greatest blessings. It is also a huge responsibility. I read a birthday card from a mother to a daughter that said, “19 years ago today was the first day of the toughest job of my entire life....but it is also the best job I have ever had! Happy birthday to my amazing, beautiful, talented, wonderful daughter.” Many of us can relate to that statement!

We all want only the best for our children. We want them to be healthy, successful, confident, smart, etc. Part of that successful combination should include chiropractic care. I've always said that “chiropractic kids have an unfair advantage.” Removing subluxations and allowing their body to experience optimal health gives them a head start on every aspect of life!