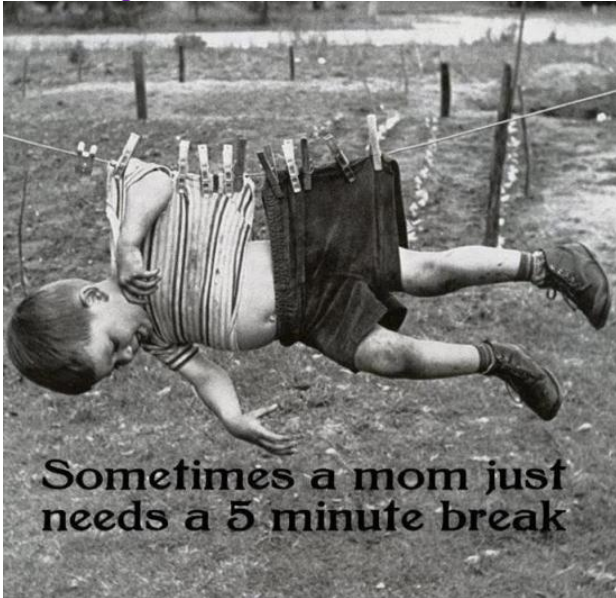


Family Wellness Month



*Maybe Mom needs a break...
Or maybe an adjustment!*

Refer a friend or family member during the month of May and they will receive a complete “chiropractic evaluation” (an exam, all necessary x-rays, computerized nerve & foot scans, posture screen, and a chiropractic report) ON US!

Insurance will be submitted through those companies for which we are a provider in order to establish necessity of care, but no fees will be assessed for the above-mentioned services to the patient or the insurance carrier. Chiropractic adjustments are not subject to the discount. (Due to Federal Regulations, Medicare and Medicaid insured are not eligible for this promotion.)

May 2015 Healthy Family Newsletter Smoky Valley Chiropractic

School & Sports Physicals

It's not too early to schedule school and sports physicals! Get your child's physical now for summer sports, summer camps, and the fall season.

Dr. Loder offers same day appointments.

All physicals are \$35 and must be paid in full at the time of your appointment. **A posture screen and scoliosis screening are included.** Dr. Loder would prefer to have a parent attend the appointment with their student. Call now to reserve your appointment time!



GET ON THE WALL! ☺



Is your family under chiropractic care? We'd love to have your family “get on the wall!” Ask any staff member for details.

“Our entire family benefits from the great care we receive from Dr. Loder. He is our “go to” when the kids have injuries, and we see him for whole body wellness weekly. Personally, as a busy mom of four, I need to stay healthy so I can keep up and feel great for my kiddos. My children would say I am much happier when I am adjusted weekly too!” – Gretchen Elliott

Local Charity and Donation of the Month - Children's Center



Dr. Loder is offering proceeds from his new patient exams to local charities and organizations. The April recipient is the YMCA Children's Center.

Dr. Loder is pictured Mandi Franklin, director. The Marquette Fine Arts Center will be the charity of the month in May. Would your organization or club like to be considered for a donation? Contact Mari at drloder@sbcglobal.net

Yoga with the Doc!



Move Well with SVC kicked off last week. Make sure to mark your calendars **every Monday, Wednesday and Friday from 12:15-12:45** and exercise with us over the noon hour. Meet us at the office, and we'll have a plan - Rain or Shine!



Move Well with SVC

Growing Healthy Kids

Have you ever noticed how many children we see in our office? There are times when the office seems like a pediatrician's office. More children than ever were brought in by their parents, not for back pain but because their parents wanted their children to be as healthy as they could be now, and for the rest of their lives.

Since patterns of nervous system stress tend to run in families, the parents of many of the children you see in our office are looking to grow their children to be as healthy as possible rather than have them grow up with the kind of health problems that they, or for that matter, their parents, had. And, so while we have a fabulous success record in helping adults overcome their health problems, we see children to help them grow up healthy!

Doesn't it make much more sense to grow healthy children than repair damaged adults? We can help you grow your kids healthy!





Midsummer's Festival

LINDSBORG, KANSAS

Little Sweden USA

Smoky Valley Chiropractic will be sponsoring the Midsummer's 5K run and 2 mile walk once again. Registration forms are available at the office, or online at midsummersfestival.com. Join us for some morning exercise on **Saturday, June 20th!**

(You can start training with us every Monday, Wednesday and Friday!)



Smoky Valley Chiropractic received the "Appreciation Award" from the Bethany Swedes Wrestling team. Dr. Loder is shown with Swedes Head Coach, Cody Garcia, accepting the award. Dr.

Loder and his staff have enjoyed taking care of these athletes during wrestling season, helping them return to the mat after injury, and enhancing their athletic performance. We are happy to support Bethany Swedes Wrestling!

"I have experienced better sleep, more energy, less stress and better focus."

Matt Atwood, Bethany wrestler

9 times out of 10 children get their awesomeness from their mother



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Happy Mother's Day – we hope it's filled with "awesomeness!" 😊

Chiropractic Can Help Prevent Some Common Childhood Conditions

A study of 650 children revealed that vertebral subluxations are associated with a variety of children's health complaints. **The study looked at the relationship between these subluxations and scoliosis, spinal degeneration, as well as a large number of common childhood conditions including "growing pains," bedwetting, colic, etc.**

Vertebral subluxations can occur early in life, even during the birthing process. According to the researchers, the body adapts to the subluxations and the abnormal functions become the norm leading to spinal distortions, spinal degeneration, and a generalized state of unwellness seen in children. **They feel that subluxations are the seeds of future disease processes and should be corrected as soon as possible.**

Do you know any children whose nervous systems should be checked before the damage progresses too far?

Scoliosis?

Family Wellness Month

This month we're focusing on families. Have you heard the saying, "If Mom's not happy, nobody's happy?" Studies show that chiropractic care can help keep Mom happy:

- By boosting her **immune system** with an overall increase in strength of immune function from 200-400%.
- Women with **PMS** receiving chiropractic care showed improvement in ten categories of symptoms.
- By easing symptoms of **depression and anxiety**.
- She can keep up with the kids (or grandkids) with a 14.9% improvement in **reaction time**.
- By keeping her organs healthy. An international analysis showed **improved breathing** (27%), **digestion** (26%), and **circulation** (21%).
- By keeping the kids healthy!

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted."
Denis Waitley

You Can Have it Your Way!



Well...we are NOT
Burger King!

But, YES YOU CAN!

Do you like manual adjusting?

*The Integrator Torque
instrument?*

Or the new IMPAC instrument?

**You can have it your way –
just ask! 😊**

BENEFITS OF COCONUT OIL

Contributes to weight loss

Regulates blood sugar

Raises metabolic rate

Acts as an anti-inflammatory
in the digestive tract

Contains antimicrobial properties

Serves as a great all-body moisturizer

Prevents Liver spots and blemishes

Restores damaged or diseased skin



Coconut Oil is our product of the month for May. Enjoy 10% off of your purchase of this item throughout the entire month!

This is the perfect time to get your family checked. Don't miss out on May Family Wellness and the complimentary chiropractic evaluation offered by Dr. Loder.

Health = EVERYTHING!

IF YOU
MET MY
MOM
YOU WOULD
UNDERSTAND



“My family and I have used Dr. Loder for many years and would never consider going anywhere else. He has been there for my family so many times and genuinely cares about our well-being. Dr. Loder is so willing to share his knowledge and empowers us to take control of our health. It is very rare when we have to see our medical dr. but when we do, she always asks what Dr. Loder has done or suggested and going back for more adjustments is always her recommendation. We are very thankful for the care that we receive from Smoky Valley Chiropractic!”

-Jake, Debbie, Dylan, & Denton Jacobson

90 Day Lifestyle Program Kick-Off

Tuesday, June 2nd – 6:30 PM

Free Class – Open to Everyone

**Come and learn more about the
90 Day Lifestyle Program**

The Wellness and Prevention Solutions 90 Day Lifestyle Plan teaches you what the required nutritional, exercise, thought and attitude ingredients are and what lifestyle choices are required to supply them.

**Plan to attend.
Bring a friend.
Change your life...
and theirs!**

Kids “GET IT”...Just Ask Britton!

Hi Mari,

I wanted to share a good story with you and Darrel. Yesterday, Britton and I were talking about kids who were absent from school due to illness. He said, “Why don’t I ever get sick and miss school?” Ha! I said, “Great question! Because we eat lots of healthy foods, take lots of vitamins and supplements, exercise our bodies and get our spines adjusted weekly by Dr. Loder. All those things help keep us healthy!”

The proof is in the pudding!! What an awesome teachable moment, thanks to all your education on wellness and healthy living!!!

Sarah

Can your chiropractor
adjust your personality?



your  cards
someecards.com

“What a positive place to come. They are working to improve my well-being. From the first time I came through the doors, I have felt the energy and feeling that I was going to get help, and that they care!”

-Janice Swenson

Ear Infections?? Tubes?? Chiropractic for Kids??



A 9 ½ year-old girl presented to a chiropractic clinic with her mother for consultation and possible care for chronic ear infections, neck pain and headaches. According to her mother, the patient was diagnosed with chronic otitis media and recently scheduled for a tympanostomy tube.

Otitis media (OM) is broadly defined as inflammation of the middle ear without reference to cause. OM is currently the most common reason for children under the age of 15 to visit a medical physician. Medical treatment for OM demands nearly half of all pediatric prescriptions and is the reason for \$2.5 - 5.3 billion in annual expenditures.

This patient was cared for with chiropractic adjustments in the cervical and lumbar area, 3 times a week for 3 weeks.

Over the course of care, the patient no longer experienced episodes of headache and neck pain with her otolaryngologist reporting a 95% improvement in the previously diagnosed hearing loss. Accordingly, the myringotomy tube procedure was canceled.

Numerous studies have identified positive outcomes in otitis media with chiropractic care based on the detection and removal of spinal subluxations. This case report provides supporting evidence in this paradigm of care.

Otitis Media, Improvement in Hearing & Avoidance of Myringotomy Tubes Following Chiropractic Care in a Child: A Case Report & Selective Review of the Literature. J. Pediatric, Maternal & Family Health - July 17, 2014.



"Many people bring their newborn babies to get their spines checked for misalignment due to the stress and trauma of the birth process. Often very gentle adjustments can correct subluxations from birth and help a baby's healthy growth."

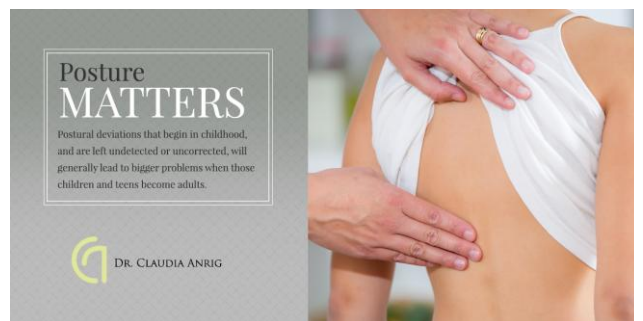
DISCOVER WELLNESS



Work Out with the Doc!
Wednesday, May 13
12:15-12:45

Meet at the Bethany College football field.

Dr. Loder will have some ideas for a great work out and how to tailor it to your ability level. Don't miss it! 😊



Dr. Loder enjoyed being part of career day at Smoky Valley High School on April 22 and teaching students about Chiropractic, and living a long, active, healthy life.

Need a speaker? Dr. Loder loves to share! 😊 Ask us about speaking engagements.