

## 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 2017

## Healthy Family Newsletter

### Smoky Valley Chiropractic

## 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*

*"My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute my success in life to the moral, intellectual and physical education I received from her."*

*— George Washington*

**My alone  
time is for  
everyone's  
safety.**





Dr. Loder enjoyed speaking at Career Day at SVHS. He discussed chiropractic, health care, college, AND LIVING YOUR LIFE WITH PURPOSE with SVHS students.

Need a speaker? Let us know! ☺

### **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 family has benefitted from chiropractic care for over 40 years. When we moved to Lindsborg, we were very thankful to find such a knowledgeable and skilled chiropractor as Dr. Loder. We also appreciate the caring and friendly staff at Smoky Valley Chiropractic!"

– Gerry & Sue Untz



Ask the Doctor is coming!

Do you ever think of a question for Dr. Loder after you've been in to get adjusted? We are going to get some info out of him! Look for ways to ask those questions – coming soon!



The Kansas State Rugby Team is pictured here after winning the Heart of America College Conference 7's Tournament in Lawrence on 4-22-17. The win qualifies the K-State team for the USA Rugby Collegiate 7's National Championship Tournament scheduled May 19-21 in Glendale, Colorado. This tournament features the top 16 college teams in the country. In route to the Heart of America Championship, K-State recorded wins over the University of Washington St. Louis, the University of Nebraska, Iowa State, the University of Kansas, and the University of Missouri in the final. Included in the picture are Lindsborg Chiropractor, Dr. Darrel Loder, who serves as team doctor and assistant coach for the team, and Smoky Valley graduates Ethan Loder and Weston Loder.

**It is easier to build  
strong children  
than to repair  
broken men.**

*Frederick Douglass*



Don't leave anyone at home – getting adjusted should be a family affair! Ask any of our staff for details about May Family Wellness ☺



We are so proud of our 2017 High School, College and Vo-Tech graduates! Here is a little inspiration from Jon Gordon...

“I want to encourage you to not let failure, obstacles or fear keep you from pursuing your dream and living your purpose. If you are a graduate or someone pursuing a dream remember: “

1. Where you are now is not where you are going to be.
2. You don't have to be perfect to start. Just start.
3. Don't be afraid to fail.
4. Sometimes you have to lose a goal to find your destiny.
5. You are here for a reason. You have a purpose and you are meant to live and share it.
6. You don't have to be great. You just have to have a great desire to be your best and bring out the best in others.
7. Ignore the critics. Just show up each day and do the work.
8. Stay Positive. God has a plan!
9. If you believe your best days are ahead of you, they are. The best is yet to come.



Our office will be closed for Memorial Day on May 29<sup>th</sup>.





### Baked Coconut Chicken

#### Ingredients

- 1/4 cup melted butter (from grass fed cows)  
or substitute coconut oil
- 2 lbs of chicken
- 1/2 cup of flaky coconut
- 1/4 cup almond powder

#### Instructions

Coat the chicken with some butter and roll in a mixture of the coconut and almond. Drizzle over the rest of the butter. Bake at 350F for about 1 hour. Serve with your favorite raw or steamed veggies.

"Those who think they have NO time for exercise will sooner or later have to find time for ILLNESS."

~Edward Stanley



**WHAT ARE YOU WAITING FOR?**



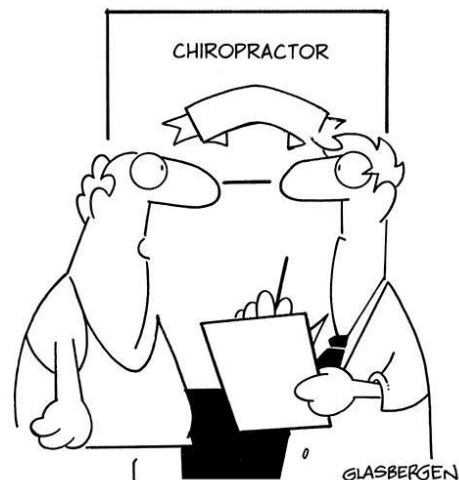
"I have severe neck problems, and Dr. Loder's treatments have helped reduce my neck pain and avoid surgery." - Harvey Daniels



I don't think Dr. Loder has QUIT SMILING since this win ☺ Ethan and Weston love having their dad coach their team, and he loves coaching. (I think he is shrinking, though...what do you think?) ☺

**Dr. Loder will be out of the office on Friday, May 19<sup>th</sup> to coach KSU at Nationals.**

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"My wife made the appointment for me. I'm here for an attitude adjustment."