



# November 2015 SVC News



## Winter Coat Drive

Help make someone's winter a little warmer!  
Please donate a new or gently used winter coat  
anytime **November 2<sup>nd</sup>-13<sup>th</sup>**. Coats, scarves, and  
hats for men, women and children are all  
welcome. The winter wear will be distributed  
locally to children and adults in need.

## **Experience Bountiful Health with regular chiropractic care!**

**This coupon may be redeemed for \$5  
off of your next chiropractic service.**

*(Limit one coupon per family please.)*

*Expiration – 11-30-15*



Every **GREAT** athlete needs a **GREAT**  
chiropractor...the Royals have had some  
help with that...FYI... ☺

## Chiropractor to the Royals

What an exciting time to be a Royals fan! And no  
one is prouder of the team's success than KCA  
member Dr. Patrick Hammond, who has been the  
Chiropractic consultant for the Kansas City  
Royals since 2002.

“It's such an awesome time for the Royals,” said  
Dr. Hammond. “**And Chiropractic care truly  
makes a difference in the performance of these  
athletes. Our trainer is a firm believer in  
Chiropractic and what it can do for the players  
to perform and stay healthy.**”



# Food Drive Face-Off!!!

Are you a **Wildcat** or a **Jayhawk** fan?

To get ready for the KU-KSU football game, we will be having a rivalry of our own in November.

Donate dry or canned goods to show your support for your favorite team in our “Kansas Showdown.”

**We will be gathering canned and dry good from Nov. 16<sup>th</sup> to Nov 25<sup>th</sup>.** We will deliver to McPherson County Food Bank November 26<sup>th</sup>.

The team that collects the most goods will be deemed the winner!! By working together we can **TACKLE** hunger!!



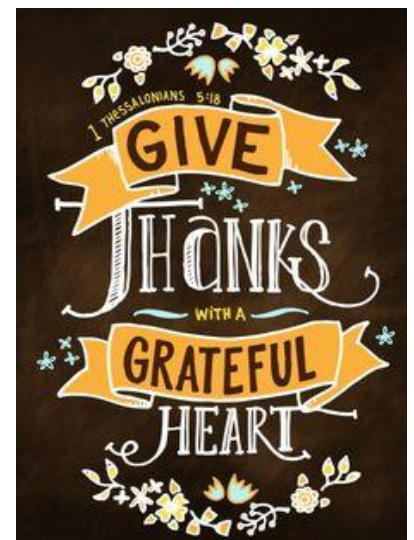
## Strategies to Prevent and Treat the Flu...

- Supplement with adequate levels of Vitamin D3.
- Wash your hands frequently.
- Drink plenty of fluids, especially water.
- Exercise regularly.
- Eat a healthy diet.
- Get adequate sleep.
- Lower stress.
- Get adjusted and keep your immune system functioning at optimum levels!**

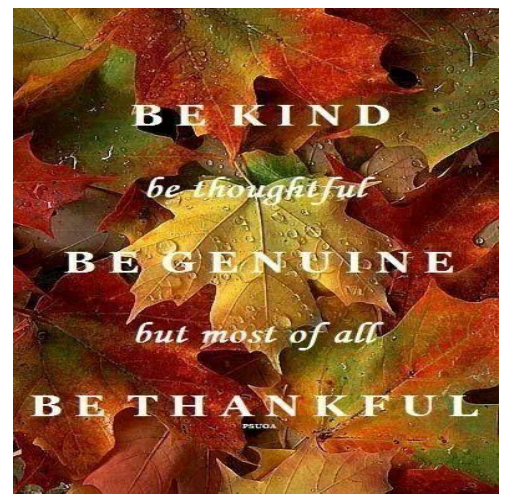
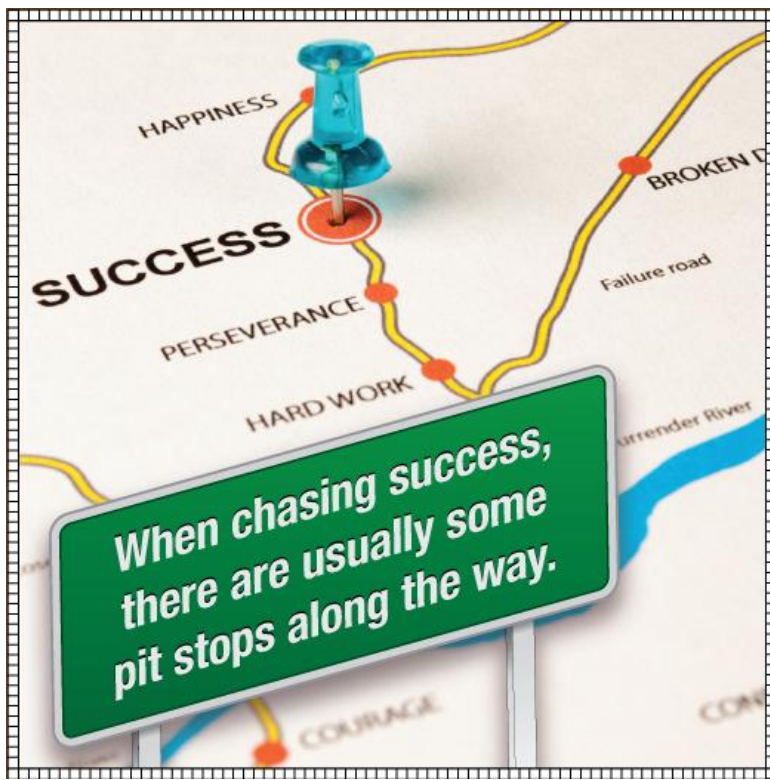


*Did you know that just ONE CHIROPRACTIC ADJUSTMENT can boost your immune system function by 200-400%? **WOW!** Skip the Nyquil...get in here!*

**Our office will be closed on November 26 & 27 for the Thanksgiving holiday. We hope you enjoy a blessed Thanksgiving with your family!**







## “Fall Back into Health”



What do subluxations and the end of Daylight Savings Time have in common? Both leave you with less light! When you break the word down into its roots, SUB-LUX-ATION you get “SUB” – which means less than normal, “LUX” – which is a Latin root for light and “ATION” – is a state of being. So figuratively, the definition of subluxation is a state or condition of less LIGHT or power.

Subluxations occur when spinal bones misalign and restrict the normal flow of “light” through the spinal cord and nerves. The effect... your body gets less of the Life energy it needs from the nerve system to maintain health and vitality. When Chiropractors locate and correct subluxations, they unblock the light so it flows freely through your nerve system, illuminating every cell, tissue and organ in your body.

If sub-lux-ations produce darkness in your health, Chiropractic adjustments bring EN-LIGHTEN-MENT. So don’t let the upcoming shorter, darker days get you down. Fall back into a healthy routine with Chiropractic. Life is bright when you’re subluxation free.

## Sunshine Vitamin...

Getting geared up for winter? Don’t forget your supplements and Vitamin D, “the sunshine supplement.” Supplements are an **ABSOLUTE NECESSITY**. Your body simply can’t get all of the nutrients it needs each and every day without them. Ask Dr. Loder for suggestions.



Dr. Loder’s Donation of the Month for October is the SVHS Drama Dept. “Sherlock Holmes” is the fall production this year – don’t miss it! You can show your support by attending one of their performances on November 12, 13 or 14.



## 2015 MOVE WELL MARATHON

Since 2010, Dr. Loder, has sponsored the Move Well Marathon for USD 400 schools. Students at Soderstrom Elementary had the opportunity to walk/jog a marathon (26.2 miles) during the months of September and October.

Students exercise daily during the course of the program.

Teachers and staff in all buildings also participated and exercised before school with their students.

The purpose of the program is to help students develop lifelong healthy habits, and to learn that exercise is a required daily nutrient.

Benefits for students, parents and teachers include improved health, more positive energy in the classroom, improved focus and learning, better school attendance and improved self-esteem and confidence.

Thank you to Traci Baker, building coordinator for Soderstrom!! Congratulations to the students, staff, and parents of USD 400 for making exercise a priority!



Monday, Wednesday & Friday

7:30 AM – 12:00 PM

and

2:00 PM – 6:00 PM

Tuesday

12:00 PM – 4:00 PM

It's a Bird... It's a  
Plane... It's My  
Chiropractor!



We're having fun around here...as usual 😊 Happy Halloween from your "Super" chiropractor and his "Super" girls!

