

Smoky Valley Chiropractic Healthy Family Newsletter November 2013



Winter Coat Drive

Help make someone's winter a little warmer!
Please donate a new or gently used winter coat anytime November 1st through the 22nd. 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.



Congratulations to Dr. Emily, Steven and Laramie on the newest addition to the DeRocco family!
Liam DeRocco has arrived!
He is pictured here getting his first chiropractic adjustment. He's off to a great start!



Thanks, Everyone!

Your donations to the KSU Terry C. Johnson Center for Basic Cancer Research **MAKE A DIFFERENCE!** Our total collected was **\$274.00** *We didn't quite make our goal of \$1000, so..... Dr. Loder will be keeping the beard for hunting season this year. We're up for the challenge again in 2014!*

Learning Opportunities...

Wednesday, November 13th, 6 PM
Move Well Class

Wednesday, November 20th – 12:15 PM
Lunch & Learn with Dr. Loder

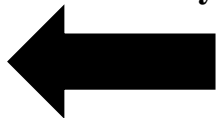
Wednesday, November 27th, 6 PM
Move Well Class

Knowledge is Empowering!
Mark your calendars ☺

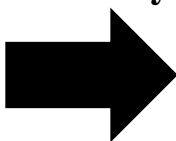
*"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul."
Rabbi Harold Kushner*



**Marquette
Elementary**



**Soderstrom
Elementary**



2013 MOVE WELL MARATHON

For the 4th year in a row, USD 400 and Dr. Darrel Loder of Smoky Valley Chiropractic sponsored the Move Well Marathon. Students at Marquette Elementary, Soderstrom Elementary, and Smoky Valley Middle School 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.

Congratulations to the students, staff, and parents of USD 400 for making exercise a priority!

Strategies to Prevent and Treat the Flu...

- 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 28 & 29 for the Thanksgiving holiday. We hope you enjoy a blessed Thanksgiving with your family!



Community Service 101
Interested in having Dr. Loder or Dr. Emily come and share information with your group? Let us know and we'll help you get the presentation scheduled.



**As They
Say...The
Proof is in the
Pudding...**

Chiropractic for the Flu?

The 1918 influenza pandemic has been labeled in history as one of the most devastating outbreaks in the history of the world with deaths estimated at between 20 and 40 million people. Over 675,000 American citizens lost their lives due to this epidemic. Why are we talking about this?

In Davenport, Iowa in 1918:

50 medical doctors treated 4,953 cases, with 274 deaths.

150 chiropractors cared for 1,635 cases with 1 death.

In the same state, Iowa:

Medical doctors treated 93,590 patients, with 6,116 deaths – **a loss of 1 patient out of every 15.**

Chiropractors cared for 4,735 patients with 6 deaths – **a loss of 1 patient out of every 789.**

1918 National figures show :

1,142 chiropractors treated 46,394 patients with a loss of 54 patients – 1 out of every 859.

From the state of Oklahoma: In addition to chiropractors treating 3,490 cases of influenza with only 7 deaths, **chiropractors were called in to treat 233 cases where medical doctors had treated the patients and pronounced them as “lost” or beyond hope ... Chiropractors took care of all 233 with only 25 deaths.**

In the same epidemic, New York health authorities showed that under chiropractic care, 25 patients died of influenza out of every 10,000 cases; and 100 patients died of pneumonia out of every 10,000 cases.



Honey is now available at
the office for purchase –
yippee!

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 or Dr. Emily for suggestions.





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

Do you feel like a super hero?

Or are you in need of a sidekick? Hmmm...

We can help you soar to new heights and live the life of a super healthy super hero!

- You must attain and maintain a healthy spine and nervous system.
- You must eat well.
- You must move well.
- You must think well.

It is impossible to live a long, active, healthy life without addressing these four principles.

Why is chiropractic and your nervous system important?

To answer that question, we must first look at three irrefutable scientific facts:

- The body is self-healing and self-regulating.
 - *(Self-healing) if you cut your finger, your body (not a Band-aid) heals it; (self-regulating) if you're hot, you sweat.*
- The nervous system is the master controlling system of the body.
 - *It controls every system, cell, tissue, organ, gland and blood vessel in the body.*
- We live our life through our nervous system.

If you interfere with the function of the nervous system, you'll interfere with the body's ability to self-heal and self-regulate. Structural problems in the spine (subluxations/poor posture) will interfere with the proper function of the nervous system. Chiropractic addresses the structural problems by adjusting subluxations and improving posture thus improving neurological function and the body's ability to heal and regulate itself.

Think Like a Golfer

(Great share from a friend!)

I found one of the keys to life on a golf course. Golf course, you might wonder? How could a game that makes grown men cry like babies and throw their clubs like toddlers hold the key to anything but frustration and pain?

It's simple really. The amazing thing about golf is that at the end of the day golfers don't remember the multitude of horrible shots they made. All they remember is their one great shot and this memory inspires them to come back again and again in an attempt to make another great shot. It's no wonder that golf is so addicting.

I couldn't help but compare this thought process to how many of us approach work and life. Instead of focusing on the one good thing that happened to us each day, we often think about the 100 things that went wrong. Instead of thinking about our successes, we replay our failures over and over again in our mind. No wonder so many of us retreat from life and work instead of getting addicted to it.

The key is to think like a golfer and remember the one great conversation, the one energizing meeting, the one act of kindness, the one meaningful accomplishment or the one special moment that made you smile, laugh and cheer.

No matter how difficult our days are, there's always a positive moment we can choose to focus on. The key is to remember them, focus on them and get addicted to them. Let them inspire you to wake up and take on each day just as you would a golf course. You'll go through life learning from your mistakes but remembering and focusing on your successes.

Sure, there will be days that make you want to give up but the memory of your successes and positive experiences will motivate you to come back again and again. You'll forget the 100 things that went wrong and you'll remember the one thing that went right. You'll get addicted to the moments that make life the greatest game in the universe and you'll intoxicate yourself with positive energy, happiness, joy and success!