

Smoky Valley Chiropractic Healthy Family Newsletter November 2014



Winter Coat Drive

Help make someone's winter a little warmer!

Please donate a new or gently used winter coat anytime

November 3rd -14th.

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.

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 recent three game sweep of the division series 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.**"



Purple (and Pink) Pride!

Thanks, Everyone!

Your donations to the KSU Terry C. Johnson Center for Basic Cancer Research MAKE A DIFFERENCE! Our total collected was

\$1323.52!



"I tend to gain weight around the holidays; Thanksgiving, Christmas, National Mitten Day, Elvis Week, Millard Fillmore's birthday..."

Food Drive Face-Off!!!

Please consider donating dry or canned goods for your team! We will be gathering canned and dry goods from Nov. 17th to Nov 26st. We will deliver to McPherson County Food Bank November 26th.

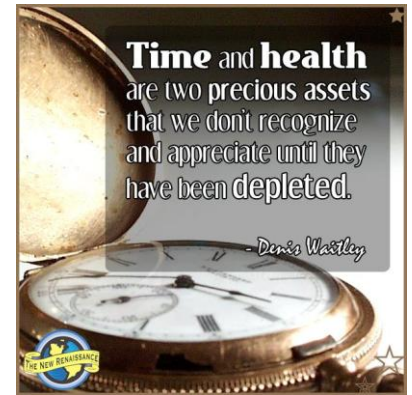
The team that collects the most goods will be deemed the winner!! By working together we can TACKLE hunger!!



November Classes

Wednesday, Nov. 12th at 6 PM.

Join us for Move Well class with Dr. Loder.



AND

Lunch & Learn

Wednesday, November 19th
12:15

FREE – bring a friend!
Smoothies served ☺

Topic – The Best Way to Avoid the Flu

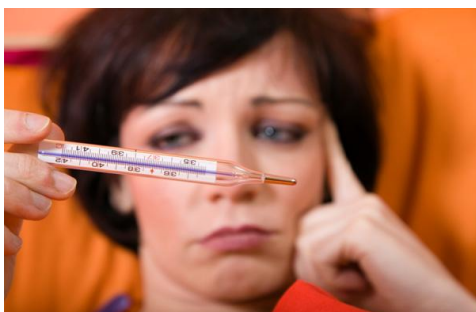
-Come for a 'dose' of information

-How to boost your immunity naturally

-What about Vitamin D?

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 27 & 28 for the Thanksgiving holiday. We hope you enjoy a blessed Thanksgiving with your family!



Meet Amanda! ☺

Greetings! My name is Amanda Chambers Luttig. I am a native of Lindsborg and in June of 2014 I was blessed by becoming a family member of Smoky Valley Chiropractic. I graduated from Smoky Valley and Bethany College. I played Tennis for four years at Bethany College. I love following my children's activities and crafting. I have an amazing partner in life, Steve Acheson. He has his own Home Improvement business. My amazing folks are Mike and Becky Chambers. I also have an amazing brother, Michael Chambers. I have three amazing children: Taylor (21), who is a Senior at Kansas State University, majoring in Computer Engineering, Trevor (19), a Sophomore at Bethany College, majoring in Business and wrestles for Bethany Swedes Wrestling and Tanner (12) who attends Smoky Valley Middle School and loves wrestling, football, and baseball.

While I am no stranger to Chiropractic and Dr. Loder, I am so fortunate to learn daily from Dr. Loder. My son, at age 6 was introduced to wrestling by Dr. Loder. Dr Loder has been influential in my family's life for years, but it was until I was introduced to his Eat Well, Move Well, Think Well class and began my chiropractic care did I truly understand his passion for health and wellness.

I wake up every day feeling blessed that I get to come to work and help others connect Chiropractic to a longer, healthier, more active life. I have met so many amazing people in the short time I have been here and look forward to meeting many more for years to come!!



**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 – 11-30-14



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.



"Thank you to everyone for the cards, prayers, and calls after my rugby injury. I promise, I am retiring this time!"

-Dr. Loder



2014 MOVE WELL MARATHON

Since 2010, Dr. Loder, has sponsored the Move Well Marathon for USD 400 schools. Students at 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.

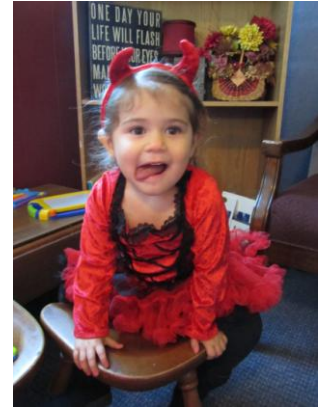
Students exercise daily during the course of the program. Teachers and staff in all buildings also participated and exercised before school with their students.

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 and Angela Dolezal, Jill Hubele and Robin Roets for coordinating activities at SVMS. Congratulations to the students, staff, and parents of USD 400 for making exercise a priority!

Halloween was especially fun at our office this year! Thanks to Michell, Amanda & Michelle for planning the Halloween activities for the kids - a SCARY time was had by all!



NOT WHAT WE SAY ABOUT OUR
BLESSINGS
BUT HOW WE USE THEM, IS THE TRUE MEASURE OF OUR
THANKSGIVING

W.T. PURKISER

