

November 2016 – Healthy Family Newsletter – Smoky Valley Chiropractic



Oh BABY!!! We have been celebrating babies this month at SVC! We have all been awaiting the arrival of this sweet baby!! Here she is!! Introducing Rylan Elizabeth King!

"Dr. Loder helped me immensely during my pregnancy, birth, and postpartum periods. Because of my regular adjustments, I was able to stay active during my pregnancy and felt great all the way up until my delivery. I had very little discomfort, slept well, was able to exercise, and was able to enjoy being pregnant with my first child. My baby stayed in good position and both she and I were always healthy at our prenatal check-ups.

When I was in labor I was also able to get adjusted, which helped the birthing process progress and for the baby and I to work together. Because I had a long labor, it was important that we both stayed stable and healthy and because of chiropractic, we were both able to.

Within the first 24 hours after giving birth, both my new baby girl and I were able to get adjusted. The birthing process can put lots of stress on the nervous system and I knew it would be important to reset mine and to give my baby's the best start it could have. After her very first adjustment, Rylan was nursing and sleeping better and was very attentive and alert when she was awake. The doctors couldn't believe how healthy she was!

Rylan, Jesse, and I were all able to get adjusted the next two days in a row and we all made tremendous progress in recovering from birth. I had undergone surgery and have been healing well and much more quickly than I would have without chiropractic. My husband, who had undergone so much stress during the long labor, was able to recuperate well and we were both able to enjoy our baby so much more. Within the first week, Rylan continued to get adjusted and made great strides in her growth, nursing, sleeping, very little fussiness, and continued alertness.

We are so thankful for Dr. Loder's chiropractic care. Not only is he an awesome chiropractor, he is also a wonderful grandpa!"

-Mattie King



Congratulations to our favorite Mother of the Bride! Michelle's daughter, Ginny was married Oct. 15th. She is excited to have a new son-in-law. 😊

Chiropractic is for EVERYONE, even babies...especially babies. We all know someone with a new baby. Maybe they aren't nursing on both sides, or have trouble sleeping, or are colicky. Often, the first subluxation occurs at birth. It's smart to get them checked!



We love the library! Dr. Loder is shown with Suzanna Swenson, director of the Lindsborg Community Library, presenting a check for her to buy new books! Each month, our office selects a community organization or group as our donation of the month. Proceeds from new patient exams are given to that group. We are blessed to be able to give back to the Smoky Valley community! Have ideas for a donation? Email Mari ☺

It's a Wonderful Life!



Let us help you live it to the fullest!

Receive a complete "Chiropractic Evaluation" for just \$30.

(An exam, consultation, all necessary x-rays, computerized nerve & foot scans, posture screen and a Chiropractic report). Exp. 12-31-16



Cut this out and give it to someone you care about! Be that person who makes a difference ☺



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 11th](#). 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. Donations can be dropped off at the office.

Meet Jennifer Krob

My name is Jennifer (Jen) Krob. I have been a resident of Lindsborg since my folks moved here in 1975. I am thankful they chose Lindsborg and I have enjoyed being a member of this community ever since! I have two amazing kids - Mika and Dax Hopp. Dax is my athlete, and he lives to wrestle. Mike is my artsy, talented beauty.

I went to Lindsborg High School, and graduated from Brown Mackie with an associate's degree. Before coming to Smoky Valley Chiropractic, I was self-employed for 22 ½ years and operated my own business. I enjoyed that immensely.



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? Hmmmm...

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:

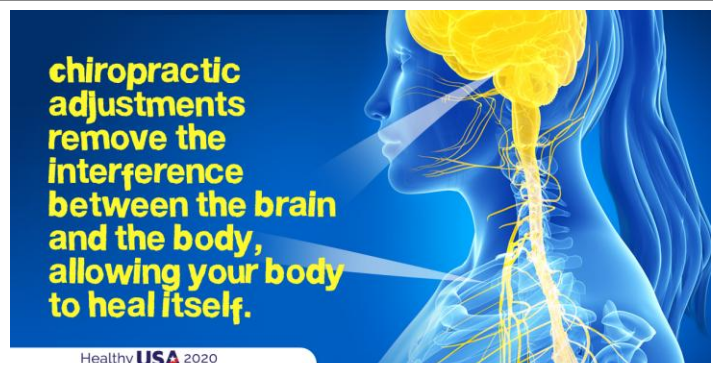
- The body is self-healing and self-regulating.
o (Self-healing) if you cut your finger, your body (not a band-aid) heals it; (self-regulating) if you're hot, you sweat.

- The nervous system is the master controlling system of the body.

o 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.



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 – 11-30-16

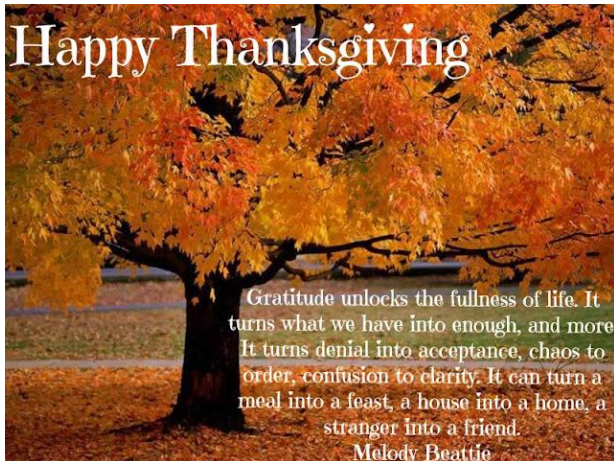


What's New from Made-from-Scratch Mama??



Now in Stock - Kids' Mini Rollers! Pure, therapeutic-grade essential oils can be beneficial for children as well as adults. We have 8 different kinds now available at Smoky Valley Chiropractic: Tummy Support, Immune Booster, Owie, Sleepy Time, Time for School, Focus, Keep Calm, and Cold & Flu. Mini-sized rollers are conveniently travel-sized and easy to fit in backpacks!

Thank goodness for the Senior Center! Dr. Loder is shown with Marian Lindshield, director of the Lindsborg Senior Center, presenting a check for her to buy items needed for their recent remodel. Each month, our office selects a community organization or group as our donation of the month. Proceeds from new patient exams are given to that group. We are blessed to be able to give back to the Smoky Valley community!



Our office will be closed on Nov. 24 & 25 for Thanksgiving.



Happy Halloween! We're just a bunch of "happy bones" around here!



A healthy diet is an integral part of a healthy LIFE! What did you put in your body today?

Food Drive Face-Off!!!

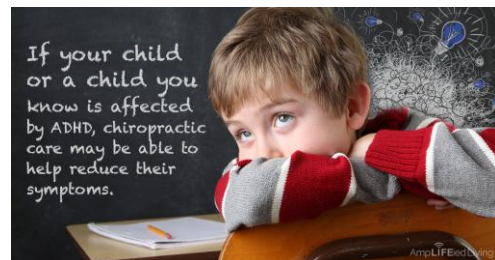
Are you a **Wildcat** or a **Jayhawk** fan?

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. 14th to Nov 23rd. We will deliver to McPherson County Food Bank November 25th.

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



A study published in 1975, compared chiropractic care with drug treatment in children with learning and behavioral impairments due to neurological dysfunction. It was reported that chiropractic care "was more effective for the wide range of symptoms common in the neurological dysfunction syndrome in which thirteen symptom or problem areas were considered."

*Walton EV: The effects of chiropractic treatment on students with learning and behavioral impairments due to neurological dysfunction.

International Review of Chiropractic 1975;29:4-5:24-26