

# November 2017 – Healthy Family Newsletter – Smoky Valley Chiropractic

## A Thanksgiving Garden

Plant three rows of peas:  
Peace in our hearts  
Peace in our school  
Peace in our world

Plant four rows of squash:  
Squash gossip  
Squash indifference  
Squash grumbling  
Squash selfishness

Plant four rows of lettuce:  
Lettuce be faithful  
Lettuce be kind  
Lettuce be obedient  
Lettuce really love one another

No garden should be without turnips:  
Turnip for lessons  
Turnip on time  
Turnip to help one another

Water freely with patience; cultivate with love.  
There is abundance in your garden  
Because you reap what you sow.

To conclude our garden, we must have thyme:  
Thyme for study  
Thyme for friends  
Thyme for family!



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 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!

**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!**



**Our office will be closed on Thursday, November 23rd and Friday, November 24<sup>th</sup> for Thanksgiving. Be sure to catch us before you leave for**

## Roasted Sweet Potatoes with Rosemary

### Ingredients:

- 1 lb sweet potatoes or yams (about 3 medium-sized ones), cut into 1 inch cubes;
- 1 large sprig of picked rosemary leaves;
- 3 tbsp raw, organic butter
- 5 cloves garlic, skin still on, but smashed;
- Sea salt and freshly ground black pepper to taste;

### Directions:

- Preheat your oven to 425 F.
- Place the sweet potato cubes and smashed garlic in a pot filled with salted cold water, and bring to a rolling boil. As soon as it boils, drain the potatoes in a colander and let them steam and dry a bit. Discard the garlic cloves.
- Meanwhile, using a mortar and pestle, grind the rosemary leaves somewhat to release the oils. Heat a roasting pan on the stove top to a medium-low heat, add the fat, rosemary, sweet potato cubes and season with salt and pepper.
- Without cooking anything, mix everything well together.
- Stir the potatoes occasionally during the cooking process for an even cooking.



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. 12-31-17

Chiropractic adjustments are not subject to this discount.

(Due to Federal Regulations, Medicare and Medicaid insured are not eligible for this promotion.)

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



Wanna Wrestle?



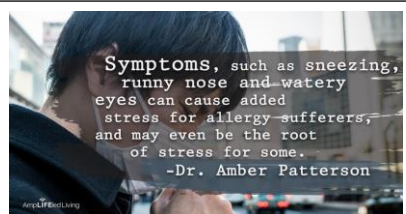
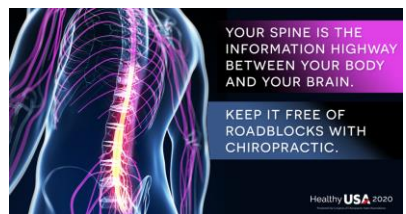
It's that time again...wrestling season is right around the corner. If your child is interested in learning self-discipline, self-control, and confidence – join us for registration on Monday, Nov. 13<sup>th</sup> at 6:30 PM. Questions? Ask Dr. Loder or Amanda.



### Winter Coat Drive

Help make someone's winter a little warmer!

Please donate a new or gently used winter coat anytime **November 6th through the 17th.** 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.



"My fitness watch counts my steps, calories, heart beats, reps and excuses."

**Colder weather is not an  
excuse to quit  
exercising...keep up the  
good work! 😊**



### 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.

*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.



## ***Proven Benefits of Omega-3 and Vitamin D with Synergistic Amounts of Vit A***

- Resolve Inflammation and Pain – less pain, stiffness, soreness, headaches, and heart disease
- Improved Bone and Muscle Health – better bone density, improved strength and power
- Improved Brain Health – better concentration, better moods, better sleep, reduced cognitive decline, decreased concussions and better recovery from concussion
- Improved Immune Function – fewer colds and flus, decreased autoimmune and allergy/atopic issues, reduced incidence of cancer
- Improved Digestive Health – less gut inflammation and digestive issues, prevention and/or improvement of Crohn's Disease and Irritable Bowel.
- Improved Heart Health – prevent cardiovascular disease, healthier cholesterol profiles, better heart function, reduced death from cardiovascular disease
- Significantly Reduced Risk of Cancer, Heart Disease, Depression, Irritable Bowel, Crohn's Disease, Autoimmune Issues, Arthritic Issues
- Significantly Improved Overall Health and Wellbeing

### **Have You Shared the Good News of Chiropractic??**

*“Chiropractic has changed my overall health for the better and increased my knowledge about the body and nervous system!!” -Chris Bullock*

*“Dr. Loder is the best. His treatments keep me having an active lifestyle!” -Betty Palmquist*

*“He saved my life and has been giving me a NEW beginning ever since!!” -Janice Swenson*

*“Chiropractic not only makes you physically better, but also can improve your outlook on life. Thanks to Dr. Darrel, I'm alive and well at 90!” -Muriel Strange*

*“There are no words to describe all that SVC has gotten us thru. The regular adjustments have made a huge difference in our overall health. Knowing the vast knowledge Dr. Loder has of the body and wellness is such an asset to us all! Thank You!” -Rita and Robert Engle*

**Chiropractic SAVES LIVES – Don't keep it a secret...tell everyone you know!**

## Staying Healthy this Flu Season

By Dr. Darrel Loder

There are many things you can do to stay healthy during the flu season. The problem is that so many people have weakened immune systems. A body with a weakened immune system provides a fertile breeding ground for bacteria and viruses. If your body's immune system works as it should, you won't have to worry about the flu. Chiropractic adjustments help to ensure that your immune system is working as effectively as possible.

### Dr. Loder's Top 10 List for Boosting Your Immune System:

1. **Keep your nervous system healthy. Get a chiropractic adjustment!!** The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. The immune system, like every other system in the body, is coordinated and controlled by the nervous system.
2. **Avoid sugar.** Sugar decreases the function of your immune system almost immediately.
3. **Get enough rest.** Your body does most of its healing while you sleep.
4. **Eat raw fruits and vegetables.** Especially berries, greens and crushed garlic.
5. **Exercise.** Regular exercise helps the body eliminate wastes and helps improve immune system function.
6. **Stay hydrated.** Water is necessary for every body function. When you are dehydrated, your body functions less efficiently.
7. **Wash your hands.** Washing your hands regularly decreases the likelihood of spreading a virus and decreases the load on the immune system.
8. **Take a multivitamin.** Eating well is essential for health. We recommend a whole-food supplement that does not contain artificial colors or preservatives, and is free of wheat, corn, soy, and dairy, Vita Sufficiency.
9. **Take fish oil.** This two supplement contains 2 vital omega-3 fatty acids (EPA & DHA). They improve the function of the nervous, circulatory, and immune systems, are important in fetal development and have anti-inflammatory properties. Be sure to use a high quality source free of PCB's, mercury and other contaminants. Innate Choice is the best product we have found.
10. **Stay positive/decrease stress.** Optimists have healthier immune systems, suffer fewer infections and are not as adversely affected by stressful life events.



### “Fall Back with Chiropractic”

Fall is here and it's time to turn the clocks back. That means shorter days, longer nights and less daylight – much like what your body experiences when it's in a subluxated state.

The literal definition of subluxation is a 'state of less LIGHT' or power. Subluxations happen when vertebrae misalign and restrict the normal flow of power through the spinal cord and nerves, leaving your body with less Life energy to maintain health and vitality. In other words, your body is forced to work in 'darkness' because the light is dimmed at your back.

When Chiropractors locate and correct subluxations, they unblock nerve energy so it flows freely through the body, illuminating every cell, tissue and organ. If sub-luxations produce darkness in your health, Chiropractic adjustments bring EN-LIGHTEN-MENT.

### Chronic Constipation Resolved with Chiropractic

Published in the August 17, 2017, issue of the Journal of Pediatric, Maternal & Family Health is a documented case of a young girl suffering from chronic constipation who was helped with chiropractic care. Constipation is a fairly common problem in children, affecting 29.6 percent of the pediatric population. In this case, a 5-year-old girl suffering with constipation, bloating, and abdominal pain was brought to the chiropractor. The girl had been reportedly suffering with these problems since the age of 6 months.

The history noted that, after a difficult, high-risk pregnancy and labor, the child was born via cesarean and was a low birth-weight baby. Although the mother noticed bowel trouble in her daughter at the age of 6 month, the problem seemed to get worse at the age of 5 when the child was spending longer amounts of more painful time in the bathroom.

After the 6th visit, the young girl began experiencing more manageable bowel movements that did not involve pain, straining, or extended time in the bathroom. The study records that by the 10th chiropractic visit, all her constipation issues and associated symptoms had been resolved. The girl's mother also reported that her daughter's stools were now normal. Upon re-examination at the 11th visit, it was noted that the girl's abdomen was no longer tender or distended.