



**THANK YOU** for helping  
us to celebrate 19 years of  
serving our community!  
We are blessed by each of  
you and so thankful that  
we can help each of you  
live a longer, healthier,  
and more active life.  
Can't wait for next year!



**Congratulations to our  
drawing winners:**

**Dave Shrum - probiotic**

**Margo Lysell - D Drops**

**Sarah Archuleta - fish oil**

**Skipp Rathlef - vita sufficiency**

**Sheila Stambaugh - cervical pillow**



**Eat Well Class**  
**Wednesday, October 8th**  
**6:00 PM**

*Don't miss out – become your  
own expert and learn how to  
live a long, active, healthy life!*



**October 2014**

**Healthy Family Newsletter**  
**Smoky Valley Chiropractic**



We know how to have  
**FUN** at work! We were  
showing our school  
spirit and getting ready  
for the soap scrimmage  
a few weeks ago. Even  
our little patients were  
getting into the spirit

**Go Vikes!**



We are always busy training at work, learning how to serve our  
patients best! Last month, Dr. Loder completed continuing  
education hours on brain injury and neurodegeneration. Amanda  
Luttig, Michell Lemen and Hannah Jones have been busy too.  
They recently completed continuing education on X-ray  
technology. Smart cookies around here!





## Make No Bones About It!

Chiropractic is so good for your nervous system it's almost **SCARY!** This coupon may be redeemed for \$5 off of your next chiropractic service.

*(Limit one coupon per family please.)*

*Expiration - 10-31-14*



**No Bones**

About It.....

**Smoky Valley Chiropractic is the  
Place to be on Halloween!!**



**HALLOWEEN PARTY**



Kids can join us in Costume on Friday, October 31<sup>st</sup>  
from 3:30-5:30 for :

**Treats Games Prizes**

Pumpkin Coloring Contest Pumpkin Smashing

**And a howling good time!!!!**

Prizes will be awarded for two age divisions in the coloring contest and costume contest. Prizes include gift cards to local merchants. Visit us before the Witch's Wail!!!



**WE ENCOURAGE ALL OF OUR PATIENTS TO  
COME AND JOIN IN THE FESTIVITIES!!**



# *Money Anyone?*



## **Local Charity and Donation of the Month**

Parents as Teachers was the recipient of Dr. Loder's September Community Charity donation. Christy Mai is pictured with Dr. Loder accepting the donation. Christy serves the Smoky Valley and Ell-Saline school districts, and said that they had added 10 new families this year, so the funds will be put to good use!

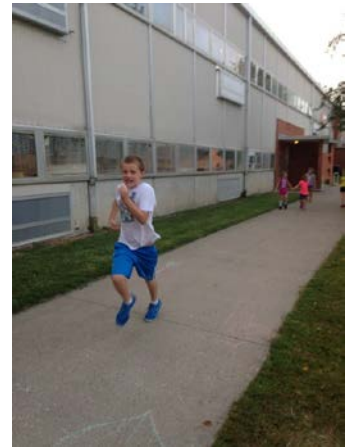
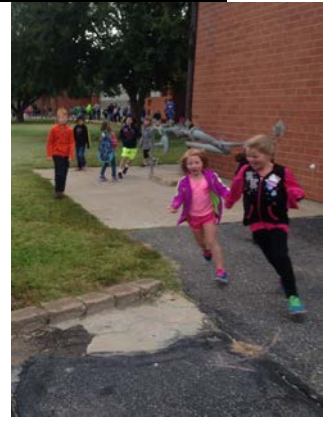
*Would your organization or club like to be considered for a donation? Contact Mari at [drلودer@sbcglobal.net](mailto:drلودer@sbcglobal.net).*

Join us for our monthly  
"Lunch and Learn" on  
**Wednesday, Oct. 15<sup>th</sup> at 12:15 PM** at the office. Class is **FREE** to all, bring a friend.  
Topic for October is  
**Aaaaaahhhhh – Allergies!**



## **MOVE WELL MARATHON**

Thanks to all of our volunteers and parents, the Move Well Marathon is "off and running" again this year. Join these kiddos at SES or SVMS for some morning exercise every day at 7:45 AM. Thanks to my husband, Darrel Loder, for sponsoring this event again this year!



## **Why Donate to the Cancer Center???**

The Chiropractic – Cancer Connection

By Dr. Darrel K. Loder

Your nervous system controls the function of every cell, tissue, organ and system of your body, including the immune system. What happens if something interferes with the transmission of normal nerve impulses? You get a poorly functioning body and immune system. Why is the immune system so important? It not only destroys foreign invaders (disease-related virus, bacteria, yeast and parasites), but it also destroys cancer cells. These functions occur every day in a healthy body, even when we are not aware of it.

Several studies have shown the positive effect that Chiropractic can have on immune function.<sup>1</sup> How does this happen? Doctors of Chiropractic find and fix subluxations in the spine. Subluxations occur when spinal joints get stuck or misaligned and interfere with proper nerve function. This alteration of nerve transmission can cause many disruptions to normal body functioning including a depressed immune system, making the individual more susceptible to diseases of all types, including cancer.

Ron Pero, head of cancer research at the University of Lund, in Lund, Sweden and Chief of Cancer Research at the New York Preventative Research Center, says that the restoration and correction of the spine can increase the strength of the immune system by 200-400%.<sup>2</sup> This can make a huge difference not only with individuals fighting cancer, but also in preventing it.

### References:

1. Masarsky, Charles S. and Marion Todres-Masarsky: Somatovisceral Aspects of Chiropractic, An Evidence-Based Approach, p. 215, 2001.
2. Schwartz, Dr. Len and Dr. Frank A. Corbo, *Chiropractic Wellness, A Kink in the Link, 3 Secrets to Having a Healthy and Pain Free Body*, volume 5, issue 3, p. 17.

***Each year, Dr. Loder provides a scholarship for cancer prevention studies for an undergraduate student in the Terry C. Johnson Center for Basic Cancer Research at Kansas State University.***

***This year, all of the proceeds from our anniversary date and patient donations paid the full scholarship amount of \$1250. THANK YOU to everyone who made this possible! Your donations made the difference!***

## **Referrals??**

*Do you have someone you want to refer to our office, but don't know what to say? Try sharing a few of these...*

“Chiropractic is the best addition to our lifestyle! We are healthier for it and thankful to Smoky Valley Chiropractic and Dr. Loder.” – Traci Baker

“I am forever grateful for Dr. Loder and the benefits of chiropractic!” – Aimee Holgerson

“Chiropractic is a fantastic way to achieve overall wellness.” – Sarah Becker

“Chiropractic is worth the money and will help you live a healthier lifestyle.” – Jill Forsberg

“After suffering sciatic pain and almost constant lower back pain, I have a lot more good days than bad, and I recover a lot faster thanks to chiropractic. I also sleep better and have tons more energy!” – Sheila Stambaugh

“Smoky Valley Chiropractic takes the time to figure out what is hurting and then relieve it. Each person's adjustment is different and unique to them. It's not the same adjustment for everyone.” – Kimber Mellinger

“I was never a big fan of chiropractors until I came to Dr. Loder. I am a huge fan now because it does make a difference in how I feel and function.” – John Green