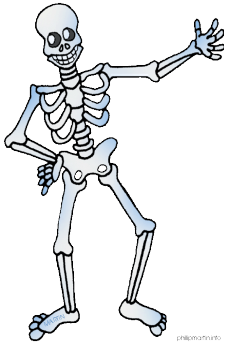


October 2016

Healthy Family Newsletter

Smoky Valley Chiropractic



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 10-31-16*

Have I mentioned lately that our patients are a bunch of **ROCK STARS?!** We mailed a big ole check to the Terry C. Johnson Center for Basic Cancer Research at Kansas State University today! **WOOP, WOOP!!** Our office is proud to sponsor a cancer prevention scholarship every year, awarded to a graduate student who is researching the effects of lifestyle, nutrition, and exercise on cancer and health. Prevention is the key, and Prevention means figuring out how to prevent cancer from ever starting! **AWESOME!**



Coming October 2016! Made-from-Scratch Mama is a new local business that makes **home and personal care products with pure, therapeutic-grade essential oils and other high-quality natural ingredients without chemicals, additives, and other artificial substances.** Deodorant, lip balm, hand sanitizer, hand soap, body butter, and more will be available for purchase at Smoky Valley Chiropractic. For more information, pick up a brochure at SVC and check out Made-from-Scratch Mama on Facebook.

(MFS Mama is our daughter, Mattie. We are so proud of her!)

“The Walking Subluxated”



What do Zombies and the chronically Subluxated have in common? Both are doomed to aimlessly wander the earth more DEAD - than fully ALIVE!

It's common for those suffering with chronic Subluxations to feel tired, fatigued and disinterested in Life - like they're barely existing. If left undetected, chronic Subluxations interfere with the normal flow of power in your Nerve System, leaving you physically, mentally and emotionally drained. The result: you end up walking around in a trance-like state, clueless to the fact that you'd feel more alive if you simply got adjusted.

Do you know someone who's meandering through life like the walking dead? Nothing's scarier than living hopelessly in a 'zombie-like-fog' because of Subluxations. Reach out and tell them how Chiropractic care can transform them from the walking dead to the well-adjusted!



Please help us welcome Jennifer Krob to our SVC Family!

Made-from-Scratch Mama

A healthy life is a happy life

Move Well Marathon

For the 7th year in a row, Dr. Loder is sponsoring the Move Well Marathon. Students at Soderstrom Elementary kicked off the year with an assembly on September 2nd, and their first marathon morning was on Sept. 7th. Students will be walking/jogging a marathon (26.2 miles) during the months of September & October.

Students exercise daily during the course of the program.

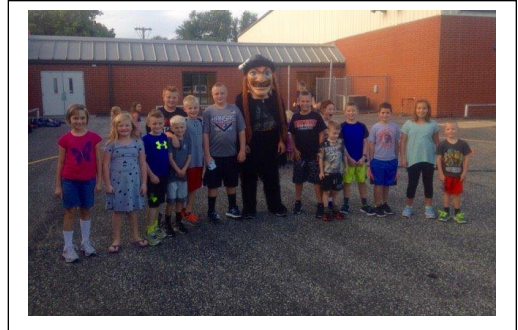
Teachers and staff also participate and exercise before school with their students.

Thank you to Traci Baker for directing the program again this year!

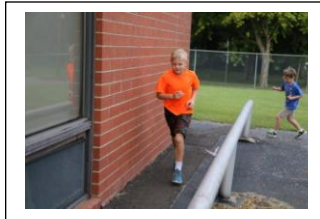
Parents are invited and encouraged to join their students every morning at 7:45 and start their day by "Moving Well!"

Interested in helping? Contact Mari for more details.

Look at all of these healthy kiddos and adults!!!



**Vitamin D =
Sunshine in a Bottle!**



*Vitamin D is ESSENTIAL for wellness & prevention.

*Industrial humans are DANGEROUSLY DEFICIENT in Vitamin D.

*The only way to assure sufficient amounts of Vitamin D is through daily SUPPLEMENTATION.

Deficiencies in vitamin D have been linked to greater risk of severe conditions/illnesses throughout life:

Children: Improper bone growth and development, diabetes, autism, asthma, weakened immunity, allergies, increased susceptibility to colds and flu, decreased ability to heal.

Teens and Adults: Cancer, heart disease, autoimmune diseases, osteoporosis, multiple sclerosis, chronic bone and muscle pain, weakened immunity, allergies and atopic disorders, increased susceptibility to colds and flu, chronic inflammation.

Elderly: Osteoporosis, cancer, heart disease, autoimmune disease, weakened immunity, increased risk of infection, increased susceptibility to colds and flu, chronic inflammation.

Get 10% off your Vitamin D during the month of October ☺

Thank you to Erica Heline & Traci Baker for the great photos!

OH BABY!

We are celebrating babies this month at SVC.

See what these families have to say about chiropractic care 😊

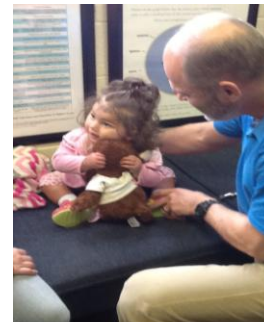


"I have received weekly adjustments for most of my life, and during my pregnancy this was no different. Chiropractic care allowed me to feel mentally ready for this exciting time because I knew how beneficial my adjustments were for my growing baby and in preparing my own body for labor. The same day Kruze was born, he experienced his first chiropractic adjustment to remove any subluxations that occurred naturally during his birth and to help get him off to a healthy start. Kruze and I continue to get adjusted weekly and take our daily supplements and our family continues to 'miss out' on the illnesses that many others get every year. We are so blessed that Kruze is a happy, healthy, chiropractic baby!" - Kyle, Molly & Kruze Martin



"I know how important chiropractic is to the health and development of growing children and that's why Naomi has been seeing Dr. Loder since birth. She wouldn't be the bright, healthy little girl she is today if she didn't have her "happy bones" every week!"

"Chiropractic can really work miracles. It can be a huge factor in serious injuries of all kinds – especially head injuries! My daughter had a tremendous recovery because of chiropractic!" - Emily Wolf & Naomi



"I had our little boy on a Saturday and by Monday I could not walk or move without crying. I was in so much pain from an epidural headache that was more like migraine, that I could barely hold my newborn. I went in to Dr. Loder's office every day and each day I gained more movement of my body, had less pain and by Friday was nearly good as new! I was able to hold my baby and not cry because of the pain! It was amazing to feel a change like that in just a few days without medication or hospitalization. I share my story because chiropractic has done so much for me and my family. I want others to know it works! -Josie Lawless (August's Mom)

"Chiropractic is amazing! You will feel great after visiting the chiropractor. It has helped me with lifelong migraines and neck problems. It can help with everything and every age!" – Josie Lawless (August's Mom)

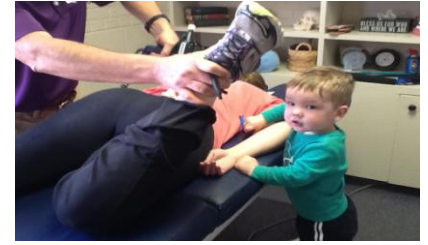


"I wouldn't have been able to function late in my pregnancy with Lucas if not for chiropractic care! It greatly reduced my lower back pain. It also helped me deliver Lucas much easier. I had him on a Saturday and brought him in for his first adjustment on Monday. Chiropractic care helps him tremendously as well. He loves coming in to see Dr. Loder and the girls!" - Katie Orr & Lucas





Sometimes the first subluxation occurs at birth. It's a great idea to get your baby checked. This cutie patootie got his first chiropractic adjustment when he was just 3 days old and we've been spoiling him ever since! We might have a future Chiropractor on our hands!



Ear Infections? No Thanks!

Otitis Media Helped with Chiropractic

Frustration at reoccurring ear infections (Otitis Media) is one reason some parents are driven to seek 'alternative' treatments for their children. This frustration is well warranted, considering two out of three children will be medically diagnosed with otitis media in their first three years of life.

Otitis media can affect any age group but is most prevalent in infants and children. It is estimated that by age four, 80% of children will have suffered a bout of otitis media. The rate of this problem has increased as the study reports that between 1975 and 1990, there was a 150% increase in the number of children in the United States who are diagnosed with otitis media. Common symptoms of otitis media include ear pain, difficulty sleeping, excessive crying, increased irritability, difficulty hearing or responding to sounds, loss of balance, fever, draining from ear, headaches, and loss of appetite.

In this case, a mother of a 2-year-old girl brought her daughter into the chiropractor. She was looking for help with her daughter's re-occurring ear infections in the hopes of avoiding having tubes put into the baby's ears, which had been recommended by her pediatrician. She was also looking for an alternative to the ongoing rounds of antibiotics her daughter had been given.

After one month of care, an assessment was performed which reported that the girl had been able to sleep through the night and had not had any ear infections since starting chiropractic. After about five months under chiropractic care, the study reports that the girl had not had any ear infections and had not needed any antibiotics since the beginning of care.

In their conclusion, the study authors describe how chiropractic can help in otitis media cases such as this. "Chiropractic exam found subluxations at multiple levels, which were addressed in the following weeks and months of care. Through removing these subluxations, the doctor of chiropractic removed the nerve interference and allowed the patient's body to heal." Based on the results of this and other studies the authors recommended "...chiropractic treatment is a better option for care of concurrent subluxation and otitis media than traditional allopathic care, which relies heavily on antibiotic treatment."

The Journal of Pediatric, Maternal & Family Health, July 18, 2016

Just ask Brock!! Before Chiropractic, Brock experienced restless sleep patterns, had a lot of sinus and allergy problems. He had a lot of congestion and plugged up ears. They were considering ear surgery. After twelve visits Brock noticed better sleep, better temperament, better hearing and less daily sinus issues. Brock states "A great experience. It is not as invasive as one might think. The body is an amazing tool with the right care. It's worth a try!! He even helped me with my bug bite and I had amazing results!"

Chiropractic is beneficial to patients with asthma, vertigo, ear infections and infantile colic.

J Altern Complement Med 2007; 13:491-512

Hmmmm.....know anyone with any of those challenges? Refer them in to get checked – offer them hope.

INFANTS BENEFIT FROM CHIROPRACTIC CARE

This study showed that a vast majority of parents who brought their infants in for chiropractic care in the United Kingdom were pleased with the results. The study was conducted at the Anglo European College of Chiropractic, Bournemouth, United Kingdom.

The study notes that 21 percent of the patients who received care at the Anglo European College of Chiropractic clinic between 2006 and 2010 were pediatric patients. The age ranged from infants to 15 years of age. The study reports that 98 percent of the pediatric patients at the clinic were infants.

The reasons why parents brought their infants for chiropractic care included personal experiences, lack of appropriate treatments available from conventional medicine, and referral from a medical physician.

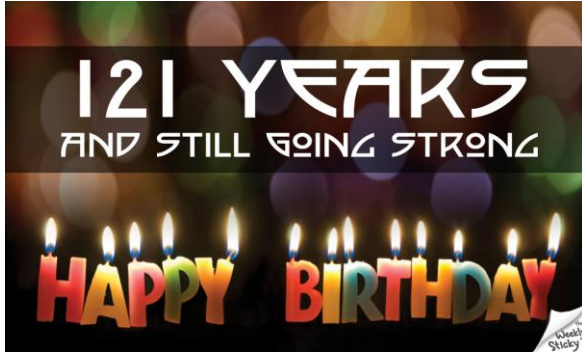
In this study, every mother of an infant brought in for care was given a 12 question form to fill out. At the completion of care, the mothers were then asked to complete a form with 13 questions. The questions were set to monitor the progress of the child's care and to obtain an overall picture of the baby's complaints or discomfort as well as the mother's concerns.

The most common health concerns for which the infants were brought in for chiropractic care included 21 percent for crying, 20 percent for feeding issues, 19 percent for uncomfortable spine, 16 percent for sleeping issues, 16 percent related to difficult birth or checkup, and 8 percent for head shape issues. Only 25 percent were brought to the chiropractor first while 75 percent had been to medical professionals before chiropractic care.

The survey showed that 97 percent of the mothers who brought their children in for chiropractic care reported a positive improvement in their babies. Of this, 34 percent commented that their infants were "...completely better, like a different baby." During the course of the entire study, no adverse events were reported.

Journal of Clinical Chiropractic Pediatrics, May 2016

“Happy 121st Chiropractic!”



For over a century Chiropractors have been introducing their clients to the best doctor on the planet...the one that lives INSIDE them. Here’s what we’ve accomplished so far.

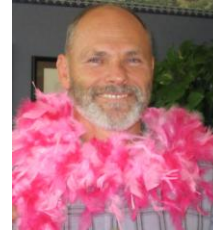
- Chiropractic is the largest DRUGLESS, non-medical healing profession in the world
- Currently, Chiropractors practice in over 100 countries all over the globe
- There are approximately 65,000 Chiropractors in the USA alone, and another 13,000 worldwide
- Statistics show that 10-15% of the American population (30 to 40 million) have seen a Chiropractor

Dr. Loder had a blast on his hunting trip to New Mexico. He is already planning his next adventure! 😊



Fall brings LOTS OF FUN!

Fight Like a Girl Week – October 17-21. Grab your pink and come ready to learn all about the chiropractic connection with your immune system and cancer!



Join us for our Halloween celebration -Super Hero Day - on Monday, October 31st. Be on the look-out for those Chiropractic Caped Crusaders!



Coat Drive – November 1-11. Look through those closets now and bring out those gently used items that can help someone else stay cozy this winter. Scarves, hats and gloves are welcome also.



Food Drive – the annual KSU vs. KU competition is BACK! Bring in canned items for your favorite team Nov. 14-23 and we’ll see who comes out the winner 😊





Made-from-Scratch Mama Price List

<u>Product</u>	<u>Price</u>
Beard Oil.....	\$10.00
Deodorant.....	\$8.00
Face Wash.....	\$8.00
Thieves Hand Sanitizer.....	\$5.00
Antibacterial Hand Soap.....	\$15.00
Lip Balm.....	\$2.00
Mini-Rollers (5 mL).....	\$4.00
Rollers (10 mL).....	\$7.00
Room Spray.....	\$7.00
Whipped Body Butter.....	\$16.00

*All items will be charged plus tax

Thank you for supporting a local business!

