

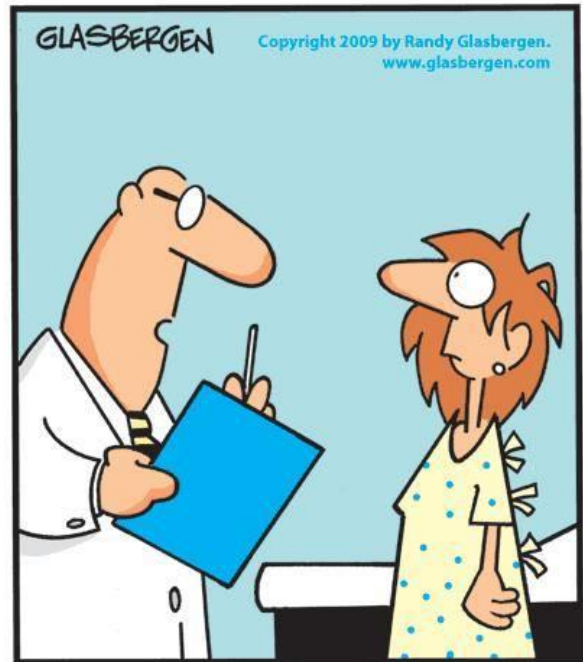
Smoky Valley Chiropractic Healthy Family Newsletter October 2017



Nine K-State Rugby players were selected for the Heart of America All-Star team. Dr. Loder enjoyed coaching them in Aspen, Colorado and taking in the beauty of the fall colors!

Don't Keep Us A Secret...Send Us Your Friends and Family!

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



"You have a rare condition called 'good health'. Frankly, I'm not sure how to treat it."

Regular chiropractic care empowers patients with what doctors of chiropractic care call "health-esteem." Patients learn to take charge of their own well-being in a way that catapults them to optimal health, increased longevity and heightened quality of life.

Busy Schedule??
Fridays = No School = Great time to get your kids adjusted!





We are open on Friday, Oct. 13th!
 Come on over in your knickers and get
 adjusted in between Svensk
 Hyllningsfest festivities 😊



**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.¹ 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 Preventive Research Center, says that the restoration and correction of the spine can increase the strength of the immune system by 200-400%.² 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.

Just...Say...No...



Chiropractic Boosts Immunity

Scientific research reveals that regularly scheduled chiropractic care boosts the body's immune response. A powerful immune system is a key component of chiropractic's all-natural preventative strategy.

One study involved 11 patients over a nine-month period. This study showed improved immune status for the patients receiving regular chiropractic adjustments, as well as a boost in other aspects of health and quality of life. (JVSJ 2006: 1-6)

Another study indicated that chiropractic adjustments boost levels of white blood cells associated with a healthy immune system. (J Manipulative Physiol Ther 1991; 7: 399-408)



Chiropractic is like a super hero. It can “save” you from a lot of pain. Overall, it's awesome!

-Madison Tolle

Carrot Pumpkin Bars

Ingredients

1 cup spelt flour
1 tsp. baking powder
¼ tsp. baking soda
½ tsp. cinnamon
½ tsp. allspice
¼ tsp. salt
1 egg and 1 egg white
½ cup packed brown sugar
½ cup pumpkin
2 Tbsp. coconut oil
2 Tbsp. organic butter, melted
1 tsp. pure vanilla extract
½ cup grated carrots
Opt: ½ cup raisins, 1/3 cup dried cranberries,
1/3 cup nuts

Instructions

Preheat oven to 350 degrees. Combine flour, baking powder, baking soda, cinnamon, allspice and salt. In a separate bowl, beat egg and egg white until foamy. Beat in sugar, pumpkin, oil, butter and vanilla until smooth. Add flour mix to egg mix and stir by hand until almost combined. Stir in carrots and optional ingredients until just blended. Spread into 8x8 inch baking dish coated with coconut oil. Bake 30-35 minutes until top springs back when touched. Enjoy!



Chiropractic Reduces Stress

Chiropractic care reduces stress by allowing the body to achieve balance. In addition, chiropractic helps keep patients free of physical impediments to regular exercise, which is key to busting stress and preventing stress-related anxiety and depression.

Research also demonstrates that chiropractic adjustments ease depression symptoms. (JVSR 2005: 1-4)



*Have any of these stresses??
Getting adjusted helps!*

Everyday may
not be good,
but there is
something good
in Everyday."

"The whole secret of a successful life is to find out what is one's destiny to do, and then do it." --Henry Ford

Chemical-free Living with Essential Oils

Thursday, October 12th
7:00 p.m.

Join us for a night of fun and education about how to live naturally with essential oils and plant-based products easily and affordably! We will be covering how to ditch the toxic chemicals in your life and instead live a life of wellness, purpose, and abundance with the best essential oils in the world. This class is open to anyone and everyone and is FREE, so bring a friend and a notepad and get ready to learn! A healthy life is a happy life!



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