

Smoky Valley Chiropractic Healthy Family News September 2011



Thank you, thank you for your generosity! The school supply drive was a huge success. The KU backpack was our big winner this time, outweighing all of the other backpacks... (We're pretty sure Michelle & Traci had something to do with that!) ☺

Our office will be closed on
Monday, September 5th
for Labor Day.

facebook

Check out our new
Facebook page – Smoky
Valley Chiropractic.
“Like us!” ☺

The Question...

Does Chiropractic Change Lives?

"My son Mathew is 11 years old, and has had many health problems since birth. We have dealt with skin issues and eczema, allergies, asthma, and behavior issues just to name a few. Since coming to see Dr. Darrel, he is now off all medications and is doing **SO MUCH BETTER!** I only wish we would have brought him in sooner, we would have saved ourselves so much money, headaches, and would have saved Mathew a lot of unnecessary pain. At one point, he was taking up to 9 medications and had 3 shots every month. Now, we have a **COMPLETELY** different kid. We can't thank Dr. Darrel enough!" - Tammy Surface

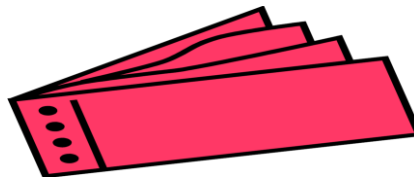
The answer...YES!

Easy Apple Crisp

Picking apples from the tree and enjoying them for dessert doesn't have to involve guilt!

Try this:

Slice 10-12 apples; slice ½ lb, butter, and sprinkle some cinnamon and whole oats over the sliced apples. Cover with foil and bake at 350 for 30 minutes. Easy, healthy AND popular!



Dinner with the Doc

Tuesday, October 18th – 6:30 PM
Swedish Crown – Lindsborg

Admission = 1 guest

Do you know someone who isn't able to live life to the fullest? Is limited by their health struggles?

THIS IS YOUR CHANCE TO CHANGE A LIFE!!

Grab a guest and plan to join us – we can't wait!
Reservations can be made with any staff member.

HAVE YOU CALLED TO SCHEDULE YET??

WE'RE EXCITED...

**It's our anniversary and we want to say a huge
"THANK YOU" to our patients!**

FRIDAY, SEPTEMBER 9TH

PATIENT APPRECIATION DAY

Help us celebrate 16 years of health and wellness!

Adjustment special from Dr. Loder:

NO OUT-OF-POCKET EXPENSE!!

**T-SHIRTS, FOOD, PRIZES AND DRAWINGS FOR
FREE MERCHANDISE.**

**First come, first serve, so call today schedule your
appointment today – 785-227-4455**

WE CAN'T WAIT TO CELEBRATE WITH YOU!



**Congrats to
Nancy Holk –
our August
trivia winner!!**

**"Life is movement. It's the person
who sits on the couch who's living
dangerously!"
-Grete Waltz**



Sports Injury??

**"I did a lot of things to stay in the
game, but regular visits to my
chiropractor were among the most
important."**

-Jerry Rice, NFL Football Legend

Innate Lifestyle Blog – Q & A with Dr. Loder

Q – It's only September and I'm exhausted. Suggestions for school activities and schedules?

A – The key to beating fatigue and managing stress is spending time on yourself, even little moments. You can't take care of others without taking care of yourself first. Learn to say no (Darrel has been trying to get me to do this for years!...) Take care of yourself on the go, plan ahead for meals and ball games. Eat healthy even on the go - pack your snacks. Make time for "play time" with your family where you can enjoy some down time together!

Make sure you're on our email list! We have started sending out the monthly newsletter via email. Send your email address to Mari at drloder@sbcglobal.net.



A Chiro-Mommy Moment by Emily DeRocco

My husband, Steven, and I are excited to announce the arrival of our beautiful daughter, Laramie Elizabeth DeRocco, on August 23rd! She weighed 8 lbs., 10 oz. and is perfect in every way!

As a chiropractic student, I learned the importance of a nervous system working at 100%, which is why Laramie had her nervous system checked that very first day of life! Sometimes the first subluxation our spine and nervous system receives is during birth. Because of all the important changes babies make in the first few hours, days and weeks of life, it is important to make sure they are able to grow and develop at 100%!

Birth can also be tough on Mommy's spine and nervous system and it's also important for her to be checked as soon as possible after bringing that wonderful bundle-of-joy into the world. Not everyone is lucky enough to have Dr. Loder available for house calls, but getting to the office as soon as possible will help Mommy heal faster and adapt easily to her new role!