

September 2012 Healthy Family Newsletter Smoky Valley Chiropractic

PARTY!!!



We're celebrating 17 years of helping others live long, active, healthy lives...and we're throwing a

PARTY!

Free adjustments all day long, free chiropractic t-shirts, prizes, food, and FUN, FUN, FUN!

Join us on **Friday, Sept. 7th** and help us celebrate.

We know how to throw a party around here – You won't want to miss it!!

Call today – 227-4455

Power Fingers



If our service is just so quick that you don't have the time to use the Power Fingers before we take you back for your adjustment, then stop on the way out.

PowerFingers® was created to give you powerful therapeutic relief of shoulder, back and leg tension at home, without the assist of a 2nd person.



Paying cash for your care?? Ask about our 'Chiro Dozen' program.

Pre-pay for 12 adjustments and get the 13th FREE. 'Chiro Dozen' adjustments are only \$40 each.



Needing Some Help with School Lunch Ideas?

-Swap a side of chips for raw veggies and dip.

Raw veggies are filling and full of "brain-food" nutrients.

-Swap a bologna sandwich for a turkey rollup.

Turkey is a much better choice, when looking at fat gram content and ingredients like nitrates.

-Swap 5-days-a-week sandwiches for soup.

You can sneak a ton of veggies in there!

A thermos is a great investment for winter lunches.

-Swap juice boxes for bottled water.

Eliminating sugar, even from natural sources, will help your child's concentration and energy levels.

Vaccines: What To Know Before You Go



Come learn the pros and cons of vaccination with Dr. Emily

When: Thursday,
September 27th @ 6:30 pm

Where: Cotton Bottom
Baby

1909 Hageman Ave.

Salina, KS 67401

Cost: \$20 per person
ONLY \$10 if you sign up at
CBB!

Space is limited – R.S.V.P.
Today @ 785-404-6650!

Suggestions??

We are always looking for ways to improve. Please share your suggestions with us, or leave us a note in the suggestions box in the lobby!

Thanks ☺



Fight Like a Girl!

We'll be raising money for the Terry C. Johnson Center for Basic Cancer Research in October. We hope you'll help us! **Join us for 'Fight Like a Girl' Friday – Oct.**

12th. Donations for the Cancer Center will be accepted during the entire month. We hope you'll help us meet our goal of \$1000.

Added Incentive:

If we have \$1000 going to cancer research, Dr. Loder will shave his beard.

Let's do it!!

Think Well #3
Wednesday, September 12th
6:30 PM

*Don't miss it – some positive changes
and thinking can*
CHANGE YOUR LIFE!

MOVE WELL MARATHON



For the 3rd year in a row, USD 400 and Dr. Darrel Loder of Smoky Valley Chiropractic, will be sponsoring the Move Well Marathon.

Students at Marquette Elementary, Soderstrom Elementary, and Smoky Valley Middle School will kick off the year with an assembly on September 7th, and their first marathon morning on Sept. 10th. Students will be walking/jogging a marathon (26.2 miles) during the months of September and October. Students exercise daily during the course of the program.

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

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

The Chiropractic Lifestyle

Most people assume chiropractic is about relieving pain; whether it is back pain, neck pain, or any other joint pain. This is true, but it's so much more than that. Chiropractic is a way of living – chiropractic is a lifestyle.

At the foundation of the chiropractic lifestyle is getting adjusted on a regular basis. When there is a misalignment, or subluxation, of the spine the delicate nerves exiting the spine can be compromised and the signals between your brain and body can be jumbled. Getting adjusted ensures that your nervous system is working at its full potential, and messages are sent and received with ease, which in turn means that you are functioning at your full potential. Who wants to live life at anything less than maximum potential? Neither do I.

Those embracing the chiropractic lifestyle also eat healthier. This means avoiding processed foods, excess sugar, grains, and dairy. Eating copious amounts of fresh, local fruits and vegetables, lean, organic, grass-fed meat, and nuts is the basis for a healthy diet. Eating healthy can also lead to more exercise because of the increased energy level. These components of the chiropractic lifestyle can help your body function optimally.

Another great component of the chiropractic lifestyle is non-toxic living. This world is full of toxic chemicals – in the air, the food, the water, our houses – chemicals are everywhere! Ways to cut down on toxins include drinking filtered water (preferably reverse osmosis filtration), eating organic and locally grown food, shopping in a health food store or natural section of the grocery store to avoid excess chemicals, and reading labels to avoid artificial colors, flavors, and smells. Not sure how to reduce toxins in your life? Ask us at Smoky Valley Chiropractic. We're happy to point you in the right direction!

Chiropractic isn't about pain. It's about health! We would love to help you live a long, active, healthy life through the chiropractic lifestyle!

-Dr. Emily



Thank You!

Thanks to all of you for your generosity with our school supply drive again this year. For the 8th year in a row, supplies were delivered to USD 400 schools on July 31st in time for enrollment. You are appreciated!!

The “Jock” Pot

Growing up, we had kids our house going in all different directions. Everyone had a different schedule to keep with school, athletics, work, music lessons, etc. My mom used her crockpot A LOT! She re-named it the “jock” pot, saying that it was a great way to keep dinner warm for everyone, no matter what time they showed up for dinner!

I love my crockpot – so much that I have more than one 😊 With busy schedules, it’s an easy way to feed a hungry bunch, and eliminate stress when you walk in the door after a long day at work.

“Jock” pot ideas:

- Chicken, whole or breasts, with onion, green pepper, tomatoes and butter. Season with salt and pepper.
 - Roast with onion, carrots, peppers and sweet potatoes. Season with salt and pepper.
 - Round steak with rotel tomatoes or salsa.
 - Brisket and onion.
 - Chili or vegetable beef soup – Fall is coming!
- (I try to use organic, grass-fed, antibiotic-free meats, natural/organic seasonings and organics or homegrown vegetables whenever possible.)*

Salina Office Hours

Dr. Loder will be offering Salina office hours on Tuesday and Thursday mornings from 11:30-1:30.

Dr. Loder has been asked to partner with St. John’s Military School and ComCare to bring care on campus for the cadets.

We will be located on the north side of the St. John’s campus, directly across the street from the football field goal posts.

Entry to their facility can be made off of Euclid Street.

Call the office to schedule your Salina appointment today 227-4455.

The Question...Can Chiropractic Change A Life??

“I see improvements in my health every time I come in. Thank you!” – Jennifer Krehbiel

“Mobility is such a huge chiropractic benefit for me! Without chiropractic, I would hurt too much to function, work or walk! Chiropractic also helps me with emotional stability. Thank you Dr. Loder!” – Deb Weller

“Dr. Loder and his staff have helped me through several major injuries. I depend on them to keep my body going.” – Mark Casebeer

“My mid back and jaw are so much better!” – Royal Mellinger

The Answer...YOU’D BETTER BELIEVE IT!!