



September 2017
Smoky Valley Chiropractic
Healthy Family Newsletter



THANK YOU!

Thank you for sharing our vision for a healthier, happier Smoky Valley community for 22 years – we are SO BLESSED!



Take Two...

Regular exercise not only helps you feel better and have more energy, it will also help to stabilize and strengthen your whole body.

Move Well Marathon

For the 8th year in a row, Dr. Loder will be sponsoring the Move Well Marathon at Soderstrom Elementary. Students kicked off with their first mile of exercise on Sept. 7th. We are thankful to Traci Baker for coordinating the program for these students, teachers and parents again this year! Students will be walking or jogging a marathon (26.2 miles) during the months of September and October.



It's K-State Rugby Season...Again



Dr. Loder will be out of the office on Friday, Sept. 15th to coach the Heart of America Select Side Rugby Team at the Aspen Ruggerfest. (Weston and Ethan were both selected to the all-conference team – Dr. Loder is pretty excited!)

Your Donations Make a Difference!



Why the KSU Cancer Research Center?

Dr. Loder worked in the KSU cancer lab under Dr. Terry Johnson from 1987-1993. What is cancer really about? **Every day, your body produces cancer cells. Healthy immune systems are able to find and destroy these cancer cells. The immune system is controlled by the nervous system. And, chiropractors remove subluxations in your spine to allow the nervous system to function properly. When chiropractors restore function, the body is able to restore health.** Dr. Loder is passionate about prevention. It all starts with YOU.

Terry C. Johnson, founding director of the cancer research center, was born and raised in Minnesota. He received his B.S. at Hamline University, and his M.S. and Ph.D. at the University of Minnesota.

He became a professor of microbiology at Northwestern University Medical School in Chicago, before moving with his family to Manhattan, Kan., in 1977, to serve as professor and director of the Division of Biology at K-State, where he eventually earned the title of University Distinguished Professor and other prestigious awards.

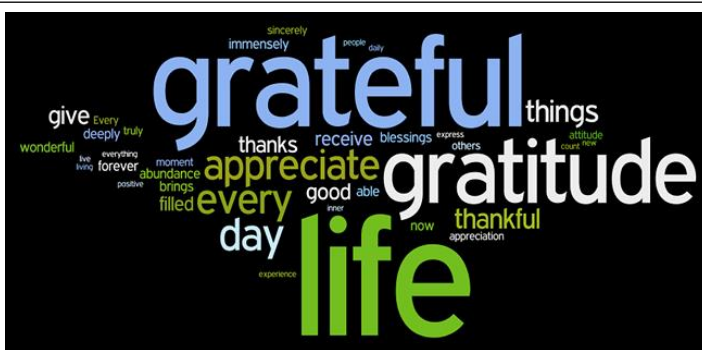
Dr. Johnson helped establish the center in 1980 by securing private and grant funds for an Anticancer Drug Discovery Laboratory. The center now serves as a hub to around 90 faculty researchers in 18 departments, offering hundreds of thousands of dollars in research and educational support to them and their students every year.

Dr. Johnson passed away from cancer in October 2002, but not before earning K-State (a university without a medical school) national recognition and respect for its excellent cancer research and education programs.



Are Your Kids At Risk For Bad Posture?

More and more kids are switching out sports for cellphones, laptops, tablets. All the screen time may be contributing to your child's poor posture. We know what to look for.



Spicy Chicken Soup

Ingredients

- 2 quarts water
- 8 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper 1 teaspoon garlic powder
- 2 tablespoons dried parsley
- 3 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 (16 ounce) jar chunky salsa
- 2 (14.5 ounce) cans peeled and diced tomatoes
- 1 (14.5 ounce) can whole peeled tomatoes
- 3 tablespoons chili powder
- 2 (16 ounce) cans chili beans, undrained

Instructions: In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, and parsley. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred the chicken. In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, chili powder, chili beans, shredded chicken and 5 cups broth. Simmer 30 minutes.

Chiropractic Babies = Healthy Adults



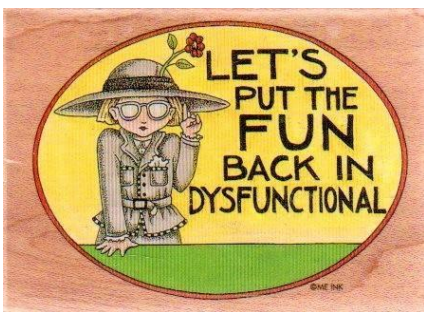
- No ear infections
- No illness
- Happy disposition
- Sleeps 10 hours/night
- Nurses like a champ...

Are your kids healthy? What about your grandkids? Chiropractic is safe, effective, and all about prevention.

Curious – just ask one of us!

Start 'em early!

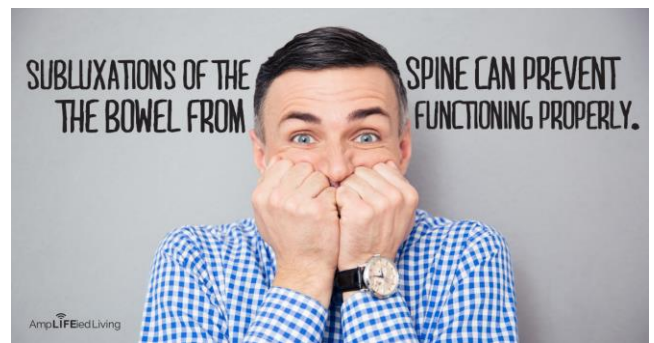
(Or take a look at Rylan – the proof is in the pudding).



Instead of covering up pain with possibly hazardous medication, chiropractic addresses the underlying cause of pain disorders, such as headaches, low-back pain and sports injuries.

Quite often, these conditions are linked to dysfunctional areas of the spine, known as vertebral subluxations, where movement is restricted or spinal bones (vertebrae) are misaligned. Chiropractors correct vertebral subluxations with gentle, safe maneuvers known as chiropractic adjustments.

(J Manipulative Physiol Ther 1999; 22: 594-609)



Correct Digestion Issues

Chiropractors can help correct digestion issues that started because of a spinal misalignment.

Your Donations Make a Difference!



Why the KSU Cancer Research Center?

Dr. Loder worked in the KSU cancer lab under Dr. Terry Johnson from 1987-1993. What is cancer really about? Every day, your body produces cancer cells. Healthy immune systems are able to find and destroy these cancer cells. The immune system is controlled by the nervous system. And, chiropractors remove subluxations in your spine to allow the nervous system to function properly. When chiropractors restore function, the body is able to restore health. Dr. Loder is passionate about prevention. It all starts with YOU.

Terry C. Johnson, founding director of the cancer research center, was born and raised in Minnesota. He received his B.S. at Hamline University, and his M.S. and Ph.D. at the University of Minnesota. He became a professor of microbiology at Northwestern University Medical School in Chicago, before moving with his family to Manhattan, Kan., in 1977, to serve as professor and director of the Division of Biology at K-State, where he eventually earned the title of University Distinguished Professor and other prestigious awards. Dr. Johnson helped establish the center in 1980 by securing private and grant funds for an Anticancer Drug Discovery Laboratory. The center now serves as a hub to around 90 faculty researchers in 18 departments, offering hundreds of thousands of dollars in research and educational support to them and their students every year.

Dr. Johnson passed away from cancer in October 2002, but not before earning K-State (a university without a medical school) national recognition and respect for its excellent cancer research and education programs.

Chemical-free Living with Essential Oils

Tuesday, September 19th
7:00 p.m.

Join us for a fun, informative class on essential oils and how to live a healthier, happier, chemical-free life! Did you know there are 63 hazardous chemicals in the average American household? We will be learning how to live a chemically-free life easily and affordably with the best essential oils in the world. The class is totally FREE and will amaze you! Snacks and freebies will be available, so bring your notepad and prepare for a fun and educational class. Take control of the chemicals in your life - we can't wait to see you! A healthy life is a happy life!



Hosted By:
Mattie King
At Smoky Valley
Chiropractic
121 W. Lincoln St.
Lindsborg, KS

