



# August 2015 Healthy Family Newsletter Smoky Valley Chiropractic

# PARTY!!

# 20<sup>TH</sup> ANNIVERSARY

We're celebrating **20 YEARS** of helping others live long, active, healthy lives...and we're throwing a **PARTY!**

Adjustments all day long, free chiropractic t-shirts, prizes, food, and **FUN, FUN, FUN!**

Proceeds from the day will go to benefit the Terry C. Johnson Cancer Center. Please consider donating to this great organization!

Join us on **Friday, Sept. 4<sup>th</sup>** and help us celebrate.

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

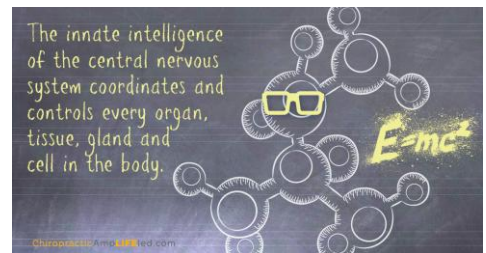
**RSVP by August 28<sup>th</sup> for your free t-Shirt!!**

## Thank You!

We appreciate the generosity of our patients and community! The school supply drive was a **HUGE** success and we are so thankful!



## Speaking of Back to School...



So, it stands to reason that getting adjusted is a good idea...not just for students, or athletes...but for anyone with a spine and nervous system (which means **EVERYONE!**) 😊

## Local Charity Donations

Dr. Loder has selected TACOL for the month of August and Marquette Ministerial Alliance for September. Proceeds from new patient exams will be given to these organizations. Make that appointment today – take care of yourself and donate to a great cause at the same time ☺

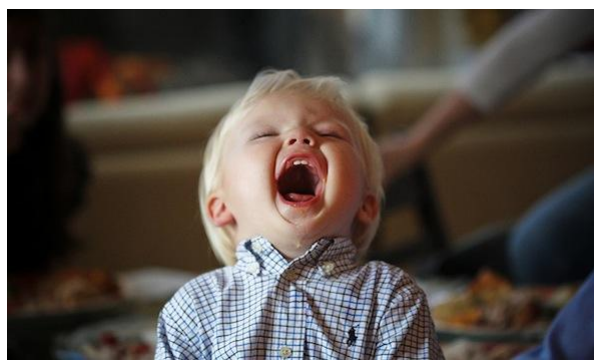
## Move Well Marathon

For the 6th year in a row, Dr. Loder will be sponsoring the Move Well Marathon. Students at Soderstrom Elementary will kick off the year with an assembly on September 11th, and their first marathon morning on Sept. 14th. 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 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!"

*Interested in helping? Contact Mari for more details. ☺*



## RIGHT ON!!!

Let's get busy marking off your back to school list!

Dentist appointment – check  
Optometrist appointment – check  
School supplies purchased – check

## Chiropractic check-up - ???

Have you scheduled one yet? Now is the time.

Get your child's nervous system checked before school starts in August and give them

**EVERY ADVANTAGE! Chiropractic helps improve everything from posture, to concentration. Help your**

**child have a great 2015-2016.**

**We can help!!**



Jerry Rice didn't step on the field without seeing his **CHIROPRACTOR FIRST!** He credits his success and longevity in the NFL to his chiropractic care. Need another reason to get your athlete checked??

### Preventing a Backpack from being a Back Pain



With the weight of school on their backs, students typically feel pain in their neck, shoulders and lower back during the school year. The extra weight and improper distribution cause muscle strain and irritation to spinal joints. If these problems go uncorrected it could lead to rounding of the shoulders, distortion of the natural curves in the middle and lower back and can cause a person to lean forward leading to improper posture.

Here are some tips to help prevent these problems from developing.

**See your chiropractor regularly.** Getting adjusted can help with the subluxation caused by a heavy back pack and can also alleviate the stress from a heavy workload at school.

**Stay Fit.** A stronger body is more resilient to changes that the extra weight can bring. Exercise will also help boost brain power.

**Be organized.** Distribute the weight of the pack evenly throughout all the pockets and place heavier objects closer to the back of the pack leaving it closer to the body.

**Wear it right.** A backpack's bottom should be just 2 inches above the waistline and the top should be just below the base of the skull. Also, make sure and use both straps. Carrying your pack on one shoulder causes severe straining on the body.

Tilano DC, PhD, John J., "Tips to Prevent Back Pain from Kids' Backpacks." *Spine-Health*, N.p., 10 August 2012. Web. 15 Aug 2012. <<http://www.spine-health.com/conditions/back-pain/tips-prevent-back-pain-kids-backpacks>>.

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

## Product of the Month – Innate Choice Fish Oil

Omega Sufficiency® is the world's premier EPA/DHA omega 3 fish oil. Each teaspoon or 4 capsules provides 740-825 mg of EPA and 460-550 mg of DHA omega 3 essential fatty acids which have been scientifically shown to be a crucial requirement for health and important in the prevention of illnesses such as heart disease, arthritis, ADD, depression, stroke, cancer, diabetes, high blood pressure, obesity, osteoporosis, and Alzheimer's.

Omega Sufficiency® is extracted in a licensed pharmaceutical grade facility from cold water anchovies and sardines that are the purest, least toxic source of omega 3 fish oil. Our oil is purified in a non-chemical molecular distillation process that removes even trace amounts of heavy metals, PCBs, organochlorides, and organophosphate pesticides resulting in the safest, purest source of EPA/DHA fish oil possible. As the oil is purified it is immediately infused with our natural, proprietary antioxidant blend consisting of rosemary extract, ascorbyl palmitate and natural mixed tocopherols and then immediately bottled in a dark glass bottle with a patented spill-proof, threadless cap. This process ensures the greatest oxidation protection possible. There simply is not a better, purer source of EPA/DHA omega 3 fatty acids in the world as our third party testing results indicate.

Our extraction process keeps the fish oil in its most natural form possible, this is crucial because human beings are genetically designed to ingest, digest, and absorb EPA and DHA essential fatty acids in the form they are found in nature, not in any concentrated form produced by chemical processing. If science and experience has taught us anything it is that we cannot improve upon nature.

Omega Sufficiency® is flavored with 100% natural lemon extract - it actually tastes good! Because of the high quality and purity of our oil there is no fishy taste, no fishy smell, and no fishy aftertaste. Even kids like it! For those who do not like the consistency of the oil we recommend adding the oil to juice, a smoothie, or to salad dressings or other food.

*Enjoy 10% off during the month of August – feed your brain!*

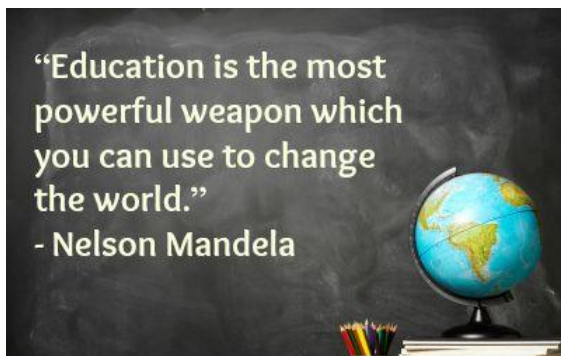
## School & Sports Physicals



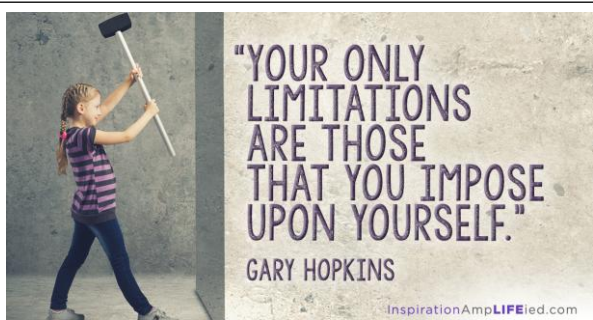
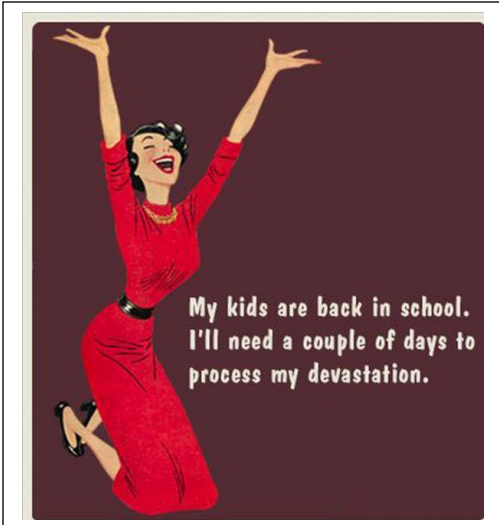
**It's not too late to schedule school and sports physicals! Get your child's physical now for the fall season.**

**Our doctor offers same day appointments.**

**All physicals are \$35 and must be paid in full at the time of your appointment. Dr. Loder would prefer to have a parent attend the appointment with their student. Call now to reserve your appointment time!**



*Every day is a gift.  
Receive it  
with eagerness.  
Share it with joy.*



### "Squat Like a Toddler"



If you ever want to observe perfect biomechanics, watch a toddler pick up a toy from the floor. You'll never see them bending over, moaning in agony like an old man. They drop their hips, maintain a perfect center of gravity while lowering themselves, then pop right back up with the ease of an Olympic lifter.

Interestingly enough, they never attended an 'ergonomics' class to acquire such perfect form. Their little bodies are innately designed to do it - and at one time in your life, your body worked like that too. You were able to lift, bend, sit, walk, run, sleep and with perfect, innate biomechanics. But somewhere along the way, your body picked up bad habits and compensated movements that now create pain and physical limitations in your daily life.

If PAIN is your body forgetting how to line up and move the way it was originally designed to, HEALTH is the return to the original blueprint. If you want to get your life back, remind your body how it was meant to function. Sounds like the perfect job for a Chiropractor.

## A Bell's Palsy Success Story!

*"May 17<sup>th</sup> I woke up without being able to chew or close my right eye. Thinking I had had a stroke, I went to the ER, and was diagnosed with Bell's Palsy. Mari shared that chiropractic would be beneficial. Within 2 weeks, I had made tremendous progress. After 4 weeks, I was 98% back to normal. I am SO THANKFUL for the care and concern that I have received at Smoky Valley Chiropractic. Without them, I was looking at several months of recovery instead of weeks!" -Holly Heller ☺*

## *And...Another Reason to Get Your Kiddos Checked...*

### Chiropractic May Reduce Scoliosis

Chinese researchers report that scoliosis was reduced significantly on a 15-year-old girl who was treated with chiropractic. The girl had received regular rehabilitation and brace treatment for her scoliosis. After 4 years of this treatment the curvature still progressed.

"This patient was treated with spinal manipulation 2 times per week for 6 weeks and then was gradually decreased in frequency. After 18 months of consecutive treatment, follow-up exams were conducted. **The scoliosis angle had decreased by 16 degrees. Her lower backache eased and there was also an improvement in bowel function, which had been a problem.**"

"This suggests that chiropractic treatment may decrease the need for surgery in at least some cases of scoliosis," say the authors.

Chiropractic care can help people with all kinds of conditions live a life without limits.

*Journal of Alternative and Complementary Medicine – July 2008*

