

IT'S EASIER TO  
STAY WELL  
THAN TO  
GET WELL.

# *August 2014*

## *Healthy Family Newsletter*

### *Smoky Valley Chiropractic*

# **PARTY!!**



We're celebrating 19 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. 5<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 29<sup>th</sup> for your free t-Shirt!!***

## *Juicing 101*



*Did you miss out?? We always have a great time. Mark Wednesday, August 20<sup>th</sup> at 12:15 on your calendar now and join us next time around!*

Can your chiropractor  
adjust your personality?



your eCards  
someecards.com

*Some days are  
like that ☺*

## Local Charity and Donation of the Month - Heart to Heart



Dr. Loder is offering proceeds from his new patient exams to local charities and organizations. **The July recipient was Heart to Heart.** This organization uses funds to purchase equipment to document forensic interviews for abused and victimized children. They have an office in McPherson and Newton. It is also called a CAC child abuse center. They help children not be more traumatized and victimized by having to share what happened to them over and over again. This equipment allows judges in court to hear what happened to them without the child having to be in court and say it in front of their abuser.

**Dr. Loder is pictured with executive director, Donovan Graber.**

Would your organization or club like to be considered for a donation? Contact Mari at [drلودer@sbcglobal.net](mailto:drلودer@sbcglobal.net).

## TOGA!!!

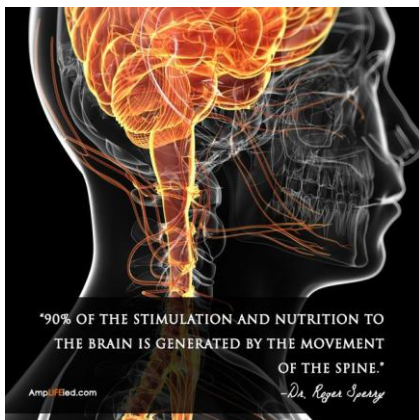


We had a GREAT time with our kids! Thanks to Dr. Emily for helping out while Dr. Loder was out of the office. We've had several requests for a SV Chiropractic toga party...people want to see Dr. Loder's toga in person! ☺



## Thank You!

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



90% is HUGE! Have you gotten your brain boost this week? What about your family??



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??





## EARTHING 101

- Mud pie madness
- Good and bad bugs
- Get grounded!
- Dirt, dirt, dirt

**Free Class with Dr. Loder**  
**Wed., August 20th – 12:15**  
**Smoothies served**

**facebook**

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

## “Avoiding a Train Wreck”



Medical preventative care focuses mainly on the early detection and treatment of disease. Their thinking - if you catch a condition in its earliest stage (i.e. breast cancer or diabetes), you have a better chance of managing it. Although that rationale bears some truth, it leaves you waiting for the train wreck to happen before you can do anything about it.

In Chiropractic, preventative care focuses on supporting the ONE system dedicated to preserving the health of your whole body, your Spine and Nerve System. Because all normal body functions are first patterned in your Nerve System, so must 'dis-ease' be patterned in your Nerves System (subluxation) before it develops into an illness. It simply makes more sense to avoid the train wreck in your spine, before it manifests in your body.

The best prevention doesn't simply 'test and wait' until you develop the disease... it focuses on removing the cause before it has a chance to manifest. That begins with interference in your nerve system. Are your loved ones protecting their health with preventative Chiropractic care?

The Innate Lifestyle™ Program  
*Eat Well Move Well Think Well®*



“I’m trying to squeeze 30 minutes of exercise into my daily schedule. Today I took 120 fifteen-second walks.”

Join us for  
**Move Well #3** on  
**Wednesday, August 13th** at **6 PM**. Cost is \$30 for those not enrolled in the lifestyle program.



## Back to School Oils 101

Join us for a Q&A with Danelle Johnson on Thursday, August 7<sup>th</sup> at 4:30 PM.

Class will be held at our office and is free to anyone interested. Bring a friend ☺

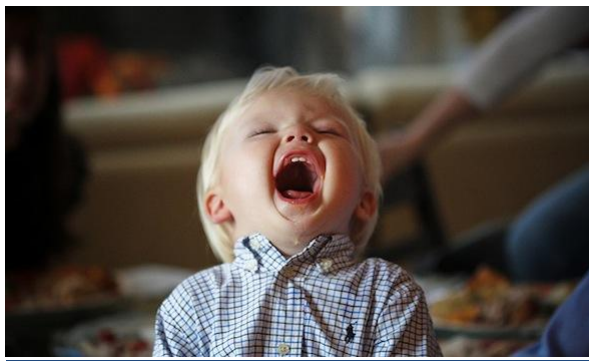


***From Hannah:***

Who says doctors don't make house calls anymore? Maybelle and I got some special treatment today from Dr. Loder and it was just what we needed. Thanks to him we are functioning at 100% again!

**ALL ABOUT HANNAH**

Hello there, I am Hannah Jones and I have been with Smoky Valley Chiropractic since 2011. I am originally from rural Alta Vista, Kansas - about a 20 min drive south of Manhattan, where I was born and raised. I grew up loving the farm life, from hauling buckets for chores to bottle feeding the new spring calves. I attended Council Grove High School and graduated in 2005. Afterwards I was offered a scholarship to play softball at Cloud County Community College in Concordia where I studied Athletic Training. After completing two years at Cloud, I decided to attend the University of Oklahoma to continue my studies in Athletic Training/Health and Sport Sciences. I was fortunate enough to work with one of the most elite college athletic programs in the country and I loved every minute of it. After finishing my studies at OU, I decided to move back to Kansas - "There's no place like home", but moved to McPherson to be close to my mom, Shelly. Then, I did what every girl does after college, I worked at a lumberyard to find my future husband who would build me my dream home ☺ just kidding, but lucky for me that did happen. I met Adam Jones, a Marquette native and local construction man, and we got married in September of 2012. In our spare time we love watching sports, going to the lake, fishing and attending concerts of our favorite bands. My life has been full of many blessings - I found my way back to the farm as Adam and I have settled on some property south of Marquette. We have our wonderful dogs, Royal and Jessie, plus many farm cats and the hopes of some chickens in the near future. I get to help with our high school youth at church and most recently we welcomed our baby girl, Maybelle Ann, into the world. During my time as a Chiropractic Assistant for Dr. Loder, it has been the best job a girl could ask for. I love helping our patients while also getting the opportunity to use my athletic training skills and help the Smoky Valley High football team. I love living and working in this community and can't wait to see what the next few years have in store. So, thank you for letting me help you live a long, active healthy life.



**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 2014-2015. We can help!!

**School & Sports  
Physicals**



It's not too early to schedule school and sports physicals! Get your child's physical now for summer sports, summer camps and 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!