

**Smoky Valley Chiropractic
Healthy Family Newsletter
November 2012**

***Thanks Everyone!!
WE DID IT!!!***

Dr. Loder went from...



to....



**\$1000 to Cancer
Research!!**

Thank you everyone ☺



Winter Coat Drive

Help make someone's winter a little warmer! Please donate a new or gently used winter coat anytime November 1st through the 21st. Coats, scarves, and hats for men, women and children are all welcome. The winter wear will be distributed locally to children and adults in need.



Check!

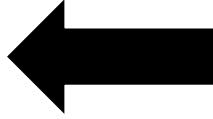
In our efforts to always stay compliant with government requirements, there will be some additional information we'll be collecting in the upcoming months. We will be gathering information such as current medication lists, drug allergies, and vital signs.

Thanks for helping us check, check, check things off our list!

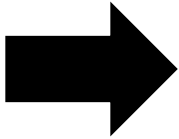
“Daily prayers lessen daily cares.”



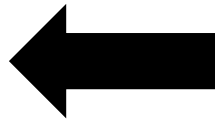
**Marquette
Elementary**



**Soderstrom
Elementary**



**Smoky Valley
Middle School**



**2012 MOVE WELL
MARATHON**

For the 3rd year in a row, USD 400 and Dr. Darrel Loder of Smoky Valley Chiropractic, sponsored the Move Well Marathon. Students at Marquette Elementary, Soderstrom Elementary, and Smoky Valley Middle School had the opportunity to walk/jog 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 participated and exercised before school with their students. Congratulations to the students, staff, and parents of USD 400 for making exercise a priority!

Our office will be closed on November 22 & 23 for the Thanksgiving holiday. We hope you enjoy a blessed Thanksgiving with your family!



Strategies to Prevent and Treat the Flu...

- Wash your hands frequently.
- Drink plenty of fluids, especially water.
- Exercise regularly.
- Eat a healthy diet.
- Get adequate sleep.
- Lower stress.
- Get adjusted and keep your immune system functioning at optimum levels!



*Did you know that just ONE CHIROPRACTIC ADJUSTMENT can boost your immune system function by 200-400%? **WOW!** Skip the Nyquil...get in here!*

Community Service 101
Interested in having Dr. Loder or Dr. Emily come and share information with your group? Let us know and we'll help you get the presentation scheduled.



**As They
Say...The
Proof is in the
Pudding...**

Chiropractic for the Flu?

The 1918 influenza pandemic has been labeled in history as one of the most devastating outbreaks in the history of the world with deaths estimated at between 20 and 40 million people. Over 675,000 American citizens lost their lives due to this epidemic. Why are we talking about this?

In Davenport, Iowa in 1918:

50 medical doctors treated 4,953 cases, with 274 deaths.

150 chiropractors cared for 1,635 cases with 1 death.

In the same state, Iowa:

Medical doctors treated 93,590 patients, with 6,116 deaths – **a loss of 1 patient out of every 15.**

Chiropractors cared for 4,735 patients with 6 deaths – **a loss of 1 patient out of every 789.**

1918 National figures show :

1,142 chiropractors treated 46,394 patients with a loss of 54 patients – 1 out of every 859.

From the state of Oklahoma: In addition to chiropractors treating 3,490 cases of influenza with only 7 deaths, **chiropractors were called in to treat 233 cases where medical doctors had treated the patients and pronounced them as “lost” or beyond hope ... Chiropractors took care of all 233 with only 25 deaths.**

In the same epidemic, New York health authorities showed that under chiropractic care, only 25 patients died of influenza out of every 10,000 cases; and only 100 patients died of pneumonia out of every 10,000 cases.



We are helping Dr. Loder “target your spine” this month with excellent chiropractic care. Your nervous system controls every cell, tissue, and organ in your body. So, keeping your spine “targeted” is crucial for a healthy lifestyle. Keep up the good work!

Wish it would be that easy for Dr. Loder when he tries to “target” that big buck this month!

Breastfeeding and the Cancer Connection

with Dr. Emily

Many of you know how near and dear breastfeeding is to me (literally!) and since this is the month for breast cancer awareness (and pink of course!), I thought an article about the benefits of breastfeeding quite appropriate.

I'll start by saying that there are WAY too many benefits to list in one blog, but I'll hit some of the highlights.

REDUCTION IN BREAST CANCER RISK. Few people even know about this amazing benefit. Sources vary as to the specific percentage that breast cancer risk is reduced, but all sources agree that the longer you breastfeed, the greater the protection. The World Health Organization and La Leche League International, the world's foremost authority on breastfeeding, agree that mothers should try to breastfeed for the first TWO YEARS of a child's life. Many countries breastfeed their children until they are 4 or 5, but cultural taboos and formula companies have undermined breastfeeding attempts in the United States, bringing our breastfeeding numbers down significantly. Additional benefits include a reduced risk of breast cancer in breastfed baby girls, and a risk reduction in other reproductive cancers, such as ovarian and uterine.

BREASTMILK IS NATURE'S VACCINE. Breastmilk is loaded with immune boosting cells and antibodies from the mother. If mom has a cold, then she will create antibodies and pass them, through her breastmilk, to her infant and either keep them from getting sick, or keep them from getting AS SICK (a milder version of the illness). Also, it goes the other way. If baby gets sick first, mom will be exposed and once again, she will make antibodies to help boost baby's immune system. An infant's immune system isn't mature until the age of 2, which is the reason for recommending breastfeeding for the first two years of life. After the first year, breastmilk contains even MORE immune fighting cells since by this age, babies are getting most of their nutrition through foods and not from mom. A mother's body KNOWS this and packs breastmilk FULL of nutrients and immune cells. How amazing is that?!

This same immune boost for our children is good news for employers of breastfeeding moms as well! Breastfed children are sick less often so a parent misses work less often. Add chiropractic to that and you've got a recipe for an awesome immune system!

REDUCED RISK OF OSTEOPOROSIS. Women who breastfeed their babies also have a decreased risk of developing osteoporosis. During pregnancy and breastfeeding, the body innately knows to increase absorption of calcium from food we eat. What a bonus!

Again, this is the tip of the iceberg! Breastfeeding has many more benefits not listed here. If you ever want to know more, feel free to ask me. If you know a pregnant woman, please encourage her to breastfeed – not only for her baby's health but for her's too!

For more information on breastfeeding and support for breastfeeding moms, please ask me or visit La Leche League International online at www.llli.org.

- Dr. Emily

Sunshine Vitamin...

Getting geared up for winter? Don't forget your supplements and Vitamin D, "the sunshine supplement." Supplements are an ABSOLUTE NECESSITY, your body simply can't get all of the nutrients it needs each and every day. Ask Dr. Loder or Dr. Emily for suggestions.

