

*Smoky Valley Chiropractic
Healthy Family Newsletter
November 2011*



Thanks Everyone!!

Dr. Loder and his staff held a fundraiser for the Terry C. Johnson Center for Basic Cancer Research at Kansas State University on Friday, October 14th. Patients participated by donating to cancer research all week, with Dr. Loder's contribution going towards a research scholarship for a graduate student.

L-R: Traci Collins, Mari Loder, "pink patient" Earl Ahlstedt, and Michelle Johnson.



Community Service 101

Dr. Loder had the opportunity to conduct a "Body Mechanics" workshop at Riverview Estates in Marquette in October. Dr. Loder observed the nursing staff transferring residents in different situations, and then had the staff practice strengthening exercises that he recommended. Interested in having Dr. Loder come and share information with your group? Let us know and we'll help you get the presentation scheduled.

Congrats to our October Trivia Winner – Kaidin Venables. Kaidin correctly identified the phalanges!



Winter Coat Drive

Help make someone's winter a little warmer! Please donate a new or gently used winter coat anytime November 2nd through the 25th. 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.



facebook

Check out our new Facebook page
– Smoky Valley Chiropractic.
"Like us!" ☺



You can also "blog" with Dr. Emily. Look for the link at www.drloder.com

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 for suggestions.

Did you have the chance to try Dr. Emily's Macaroons on Fight Like a Girl Day?...

Wellness Macaroons

1 7-ounce bag unsweetened shredded coconut (2 2/3 cups)
1 cup sliced raw almonds (best if run through food processor first)
1/4 cup raw honey
4 large egg whites

1. Preheat oven to 325 degrees F. Grease 2 large cookie sheets. Into large bowl, measure coconut, almonds, and honey. With spoon, mix until combined. Stir in egg whites until well blended.
2. Drop mixture by heaping tablespoons, about 2 inches apart, on cookie sheets. Place cookie sheets on 2 oven racks. Bake cookies 20 to 25 minutes until golden, rotating cookie sheets between upper and lower racks halfway through baking time. With pancake turner, remove cookies to wire racks to cool completely. Store cookies in a tightly covered container.

Yields: About 1 1/2 dozen



Add your favorite fresh fruit for a little added color and flavor. We added raspberries to make them PINK for Fight Like a Girl Friday!

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

"Dr. Loder brought my knee back to mobility and I was able to avoid surgery!" – Beth Randall

"I've been a chiropractic believer for years. There have been many times when Dr. Loder has fixed my aches and pains helping me to maintain good health. Thanks!!"

– Jim Parker

"Thanks for changing my life!" – Jerilyn Johnston

"I never thought my ankle could be better until Dr. Loder helped me and made it better." – Gary Gish

"Thanks Dr. Loder for the great chiropractic care that has helped to relieve my stress migraines. Also, thanks to the staff for the great customer service." – April Dauer

"Thank you for keeping me "in line." Adding exercises along with adjustments has been a great thing for me." – Janet Malpert

"I always feel better after being on your adjusting table!" – LaVeta Spargo

"Thanks for all of the improvement in my health. I feel better and have more energy." – Amy Fitzgerald

The Answer...ABSOLUTELY!

Dinner with the Doc was a huge success! 😊

Those who attended enjoyed Dr. Loder's presentation on weight loss & exercise. Dinner at the Swedish Crown was delicious! We'll keep you posted on upcoming events.



Dr. Emily & Laramie with Dee Roth.



Dr. Loder & Sharon Huff

Our office will be closed on November 24 & 25 for the Thanksgiving holiday. We hope you enjoy a blessed Thanksgiving with your family!



Thanksgiving is a time to be especially grateful for all of life's many blessings. Take time to make a list of things you appreciate. Give Thanks.

Why Do We DIE?

The answer to this question isn't just for small children. We adults often ponder the same thing. What is it that causes our time on earth to come to an end?

During our years as chiropractic students we learn what causes our bodies to break down. The answer is simple – subluxation. A subluxation is a misalignment of our spine causing a breakdown in the message pathway from our brain to our body or from our body to our brain. When our body can't communicate with the master computer (our brain), then it can't function at 100%. Not functioning at 100% = dis-ease (such as pain), disease (-itis, -otitis, -oma), and eventual death. Chiropractic focuses on three things that cause subluxation: thoughts, trauma, and toxins. Let's talk more about each one.

It's easy to connect trauma to subluxation. Falling down a flight of stairs or being in a car accident can easily cause your spine and nervous system to be "out of whack". What people often forget is that small repetitive traumas (sitting for a long time, working in a factory, etc.) can also cause subluxation. Trauma is the most common reason people come to the chiropractor, but all three causes of subluxation are equally important!

And last, but certainly not least, toxins can cause subluxation. We are surrounded by toxic chemicals wherever we go – in our clothing, in our food, in our cleaning products – everywhere! Our bodies are overloaded trying to process and get rid of these toxins and this can cause damage to our spine and nervous system. Think about all the new nervous system disorders (i.e. fibromyalgia) where there is no known cause – could it be all the toxins in our environment?

"How can thoughts cause subluxation?" you ask. The same way they can cause pain -through your nervous system. Thoughts are extremely powerful and it's easy to forget this. Negative thoughts and stress can cause a cascade of hormones that can do physical damage to your body.

Most people associate physical trauma with a reason to see the chiropractor, but neglecting the other two causes of subluxation can send you down a path of dis-ease, disease, and death. Get on the path to wellness and have your spine and nervous system checked today!

Looking For Healthy Thanksgiving Side Dish Options??

Try this...

Roasted Brussels Sprouts and Grapes with Walnuts

24 oz. Brussels sprouts (about 8 cups), halved or quartered

24 oz. grapes (about 4 cups)

2 Tbsp. extra-virgin olive oil

4 Tbsp. fresh thyme

Coarse salt and freshly ground pepper

2 tsp. balsamic vinegar

½ cup walnuts, toasted and coarsely chopped

Heat oven to 450 degrees. On two rimmed baking sheets, toss Brussels sprouts and grapes with oil and thyme. Season with salt and pepper.

Roast, until caramelized and tender, about 20 minutes. Drizzle each tray with 1 tsp. vinegar and scrape up any caramelized bits with a wooden spoon. Toss in walnuts.



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!



Make sure you're on our email list! We have started sending out the monthly newsletter via email. Send your email address to Mari at drloder@sbcglobal.net.