



October 2015  
 Healthy Family Newsletter  
 Smoky Valley Chiropractic



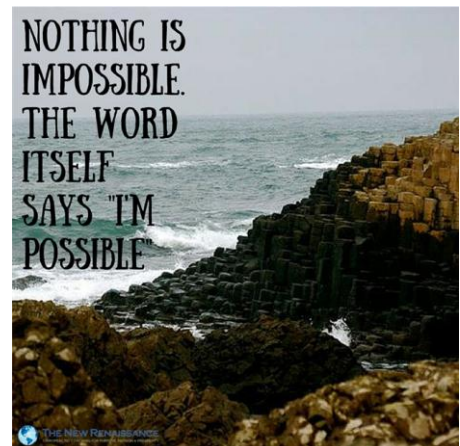
The community donation from Dr. Loder for the month of August goes to TACOL. Dr. Loder is shown with store manager, Rose Erickson and TACOL treasurer Bill Roth. Proceeds from new patient exams are donated each month to a community charity. We appreciate the work of this organization in the Smoky Valley Community!

Have I mentioned lately that our patients are a bunch of **ROCK STARS?! We mailed a big ole check to the Terry C. Johnson Center for Basic Cancer Research at Kansas State University today! WOOP WOOP!! Our office is proud to sponsor a cancer prevention scholarship every year, awarded to a graduate student who is researching the effects of lifestyle, nutrition, and exercise on cancer and health. Prevention is the key, and Prevention means figuring out how to prevent cancer from ever starting! AWESOME!**

Meet Our Models...



Kinsley (L) and Naomi (R), **ROCKING** those Smoky Valley Chiropractic T-shirts. You know what they say...**Chiropractic kids have an unfair advantage...**how awesome to be healthy & happy from birth! Lucky (*and darling*) girls!



*“Go and get adjusted! You will move better, feel better, sleep better and have more energy!” – Ken Arnhold*

The 2015 Move Well Marathon is off and running at Soderstrom Elementary! The SES students had a special visitor this week on Totally Terrific Tuesday ☺ The Move Well Marathon is sponsored each year by USD 400 and Dr. Loder.



## LONG LIVE KING EARL!



Congratulations to Earl Ahlstedt for being selected as 2015 Svensk Hyllningsfest Royalty. "Diamond Dala" is a fitting theme for this man – we think he is a **GEM!**



*"Doc, thanks for keeping my back straight and keeping me going!" – Earl Ahlstedt*



Dr. Loder is shown presenting Reverend Tim Bever a check for the Marquette Ministerial Alliance. MMA is Smoky Valley Chiropractic's community donation for the month of September, designating new patient proceeds to this organization. Thank you to the Ministerial Alliance for all that you do for those in need!



**Vitamin D =  
Sunshine in a Bottle!**

\*Vitamin D is ESSENTIAL for wellness & prevention.

\*Industrial humans are DANGEROUSLY DEFICIENT in Vitamin D.

\*The only way to assure sufficient amounts of Vitamin D is through daily SUPPLEMENTATION.

***Deficiencies in vitamin D have been linked to greater risk of severe conditions/illnesses throughout life:***

Children: Improper bone growth and development, diabetes, autism, asthma, weakened immunity, allergies, increased susceptibility to colds and flu, decreased ability to heal.

Teens and Adults: Cancer, heart disease, autoimmune diseases, osteoporosis, multiple sclerosis, chronic bone and muscle pain, weakened immunity, allergies and atopic disorders, increased susceptibility to colds and flu, chronic inflammation.

Elderly: Osteoporosis, cancer, heart disease, autoimmune disease, weakened immunity, increased risk of infection, increased susceptibility to colds and flu, chronic inflammation.

**Get 10% off your Vitamin D during the month of October ☺**



We are excited to announce appointment times over the lunch hour on Tuesdays! You can get adjusted before work & school, after work & school, and NOW YOU CAN COME AND SEE US AT LUNCH TIME TOO!

*Monday, Wednesday & Fridays*

*7:30 AM-12:00 PM and 2:00 PM-6:00 PM*

*Tuesdays – 12:00 PM – 4:00 PM*

## “Happy 120<sup>th</sup> Chiropractic!”



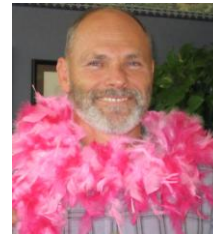
For over a century Chiropractors have been introducing their clients to the best doctor on the planet...the one that lives INSIDE them. Here's what we've accomplished so far.

- Chiropractic is the largest DRUGLESS, non-medical healing profession in the world
- Currently, Chiropractors practice in over 100 countries all over the globe
- There are approximately 65,000 Chiropractors in the USA alone, and another 13,000 worldwide
- Statistics show that 10-15% of the American population (30 to 40 million) have seen a Chiropractor

Those numbers are rising as more people grow weary of mainstream medicine's failure to give them what they ultimately want... HEALTH! One Principle continues to draw the masses to Chiropractic - the acknowledgment of an innate intelligence within all living things, and the never ending pursuit to restore Life through its free expression. Not too shabby for only 120 years.

## Fall brings LOTS OF FUN!

**Fight Like a Girl Week – October 12-16.** Grab your pink and come ready to learn all about the chiropractic connection with your immune system and cancer!



**Join us for our Halloween celebration -Super Hero Day - on Friday, October 30<sup>th</sup>.** Be on the look-out for those Chiropractic Caped Crusaders!

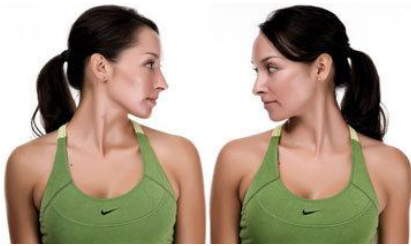


**Coat Drive – November 2-13.** Look through those closets now and bring out those gently used items that can help someone else stay cozy this winter. Scarves, hats and gloves are welcome also.

**Food Drive – the annual KSU vs. KU competition is BACK!** Bring in canned items for your favorite team Nov. 16-25 and we'll see who comes out the winner 😊



# TARGET YOUR SPINE



## Exercise your neck muscles! Do your daily Spinal Hygiene Exercises!

Keep your neck muscles strong by doing strengthening and stretching exercises frequently throughout the day. One of the simplest exercises to do often is the chin tuck exercise.

This exercise helps strengthen the muscles that pull the head into alignment over the shoulders. It also stretches the scalene and suboccipital muscles.

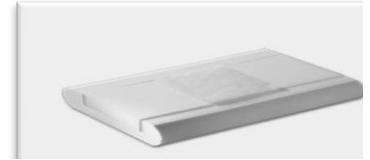
### Neck Stretches

Flexibility and stretching exercises can expand or preserve the range of motion and elasticity in affected cervical (neck) joints, and thus relieve the stiffness that leads to pain. As a general rule, neck stretching is best done every day, and some stretches should be done several times a day.

### Neck Strengthening

Specific strengthening exercises will help maintain improved posture, which in turn will lessen or eliminate recurrent flare-ups of pain. As a general rule, neck strengthening exercises should be done either daily or every other day depending on the intensity of the exercise. Ask for guidance.

## Sleep with a Cervical Pillow



Cervical pillows, or orthopedic pillows, are contoured to support the spaces under the head and neck with deeper depressions where the head lies and extra support under the neck. They help keep the neck in alignment with the spine.

Cervical pillows have a deeper depression where the head lies, and extra support under the neck. Quality of the design and foam is important. Most inexpensive pillows wear out in just a few months. Good ones should last 2-3 years.

## Sleep on your back



Sleeping on your back or side is the best position to let your entire spine rest comfortably. The key is in either position to make sure your head is in line with the rest of your spine. Have someone observe you in both positions to ensure you have the correct sized pillow.

## “Fall Back into Health”



What do subluxations and the end of Daylight Savings Time have in common? Both leave you with less light! When you break the word down into its roots, SUB-LUX-ATION you get “SUB” – which means less than normal, “LUX” – which is a Latin root for light and “ATION” – is a state of being. So figuratively, the definition of subluxation is a state or condition of less LIGHT or power.

Subluxations occur when spinal bones misalign and restrict the normal flow of “light” through the spinal cord and nerves. The effect... your body gets less of the Life energy it needs from the nerve system to maintain health and vitality. When Chiropractors locate and correct subluxations, they unblock the light so it flows freely through your nerve system, illuminating every cell, tissue and organ in your body.

If sub-lux-ations produce darkness in your health, Chiropractic adjustments bring EN-LIGHTEN-MENT. So don't let the upcoming shorter, darker days get you down. Fall back into a healthy routine with Chiropractic. Life is bright when you're subluxation free.