



Inside this issue:

<i>Featured Essential Oil: Frankincense</i>	2
<i>The Gift of Massage</i>	2
<i>Featured Supplement: Serenagen</i>	2
<i>Good for You, Good for Baby</i>	3
<i>Shoveling Snow Pain Free</i>	3
<i>Upcoming Seminars!</i>	4
<i>10 Ways to Prevent Colds and Flu</i>	4

Services Offered

- Chiropractic Care for the entire family
- Massage Therapy
- Acupuncture
- Nutritional Consults/Evaluations
- Exercise instruction/rehabilitation services
- Complete radiology services
- Bone Density Testing
- DOT physicals/drug screening services
- Cholesterol Testing
- Functional Health Testing
- Physiotherapy services

Balance Your Body with Orthotics By Dr. Lacie Gerhardson

The joints and muscles of the body function most efficiently when they are in physical balance.

When foot imbalance is present, there is a negative impact on the knees, hips, pelvis, and the spine. This may lead to symptoms of knee pain, arch pain, hip pain, or lower back pain.

Your feet are the foundation of your body. They support you when you stand, walk, or run. They help protect your spine, bones and soft tissues from damaging stress as you move around.

The foot is constructed with three arches, which when properly maintained give exceptional supportive strength. These three arches form a supporting vault that distributes the entire weight of the body.

A loss of arch height will cause a flattening and rolling in of the foot. This malpositioning of the foot is termed pronation and is seen when the ankle starts to

fall inward, no longer sitting directly over the foot.

Because everything is connected, the bones of the leg also inwardly rotate.

This increased pressure on the medial arch of the foot can cause heel pain or irritation to the connective tissue along the bottom of the foot leading to plantar fasciitis.



Excessive rotation of the bones of the leg will cause unnecessary stresses on the knee as well as twisting of the pelvis and spine. If the pronation is more prevalent on one side, there can be a resultant unleveling of the pelvis. Tilting of the pelvis places tension on the muscles and connective tissues, which can eventually lead to back problems.

To correct imbalances in the feet, we will often recommend custom molded foot orthotics. Placing orthotics in your shoes is similar to placing a shim under a wobbly table: it adds support to eliminate unwanted motion in the entire structure.

Placing the correct support under the foot helps restore the fallen arch, decrease pronation, eliminate rotation to the leg, and take stress off the joints of the lower back and pelvis.

By stabilizing and balancing your feet, orthotics enhance your body's performance and efficiency, reduce pain, and contribute to your total body wellness.

December is a great time to use up flex dollars or health savings account dollars on custom molded foot orthotics!!

If you have questions about how you may benefit from custom molded foot orthotics, ask your doctor of chiropractic today!

Featured Supplement: Serenagen

*For those who may be irritable, anxious, fatigued, sleep too little, or have difficulty resting

*It's a comprehensive herbal stress management formula for those who feel stressed and wired

*This combination of herbs and botanicals is designed to maintain equilibrium between these body systems, producing a sense of inner calm

*Excellent support for those experiencing consistent high levels of psychosocial stress

See the front desk for details or for more information ask Dr. Minser, Dr. Gerhardson, Dr. Fimrite, Dr. Leither, or Dr. Huber



Don't wait, get your massage gift certificates today!!

**Need a gift!?
Massage Gift Certificates make great gifts for the holidays!!**

The Gift of Massage

This Holiday Season give yourself and/or a loved one a massage! We offer an array of massages to accommodate a variety of people and health concerns. Some types of massages we offer are relaxation, deep tissue, hot bamboo, pregnancy, hot stone, and tui na! Our massages come in increments of 30, 60, and 90 minutes.

Massage therapy can benefit one's lifestyle. It can help reduce anxiety, headaches, joint pain, pain from injuries and many others. Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons, and ligaments.

Call the clinic to schedule a massage today or stop by to purchase a gift certificate!

Featured Essential Oil of the Month: Frankincense

- Most valuable essential oil for slowing and deepening the breathing
- One of the best essential oils in skin care. Helping to rejuvenate skin tone and prevent wrinkles
- Counteracts respiratory problems and is useful in easing symptoms of colds, bronchitis, asthma, coughs, and sore throats
- Psychologically, it is a valuable aid to meditation inspiring a calm, still mind
- Overall, it is deeply calming, revitalizing, and uplifting.

Add any essential oil to your next massage for only \$5.00!

If you have any questions about essential oils, please see any of our certified massage therapists.



Good for You, Good for Baby

It's common knowledge that regular exercise is all-the-more important during pregnancy. Why? Well, for one thing, because the combination of developing child, hormonal fluctuations, and other factors means you will likely gain a moderate amount of weight as part of the natural process.



Moreover, as any mother will tell you, delivering a baby can be a physically traumatic - albeit joyous - experience; exercise in the months

leading up to that day helps strengthen your muscles and heart, which

can be placed under severe stress during delivery.

Less well-known is that exercising during pregnancy may make for a healthier child.

Consider a recent study involving pregnant women (ages 30-35) who were divided into two groups - one group that performed moderate-intensity aerobic exercise for 30 minutes per day at least three times per week, and a second group that did not perform regular exercise over the same time period. The study revealed the following:

-Fetal heart rate was significantly lower (a good thing, within reason) in the exercise group during fetal breath-

ing and non-breathing movement periods.

-Fetal short-term and overall heart rate variability (indicative of a mature neurologic system) were higher in the exercise group during breathing movements.

-The exercise-exposed fetuses had higher measures of vagal (cardiovascular) control during breathing movements.

If you are uncertain on how to stay active during your pregnancy, talk to our exercise specialist, Katie today! She can help you develop a personalized exercise plan to keep you and your baby healthy before, during and after your pregnancy.

Shoveling Snow Pain Free

Shoveling snow can wreak havoc on the musculoskeletal system. The American Chiropractic Association suggests the following tips for shoveling snow correctly to avoid pain:

-If you must shovel snow, be careful. Listen to weather forecasts so you can rise early and have time to shovel before work.

-Layer clothing to keep your muscles warm and flexible.

-Shoveling can strain "deconditioned" muscles between your shoulders, in your upper back, lower back, buttocks and legs. So, do some warm-up stretching before you grab that shovel.

-When you do shovel, push the snow straight ahead. Don't try to throw it. Walk it to the snow bank. Avoid sudden twisting and turning motions.

-Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.

-Take frequent breaks to take the strain off your muscles. A fatigued body asks for injury.

-Stop if you feel chest pain, or get really tired or have shortness of breath. You may need immediate professional help.

-After any of these activities, if you are sore, apply an ice bag to the affected area for 20 minutes, then take it off for a couple of hours. Repeat a couple of times each day over the next day or two.

If you continue to feel soreness, pain or strain after following these tips, it's time to visit your chiropractor!



Upcoming Seminars!



Phone: 320-253-5650

Fax: 320-253-9222

203 Park Ave South

Saint Cloud, MN 56301

Find us on Social Media



Intro to Detox Lunch and Learn –Jan. 4th @ 12pm

Location: Minser Chiropractic Clinic

Join Dr. Lacie Gerhardson as she explains why we should detoxify. She'll go over how we receive toxins through food, drinks, our environment, our body and how these toxins affect our health! She will cover the steps involved in doing a safe, effective liver cleanse. This seminar is open to the public and is FREE!

Eat Well, Move Well, Live Well, Be Well– Jan. 18th @ 7pm

Location: Minser Chiropractic Clinic

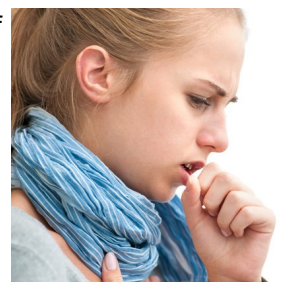
Dr. Katherine Leither will discuss areas in your life to help you feel better and to help create a path to cleaner living. Find out how small changes with simple solutions can help you achieve your health goals. Included is how to move better, the types of foods you should be eating, the foods you should be avoiding, de-stressing, and better sleeping. This seminar will help teach you ways to Eat Well, Move Well, Live Well, and Be Well. This event is open to the public and is FREE!

Space is limited so call the clinic to reserve your spot! 320-253-5650

10 Ways to Prevent Colds & Flu

When the snow falls, the cold and flu season is soon to follow. We've all seen the cold make its rounds from person to person in the home or office. It's important to stay healthy and we have 10 simple ways to prevent colds and the flu during the winter months.

1. Eat lots of fruits and veggies. Making sure your diet is colorful (with natural food) is important for building a healthy immune system.
2. Wash your hands often with warm, soapy water. This helps prevent the spread of the cold and flu and can help prevent you from getting them.
3. Keep your hands away from your face. We often get sick, not from sharing a sip from a water bottle, but from touching our eyes and nose.
4. Get plenty of sleep and rest. The power of sleep is tremendous! Sleeping helps your body recharge and replenish.
5. Effectively manage stress. If you're stressed out, then your immune system can take a beating making it vulnerable to the cold and flu.
6. Drink water. Keeping yourself hydrated helps the body function optimally while hydrating.
7. Get plenty of Vitamin C and Vitamin D. Both of these vitamins help boost the immune system and help fight off illnesses.
8. Exercise! Being active also helps boost your immune system so make sure you're hitting the gym or at least going for a nice walk every day.
9. Try to avoid white sugar products. Your diet is your foundation. If you give yourself an unstable foundation then you're setting your body up for illnesses. Eat right and eat healthy.
10. Get a chiropractic adjustment! Most people aren't aware that getting your spine in alignment helps boost your immune system. Keeping your spine in check helps your body function optimally, which in turn helps your immune system running at full performance.



Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health issues. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professions. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of your health problem.

The goal of chiropractic care is to correct any spinal or skeletal misalignments, called subluxations, in the body. When a vertebra or joint becomes misaligned or its function/motion are altered, it may cause irritation to the muscles, nerves or organ systems involved.