

2017: Just for the Health of It

THE IMPORTANCE OF SLEEP

By Dr. Krista Blomdahl

Our bodies require regular long periods of sleep to restore and rejuvenate all processes within the body. Sleep also helps us grow and develop, repair tissues, synthesize and regulate hormones, and strengthen immunity. When people don't get enough good quality sleep, they struggle with concentration, memory, attention, productivity, emotional and behavioral stability, and ability to fight disease.

Many adults and children struggle with getting enough sleep and making sure those hours are good quality sleep. As chiropractors, we can assess a few different components that can improve these patterns to allow the body its healthy sleep cycle.

Chiropractors can assess the body's musculoskeletal system to address any mechanical issues that may be interrupting sleep. When the spine is out of alignment, also known as a subluxation, stress is put on different areas of the body which can lead to muscle tension and nerve inflammation. This doesn't allow the body to fully relax and as a result, we can wake up feeling tired, restless, and uncomfortable.

When the spinal segments that sit directly below the base of the skull become out of alignment, our brain chemistry can be negatively effected. The brain is what manufactures the hormones that help us fall asleep and control healthy sleep patterns. When the nerves between the brain and the very top of the spinal cord are disrupted, the release of these important sleep hormones are disrupted as well.

With the help of chiropractic care, chiropractors can correct these misalignments with simple adjustments for both you and your children. We can give recommendations for proper sleeping positions, your mattress, and proper pillows to prevent subluxations from continuously reoccurring.

If you or anyone in your family is struggling with getting good quality sleep, give us a call and schedule an appointment with one of our chiropractors!



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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
- Sports Physicals

SUPPLEMENT OF THE MONTH: NAZANOL

- Great for Colds or Sinus Congestion, Sinusitis, Hayfever and Allergic Rhinitis
- Natural, stimulant-free nose and sinus formula
- Helps to maintain the integrity and healthy function of the nasal and respiratory mucosa without using ingredients that cause drowsiness or hyperactivity (such as ephedrine, pseudoephedrine, or phenylpropanolamine).
- Supports a healthy nasal mucosal secretion
- An easy to use, high-concentration/low-dose tablet form is made possible through a modern ultra-concentration method
- Provides a combination of herbs formulated to help support a healthy nasal and sinus function

For more information ask Dr. Minser, Dr. Fimrite, Dr. Gerhardson, Dr. Leither, or Dr. Blomdahl

FEATURED ESSENTIAL OIL – TEA TREE

- *Minor abrasions, cold sores, insect bites, acne, and athlete's foot respond well with local applications of Tea Tree oil.
- *The most "medicinal" of the essential oils, with powerful antimicrobial activity against all three of the infectious organisms: bacteria, viruses, and fungi
- *Valuable in treating colds and flu, best in steam inhalation
- *When combined with Peppermint and Eucalyptus, Tea Tree is great for sinus decongestion and relieving symptoms of the common cold
- *In massage, it can help boost a weak immune system

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.

POSTURE AT THE DESK

Good posture (along with chiropractic care) is one of the best ways to keep your spine in alignment. Having good posture helps prevent back pain, headaches, and neck pain. A lot of us spend the majority of our time at a desk at work or even at home. Here are a few tips to make sure you have good posture at your desk!

~Adjust the seat height of your chair so your feet are flat on the floor and your knees equal to, or slightly lower than, your hips.

~Position your keyboard directly in front of your body. Adjust the keyboard height so that your shoulders are relaxed, and your wrists and hands are straight.

~Center your computer screen directly in front of you, above your keyboard. If you have a laptop, a laptop stand to raise it will be beneficial to reduce neck pain.

~It's important to take short but frequent breaks from sitting at the desk. Taking breaks helps prevent your body from getting stiff and gives your eyes a rest from staring at a computer screen. You can go for a stroll around the office, get a glass of water, take the long way to the bathroom, or say hi to a fellow coworker.

RELIEF FROM FIBROMYALGIA

Fibromyalgia is a syndrome that affects the muscles of the body and symptoms vary from one person to another. It often manifests as stabbing, burning, or throbbing pain and is typically worse at the beginning of the day. The direct cause is unknown but may be related to an illness, tragic event, or rheumatic illness. There are many other disparities that follow the disease, such as insomnia, irritable bowel syndrome, headaches, tingling in the extremities, fatigue, anxiety, impaired memory and premenstrual syndrome. Every individual experiences the disease in a unique way and may also be plagued by tinnitus (ringing in the ears), vertigo (dizziness), and genitourinary issues.

Massage therapy can be a very useful tool in assisting fibromyalgia sufferers. Pain relief as well as relief from anxiety can be accomplished. The type of massage used is usually a combination of effleurage and Swedish techniques and is individualized to each person. The pressure starts lighter and gradually deepens to the person's tolerance. Massage therapists are careful to not use intense pressure due to a "lowered pain threshold and release of metabolic wastes," which could aggravate the condition. It is important to note that massage therapy needs to be regular to be effective in relief of symptoms.

If you or someone you know is suffering from the pain of fibromyalgia, call to schedule a massage with one of our massage therapists today.

***Supplement Sale!** As a thank you for having us be a part of your health journey, on the last Wednesday of the month, September 27th, get 15 % off all nutritional reorders!*

REGULAR EXERCISE

We know, you've heard it all before, but we wanted to highlight why regular exercise is SO important along with all of the things physical activity does for you. Exercise will help you...

- *Boost your metabolism
- *Lose weight and keep it off
- *Look and feel younger
- *Sleep better
- *Reduce stress and muscle tension
- *Build and maintain healthy bones, muscles, and joints
- *Alleviate depression and anxiety by raising natural endorphin levels that produces a "runners high"
- *Lower your risk of developing heart disease, diabetes, high blood pressure, or cancer
- *Reverse or improve those serious conditions
- *Raise self-esteem

*Increase body awareness

Regular exercise is one of the most important things you can do for yourself. It should be as much of a priority in your day as eating, sleeping, working, and spending time with family.

Minser Chiropractic Clinic has many different ways to help you get and stay moving. We offer group fitness classes that will tone the whole body Tuesdays from 6-6:30.

We offer personal exercise sessions with our Exercise/Rehab Specialist, Katie to help focus on specific areas of your body that you would like to change.

We offer 30 minute rehab sessions if you have an injury you need help recovering from, and so much more!

Don't wait any longer to start making positive changes in your health. Let us help you get started on this journey today. Call 320-253-5650 to talk to our exercise department today!!

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.

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Minser Chiropractic Clinic



12th Annual Minser Chiropractic 5K/1K

Saturday, September 16, 2017

1K 9:30 start time, 5K 10:00 start time



Registration: Begins at 9:00 am @ the Beaver Island Trail Head, parking at SCSU K lot. Registration includes chip timing, t-shirt and refreshments after the race

1K Awards: All participants of the 1K will receive a finisher medal

5K Awards: Medals will be presented to all 1st, 2nd, and 3rd place male and female finishers in each category, 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & up.

5K Entry Fee: \$30

1K Entry Fee: \$15

All proceeds to go the Oklahavan Children's Chiropractic Center

Awards and door prizes will be given out immediately following the 5K.

1K kids run (limited to first 200 participants) 5K walk/run

Name: _____ Age on race day: _____

Address: _____ City, State, Zip _____

Gender M / F _____
 email _____ Phone _____

Adult T-shirt size: S M L XL Youth T-shirt size: M L

WAIVER:

In accepting this entry, I hereby for myself waive and release any and all claims and rights for damages I may have against the organization and/or Minser Chiropractic Clinic for the 1K/5K run/walk. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature: _____ Date _____

Parent/guardian (if under 18): _____ Date _____

Return completed form and check to: Minser Chiropractic Clinic, 203 Park Avenue South, St. Cloud, MN 56301, or register online at www.minserchiropractic.com