



2017: Just for the Health of It PREGNANCY & CHIROPRACTIC

By Dr. Katherine Leither

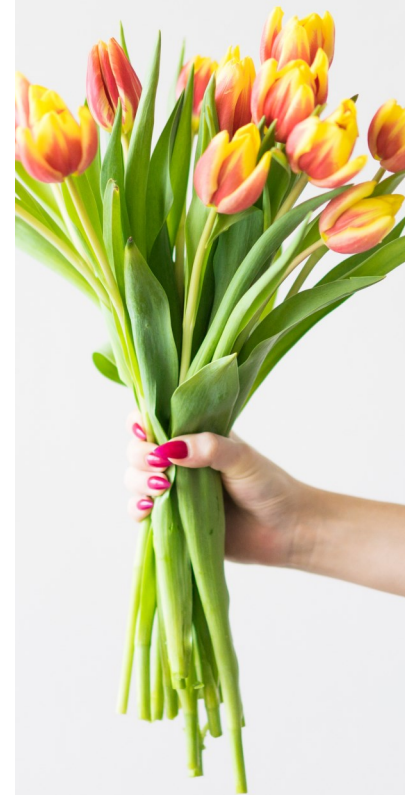
New mothers and moms-to-be can attest to the aches and pains that can accompany their pregnancies. Most commonly, we see complaints involving low back and pelvic pain, but many women may also experience mid back and rib pain, muscle achiness, sciatica (pain into the legs), and heartburn. These aches and pains can become a real nuisance for these women and make pregnancy a difficult time.

During pregnancy, the average woman can gain 25-35 pounds, or even more, which can place increased stress on her joints and tighten muscles of her neck and back. Weight gain during pregnancy changes a woman's center of gravity forward, which places further stress on her low back. Pregnant women also create hormones to help relax and loosen the ligaments attached to the pelvis to accommodate for baby's growth, which may cause imbalances of the spine and pelvis.

Luckily, chiropractic care can have a dramatic and positive effect on the pain a woman may experience during her pregnancy. A chiropractor is trained to detect imbalances that may exist in the spine and pelvis, as well as find muscles that may have tightened due to her pregnancy. Chiropractic adjustments are safe for both mom and baby and may be able to give immediate relief of pain. Chiropractors can also recommend and perform muscle work and/or acupuncture to help with pain or other symptoms experienced as well. Prenatal exercises can be prescribed to help stretch and strengthen muscles of the back and pelvis to prepare for labor and delivery. Nutritional advice can also be given to help a women enjoy a healthy pregnancy for herself and her baby.

Chiropractic care can also help after labor and delivery. During the first couple of months post-delivery, the ligaments that were loosened during pregnancy begin to tighten again. It is important to treat any imbalances in the spine and pelvis brought on during pregnancy or from delivery before the ligaments return to their pre-pregnancy state to prevent further muscle tension and pain.

If you or a loved one is an expecting mother and has questions on the benefits of chiropractic during and after pregnancy, ask one of our doctors. We love helping women enjoy their pregnancies naturally and pain-free!



INSIDE THIS ISSUE

- Supplement of the Month—
Dynamic Fruits & Greens2
- Featured Essential Oil—
Rose Geranium2
- Sports Physicals2
- Massage for TMJ Syndrome....3
- How to Become a Morning
Workout Person.....3
- Ask the Doctor!4
- 12th Annual 5k/1k Walk/Run .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
- Sports Physicals

Quote of the Month:

“A healthy outside starts from the inside.”

~Unknown

SUPPLEMENT OF THE MONTH: DYNAMIC FRUITS & GREENS

- It provides a super-blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and probiotics
- It’s an easy-to-mix, great tasting, nutrient rich superfood designed to provide phytonutrient nutrition
- This blend helps support:
 - *Immune System Function
 - *Digestion
 - *Detoxification of Body Systems
 - *Natural Body Alkalizer
- No stimulants, caffeine, or sugars have been added and it’s great for the whole family!

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

FEATURED ESSENTIAL OIL – ROSE GERANIUM

- ~Helps regulate hormones and the changing moods that accompany them
- ~Detoxifies the lymphatic system when included in lymphatic drainage massage
- ~Especially good for menstrual and menopausal problems as it balances hormones
- ~Wonderful for aiding anxiety associated with nervous debility
- ~Makes a good deodorant, both for personal hygiene and freshening rooms
- ~Overall, it is balancing, uplifting, and refreshing

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.

SPORTS PHYSICALS

Do you have a child in high school sports? The Minnesota State High School League requires a sports physical every 3 years, starting in the 7th grade to participate in any high school athletic program.

This means that a sports physical needs to be performed before starting 7th grade and again before 10th grade.

Did you know Doctors of Chiropractic are qualified to administer a sports physical? Chiropractors are highly trained and qualified to perform these physicals for your children!

Call the clinic to schedule your child’s sports physical today!

MASSAGE FOR TMJ SYNDROME

Do you suffer from TMJ pain? If you experience pain while chewing, lock jaw, headaches, limited range of motion in the jaw, sore neck and shoulders, ringing in the ears and swallowing difficulties, you could be suffering from TMJ syndrome.

A common cause of TMJ is grinding of the teeth or clenching the jaw, usually at night while you sleep but can also happen during the day in response to stress. Another cause of TMJ is impact to the jaw, such as a fall or getting hit in the chin. In other instances it could be arthritis in the joint.

Some key symptoms of TMJ can be ear aches, pain in the face, headaches, or sinus pain. Oftentimes people do not link these issues together but they often go hand in hand. TMJ pain can be felt in the joint, behind the ear, around the sinuses, in the skull, face, neck and shoulders.

Massage therapy can be a very effective tool in reducing the pain and irritation that comes along with TMJ syndrome. Your massage therapist will evaluate the muscles of the head, neck, shoulders, and jaw. The jaw is compromised of muscles around the cheek and jaw joint, as well as muscles on the inside of the mouth. Make sure to let your massage therapist know all of your symptoms in order for them to better treat the problem. Call today to schedule your massage and start feeling better!

***Supplement Sale!** As a thank you for having us be a part of your health journey, on the last Wednesday of the month, June 28th, get 15 % off all nutritional reorders!*

HOW TO BECOME A MORNING WORKOUT PERSON

Even if you are an early bird, getting up before the sun rises to go sweat your butt off can be seriously daunting. The good news: It is possible to become a morning workout person. Just follow these 7 steps.

Step 1: Pack a bag. Every night when you get home from work, put your dirty gym clothes in the hamper and set aside a crisp, new exercise outfit. Having to dig through your dresser drawers at 6 am is no fun.

Step 2: Force yourself out of bed. Move your alarm clock across the room that way you can't sleepily snooze -button your way through your morning sweat session. By forcing yourself to jump out of bed to silence the dreaded buzzer, you are forcing yourself to wake up quicker.

Step 3: Have a light snack. Eating a full meal in the morning before your workout can make you feel sick. Instead, try something light before your workout so you are not starving and then another light snack after.

Step 4: Skip the booze. A glass of wine at dinner can be a great way to unwind, but even a small amount of alcohol can make you sluggish in the morning. If you do drink the night before, just make sure to drink extra water before you go to bed. Otherwise, you could be dehy-

drated during your morning routine.

Step 5: Go to bed early. Once you get into a routine of waking up early, you'll automatically start going to bed earlier. Adequate rest will not only improve your mood but it will allow for adequate recovery time for your body.

Step 6: Make friends. It can be easy to slip up and forget to go to the gym. Something that can keep you motivated is making friends at the gym who will help you stick to your routine. Set up a schedule to encourage these dates and watch your health improve with a buddy!

Step 7: Plan your routine. Having a plan will make hitting the gym early in the morning much easier. Sign up for a fitness class or map out your exercise routine. Utilize technology and try a new workout routine from the web. This will help spice up your daily workout and you may find a new exercise that's just right for you!

If you need help getting started on an exercise routine, schedule a personal training session with our Exercise Specialist, Katie. She can create specific routines to focus on your target areas!!

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.

ASK THE DOCTOR!

Q: Is chiropractic safe for children? Infants?

A: Of course! Children are often easier to adjust than adults, because they are more flexible and are still growing. Every adjustment is catered to the individual patient. For children, we use a gentler technique because it does not require as much force to adjust children compared to adjusting an adult. The pressure we use to adjust an infant is similar to the pressure you use to test the ripeness of a tomato.

Q: What is the cracking and popping sound that I hear when I get adjusted?

A: That is called cavitation. Your bones are very porous, which means there is a lot of air in your bones. When a chiropractor adjusts the spine, an air pocket is quickly formed between the bones and instantly it collapses. The shape of your spinal bones, vertebrae, amplifies the sound creating the "cracking" or "popping" noise. It's similar to clapping with cupped hands.

Q: Can a chiropractor adjust other parts of the body? Like wrists, shoulders, and ankles?

A: Yes, chiropractors can adjust extremities as well as the spine. The spine is the most common area we adjust but we are trained to adjust other parts of the body. If it has a joint, we can adjust it!

12TH ANNUAL MINSER 5K/1K WALK/RUN

Save the date for Saturday, September 16th, 2017 for our 12th annual 5k/1k Walk/Run! All are welcome to run, jog, or walk this beautiful course on the Beaver Island Trail.

The kids 1k fun run will kick off this year's event at 9:30am with the 5k following at 10:00am. Awards will begin at 11:00.

1k Awards: All participants of the 1k will receive a finisher award

5k Awards: To all 1st, 2nd, and 3rd place Male and Female finishers in each age group: 12& under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

1k Entry Fee: \$10 before July 31st, \$15 after July 31st

5k Entry Fee: \$25 before July 31st, \$30 after July 31st

Proceeds go to the Oklahaven Children's Chiropractic Center

Registration fee includes: T-shirt, electronic timing chip, and refreshments at the finish line.

Online Registration is available at:

<http://minserchiropractic.zapevent.com/index.php>

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