



2017: Just for the Health of It

A CHIROPRACTIC LIFESTYLE...A HEALTHIER LIFESTYLE

By Dr. Tammy Fimrite

Today, more and more of us are interested in a higher level of health called wellness. Beyond merely feeling better or preventing health problems, we want to fully enjoy life by being at our very best. True health is only possible with an optimally functioning nervous system.

Your nervous system is the most important system in your body. Its role is to control and coordinate the function of every cell, tissue, muscle and organ in your body. Therefore, it is vitally important that you maintain optimal spinal alignment and function to keep your nervous system healthy.

Only 10% of your nervous system feels pain. The other 90% controls and coordinates all of your body's functions including circulation, respiration, digestion and movement. Since only a small percentage of your nervous system feels pain, your body could be malfunctioning for months, even years, before you experience any symptoms. Many people believe it is normal to feel pain and discomfort as we age. This, however, is far from the truth. Pain is your body's alarm system telling you something is wrong.

As Doctors of Chiropractic, we are primary care physicians who study spinal biomechanics in relation to body function with expertise in neuromusculoskeletal conditions. Our goal is to find the underlying cause of your pain or condition and correct any interference to the nervous system, allowing your body to heal and function at its optimum potential.

In choosing to live a healthy, chiropractic lifestyle, you are choosing to improve the communication throughout your body to your central nervous system. Providing enhanced information to your central nervous system allows your body to take care of itself better, heal quicker, fight off infections, help your internal organs do their jobs better, and even allow your muscles to function at a more optimum level.

While many athletes and weekend warriors will seek chiropractic care to help improve their performance, sports isn't the only reason to seek chiropractic care. Today, many people find themselves sitting at computers for hours each day, which can cause improper posture and create strain on their necks. Are you constantly picking up objects or children? Are you doing the balancing act as you carry stuff into the house while talking on the phone and unlocking the door all at the same time? Or maybe you get a stiff neck from holding your phone to your ear with your shoulder, falling asleep in the wrong position on the couch, or using the wrong pillow preventing a good night's sleep. All these and more are just some of the reasons to see a chiropractor on a regular basis.

Here is an example most everyone can relate to. Everyone of us has probably experienced using a garden hose and having someone step on the hose, ride over it with a bike, or even drive over it with a car. When this happens, the flow of the water is reduced or even cut off completely. Think of the nerves throughout your body as a hose. When your spine is out of alignment, the nerves get pinched, and the information your body is trying to send to your brain and from your brain to your body is reduced or cut off completely. A proper chiropractic adjustment will get the information flowing again, allowing your brain to respond to any problem your body is having. I'm sure you can see how having your nervous system performing at its optimum level will help keep you in better health.

Take control of your health and find out how good you really could be feeling!

Call the clinic today at 320-253-5650.

"The preservation of health is easier than the cure for disease."

~ B. J. Palmer, D.C.



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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

Quote of the Month::

“Fitness isn’t about being better than someone else...It’s about being better than you used to be”

~Unknown

SUPPLEMENT OF THE MONTH: PHYTOMULTI

- Phytomulti is a multivitamin that takes you beyond basic wellness support
- It’s a blend of highly– concentrated, full spectrum phytonutrients to protect your cells
- Phytonutrients impact cell signaling to communicate healthy messages throughout the body
- Essential vitamins and minerals for multidimensional health support

How does your multivitamin/mineral support compare?

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

FEATURED ESSENTIAL OIL – CALMING BLEND

Lavender

*Helps to relax and treat muscle aches and pains

Rose Geranium

*Helps regulate hormones and your mood and detox the lymphatic system

Lemongrass

*Tightens and tones the skin and connective tissue

*Good for concentration and clear thinking

Cedar Wood

*Helps to relieve muscle spasms

*It has a calming effect on the mind and aids in relieving anxiety

*Note: Avoid during pregnancy

Add this essential oil to your massage today for only \$5!

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

FOODS THAT ARE HEALING & DELICIOUS!

March is National Nutrition month! We wanted to share with you some foods that improve your health and are tasty to eat!

Apples– Lower cholesterol and blood pressure, help prevent cancer and clean teeth

Brown Rice– Has twice as much fiber as white rice, plus zinc, magnesium, and vitamin B6

Carrots– Contain more beta-carotene than any other food and help reduce heart disease

Bananas– Help promote a steady heartbeat, help heal ulcers and reduce blood pressure

Mangos– Great for the skin and eyes, help with diabetes and reduce acne

Broccoli– Adds fiber, vitamin C, calcium, magnesium, iron, and beta-carotene to your diet

Salmon– Rich in omega-3 oils which helps fight arthritis

Beans– High in fiber and helps keep blood sugar and cholesterol down

EVERYBODY DESERVES A MASSAGE

Most people still see a massage as a luxury. They see it as only being able to get one while on vacation, to pamper yourself, or if it's given as a gift.

Although massage therapy is mainly known for relaxation, more and more people are starting to realize the major benefits that your body can get from a massage.

Massage therapy can relax tight muscles, improve range of motion, lower blood pressure, help take away pain caused by conditions such as carpal tunnel syndrome, sciatica, fibromyalgia, and many more! By getting a massage on a regular basis you can decrease headaches, become pain free, and remove toxins from the body.

Many people also believe that massage therapy is only for adults. Massage therapy is great for people of all ages. From infants to elderly, massage therapy can help improve your health. For children, it can help with reducing pain from sports injuries, reduce headaches, relax stiff muscles, help with asthma, reduce bedwetting, and more!

Call to schedule your massage today! 320-253-5650



***Supplement Sale!** As a thank you for having us be a part of your health journey, on the last Wednesday of the month, March 29th, get 15 % off all nutritional reorders!*

BODY 360 EXERCISE SERIES

Spring is fast approaching and for many of us that means anxiety about summer clothes and bathing suits. Now is the time to start working toward having that summer body that makes you feel comfortable in your clothing and able to enjoy all the fun that summer has to offer!

To help you in that journey, we have put together our Body 360 Exercise Series. This series will target your core, arms, legs, and overall fitness and allow you to learn new exercises you can implement at home or at the gym.

Join us for one or all of our upcoming classes to start working on a new, healthier you!!

March 21st: Fit Core with Stability Balls

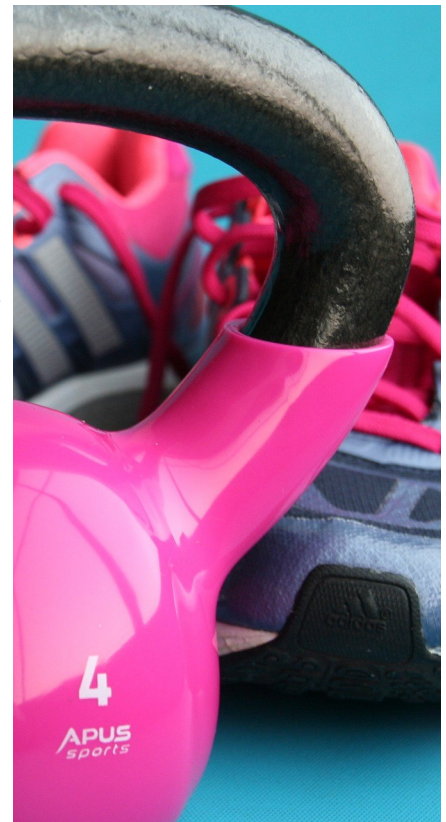
March 28th: Leg and glut Blaster with Rollga

April 4th: Kettle Bell (special guest instructor, Dr. Minser!)

April 11th: Ripped Arms and Shoulders with Thera-bands

All classes are on Tuesdays from 6-6:30 and are free, but must be registered for in advance as space is limited.

**Also join us for BLACK LIGHT YOGA, Sunday April 2nd from 1-3pm. Bring the kids out for a great family event as we turn out the lights and glow under the black lights! Dress in white/light colored clothing for the best experience!! Cost is \$5/person if registered in advance, \$10 at the door. Register in advanced at the clinic.



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.

RASPBERRY OATMEAL COOKIES

Yields 15 cookies

Ingredients:

- 1 cup Instant Oats
- 1 1/2 tsp Baking Powder
- 1 Large Egg
- 1 tsp Vanilla extract
- 6 TBS Fresh raspberries, diced
- 3/4 cup Whole wheat or gluten-free flour
- 1/2 tsp Ground Cinnamon
- 2 TBS Coconut oil or unsalted butter, melted
- 1 cup Honey

Instructions

1: In a medium bowl, whisk together the oats, flour, baking powder, and cinnamon. In a separate bowl, whisk together the coconut oil, egg, and vanilla.

Stir in the honey until thoroughly incorporated. Add in the flour mixture, stirring just until incorporated. Fold in the raspberries. Chill the dough for at least 30 minutes. (If chilling longer, cover with plastic wrap, ensuring it touches the entire surface of the cookie dough.)

2: Preheat the oven to 325°F, and line a baking sheet with parchment paper.

3: Drop the cookie dough into 15 rounded scoops on the baking sheet. (If chilled longer than 1.5 hours, flatten slightly.) Bake at 325°F for 13-15 minutes. Cool on the baking sheet for at least 15 minutes before turning out onto a wire rack.



WELCOME DR. KRISTA BLOMDAHL!

We are pleased to announce that we have added a doctor to our team!

Dr. Krista Blomdahl is originally from Mora, MN. She graduated from Bemidji State University with a bachelor's degree in Biology and received her Doctorate of Chiropractic degree from Northwestern Health Sciences University.



Dr. Blomdahl has pursued further training through the International Chiropractic Pediatric Association and holds certification in the Webster Technique. She is a member of the American Chiropractic Association and Minnesota Chiropractic Association.

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