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National Chiropractic Health Month...Putting Chiropractic First! *By Dr. Katherine Leither*

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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

The American Chiropractic Association has made October National Chiropractic Health Month and this year's theme is "Chiropractic First". At some time in our lives, 80% of us will experience back pain, which makes chiropractic a great starting point for pain management.

Addiction and abuse is becoming a very common problem in patients who receive prescription opioids by a primary care physician as a first line treatment. Statistics show that as many as one in four patients struggle with addiction of these medications and every day in America, more than 1,000 people are treated in the emergency room for misusing prescription opioids.

Using a drug-free approach is something that most healthcare providers and healthcare organizations can agree with. On August 31, the FDA safety communication department came out with a statement that health care professionals are to limit prescribing of opioid pain medications "only to patients for whom alternative treatment options are inadequate."

The CDC also has set recommendations that non-pharmacologic therapies

are preferred for treating chronic pain versus opioid medications.

When it comes to musculoskeletal pain, chiropractors are a great first choice for treatment before reaching for pain medications. Chiropractors take a drug-free approach to treating issues like neck and back pain and can be effective for both acute and musculoskeletal pain.

Your system is a single unit, your spine, it's important to protect your spine, protects your spinal cord, is in proper alignment to help your body function at its best. If your brain and spinal cord can't tell the rest of the body how to function, your health starts to decline.

There are numerous studies showing the effectiveness of chiropractic treatment. One example is in *Spine*, a 2012 study showed the likelihood of surgery for workers with back injuries when they saw an MD first was 42.7%, but if they saw a doctor of chiropractic first,

it was only 1.5%.

At Minser Chiropractic Clinic, we offer many services that can help with all types of health related conditions. We not only offer chiropractic care, but we also offer physiotherapies and decompression therapy.

Acupuncture is another service that we offer and can have great benefits when it comes to pain relief or other conditions. We have a great massage therapy department and exercise rehab staff that can also cater to individual needs as well.

Nutritional counseling and functional health testing are additional services that are available to help improve your health through diet and supplement changes.

This is a great time for chiropractic to be used as a treatment for pain management instead of reaching for medications. The doctors and staff at Minser Chiropractic Clinic are here to help you reach your healthcare goals. We look forward to being able to help celebrate this month with you by putting chiropractic first!



Featured Supplement: Inflavonoid



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

**Need a
gift!?
Massage
Gift
Certificates
make great
gifts for all
occasions!!**

*Supports healthy joints and muscle tissue impacted by:

- intense physical exercise
- acute injury
- “weekend warrior” syndrome
- poor posture

*Minimizes the effects of pain and swelling and helps speed up your recovery

*Lemon bioflavonoids (super- antioxidants) and Vitamin C, help to protect connective tissues from damaging free radicals and promotes healing

*High potency anti-inflammatory herbs reduce the risk of triggers and mediators of many inflammatory processes

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



National Massage Therapy Week

National Massage Therapy Week is October 23rd-29th. This week is designed to raise public awareness of the benefits of therapeutic massage and encourages people to take the extra time to care for their health through massage. There are many different types of massage and each has it's own specific benefits. Massage therapy benefits people of all ages and is great for during pregnancy!

Benefits of Massage include:

- Effective for relaxation and stress reduction
- Improves blood and lymph circulation as well as immune system function
- Great for lessening soreness, stiffness, spasms, and injuries
- Reduces blood pressure and heart rate and increases endorphins

Call today to schedule your massage! If you have questions about our massages, please see any of our certified massage therapists.

Featured Essential Oil of the Month: Clove Pennyroyal

~Its strong antiseptic properties make Clove Pennyroyal good at preventing colds and flu

~In small amounts blended into a base oil can help relieve stiff, achy muscles and rheumatic joint pain

~Helps relieve flatulence, stimulate digestion and restore appetite

~It is restorative and stimulating in both mentally and emotionally

*Do not use if you have sensitive skin

*Use in small quantities

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.



Introducing Rollga!

Minser Chiropractic Clinic is pleased to announce that we are now carrying Rollga, which is an innovative type of foam roller with built in curves.

Ordinary flat foam rollers have a tendency to pinch nerves and tissues between the roller and your body, causing a very uncomfortable experience. Rollga foam rollers protect your nerves and comfortably guide your muscles through the roller so that you have no pinching of tissues.

Our bodies are round, so why wouldn't your foam roller also be

round? Rollga forms to your body and massages muscles at a 45 degree angle, pulling and stretching the tissues for a more therapeutic and relaxing experience.

Ordinary rollers attack your muscles and tender areas at a 90 degree straight-on approach. This aggressive angle can be quite painful at times. The curved roller also avoids bone structures such as the shins, spine, shoulder blades and hips. By avoiding these bony structures, Rollga can unlock the deepest knots in your muscles.

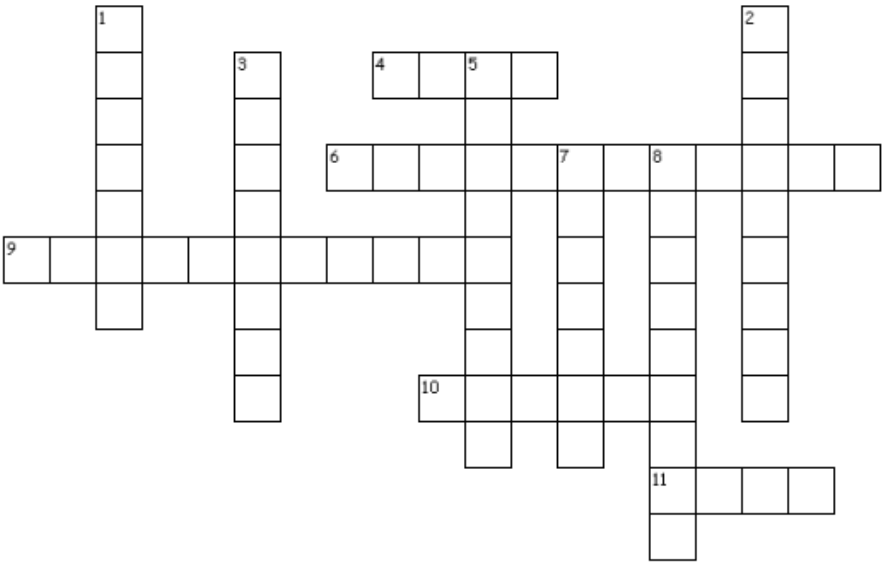
Rollga can be used on any muscle group in the body to help loosen

tight muscles, relieve muscle knots, and increase flexibility.

Join our exercise specialist, Katie, on Tuesday Oct. 25th from 6:30-7pm for a demonstration of this new product! Purchasing a rollga is necessary to attend. (If you already have one, you may bring it instead) She will focus on stretching major muscle groups, but can address specific muscles if you have questions.



Chiropractic Crossword



3. Chiropractic promotes general health and _____.
5. A bone in your spine is called a _____.
7. A position of a person's body when standing or sitting.
8. Optimal health is achieved when the spine is in proper _____.

Across

4. How many bones/vertebrae do you have in the lumbar spine area (lower back)?
6. November is National _____ Health Month.
9. A technique of inserting thin needles through the skin at specific points to relieve pain.
10. This triangular bone is located at the base of the spinal column.
11. Whiplash occurs in your _____.

Down

1. Your _____ System controls everything in your body.
2. Chiropractic was founded on _____ 18th, 1895.

Across
4. Five 6. Chiropractic 9. Acupuncture 10. Sacrum 11. Neck
Down 1. Nervous 2. September 3. Wellness 5. Vertebrae 7. Posture 8. Alignment

Healthier Homemade Pumpkin Spice Latte



Phone: 320-252-5650
Fax: 320-253-9222
203 Park Ave South
Saint Cloud, MN 56301

The average Pumpkin Spice Latte (with no whip cream) from the coffee shop has an average 24g of added sugar, which is about the same amount of added sugar as a Hershey Bar. The American Heart Association recommends limiting your daily added sugar consumption to 24-36g per day. So that delicious fall inspired latte just put you right at your minimum recommended intake of added sugar.

Here is a healthier recipe for a Pumpkin Spice Latte that you can make right at home!

Ingredients:

- 8 ounces (1 cup) hot coffee
- 1 tablespoon pumpkin puree
- 2 teaspoons maple syrup
- 1/2 teaspoon pumpkin spice
- 2 ounces (1/4 cup) whole milk



Directions:

Pour the coffee into a 12-ounce mug, then add the pumpkin puree. Stir until it's dissolved and totally mixed in. Add the maple syrup and the pumpkin spice and stir. Pour the milk into a small, heatproof mug or bowl and heat in the microwave until steaming or, heat it in a small pan on the stove.

If you're feeling fancy, you can use a milk frother to make a foamy drink, but it isn't essential.

Pour the milk into the coffee and serve with a little more pumpkin spice sprinkled on top! Enjoy!

https://www.buzzfeed.com/sallytamarkin/healthier-psl?utm_term=.qyd3KBXslz#.sxrDaBYKv4

8 Tips For A Fresh Fall Start

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.

1. Enjoy fresh fall produce. Fall is a great time to enjoy a variety of vegetables. Pumpkin and squash are full of potassium and vitamin A.
2. Stay well rested. Time changes during the fall season can be hard to manage. It's recommended that you modify your sleep patterns to the outside environment. This will keep you alert in the morning and sleepy at night.
3. Re-energize with exercise! Try a nature walk through the woods and admire the fall colors. Take a hike through an apple orchard or pumpkin patch.
4. Get your spine checked. Boost your immune system and avoid colds and flus by maintaining spinal health.
5. De-stress with friends. Plan a weekend to take a break and build friendships.
6. Remember to stretch. Before doing fall clean up take time to stretch your back, arms, and legs.
7. Focus on finances. Start watching your spending by preparing a budget.
8. Have fun! No matter what your day brings, remember to smile and enjoy the good things!