



Benefits of Chiropractic Care for Kids....and Parents! By Dr. Tammy Fimrite

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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

Why do millions of parents bring their children to Doctors of Chiropractic every year? Is it only for when your child is hurting or for highly dramatic health conditions?

Not at all! More parents are bringing their children to chiropractors for day-to-day health concerns such as colds, sore throats, ear infections, fevers, colic, asthma, tonsillitis, allergies, bed-wetting, infections, pains, falls, stomach-aches, and the hundred and one little and big things children go through as they grow up.

An increase in childhood diseases and illnesses is another reason that families are searching for natural healthcare options, such as chiropractic care, for their children.

Chiropractic care is an effective treatment for children's health issues that are associated with the nervous and musculoskeletal systems.

Gentle chiropractic care helps to provide a drug-free treatment option to those young individuals

to help resolve and prevent a wide range of health problems.

Recent research by the International Chiropractic Pediatric Association (ICPA) found spinal manipulative therapy safe and successful in treating children of all ages. Chiropractic adjusting procedures are modified to fit a child's size, weight, and unique spinal condition. They are both gentle and specific to the child's developing spinal structures.

Why chiropractic care?

Just look at a life under 18 years of age. There are acute injuries and traumas that can cause spinal damage. Are your children involved in sports? Do these activities cause trauma or repetitive motions that may affect proper biomechanics and cause the body to function less than optimally? Is birth trauma involved or perhaps a family history of a disease process you would like to prevent?

Parents surveyed by the ICPA reported behavioral improvement for kids who saw a chiropractor,

as well as improved sleep and stronger immune systems. Encouraging good lifelong health habits is one of chiropractic's best benefits for kids.

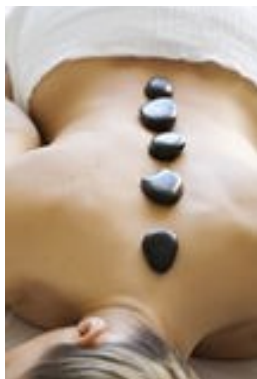
Spinal manipulation for children as young as newborn babies is an alternative treatment for discomfort of colic and other digestive disorders as well. And the list of benefits goes on and on...my children have been treated since minutes after their births and how fortunate they have been to receive the long lasting benefits of chiropractic care.

If it has been over 6 months since your child has been checked, now is the time to ensure their health. With the start of the upcoming school year fast approaching, schedule your child's chiropractic check-up today!



Featured Supplement: Ultra Flora Balance

- *It's a probiotic that provides support for intestinal and immune health
- *Contains a blend of 15 billion live organisms, which reflect natural bacteria composition of a healthy intestinal tract
- *Reduces frequency and severity of Irritable Bowel Syndrome, crampy abdominal pain, bloating, excess gas, constipation, and diarrhea
- *Great for the whole family, including kids!
- *Detoxifies the intestine, thereby supporting liver function and protecting intestinal/colon cells
- *MUST be refrigerated
- *Also available for kids!



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

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

Cold Stone Massage

A cold stone massage consists of placing small, cold stones on certain areas of the body to provide an array of benefits. Relaxation, release of tension, reduction of swelling, and inflammation are only a few benefits of this massage therapy technique. Cold stone massages can offer relief to various conditions. A common condition that cold stone massage is used for is migraine headaches. Cold stones are placed on certain points of the body and/or face to help release the tension created by migraines. Other conditions cold stone massage is used for are anxiety, sinusitis, high blood pressure, fatigue, and premenstrual syndrome (PMS). Call to schedule your cold stone massage today with any of our massage therapists!

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

Featured Essential Oil of the Month: Relaxing Blend

- ~A combination of Lavender, Tangerine, Rose, and Orange
- ~This blend is uplifting, cheering, and soothing.
- ~It is helpful for people who have mood swings, PMS, depression, insomnia, and other conditions relating to the female reproductive system.
- ~It has strengthening qualities and can help switch off an overactive mind and promote restful sleep
- *Avoid this blend during pregnancy



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.

A Beginner's Guide to Building Muscle

Many questions arise when starting a new strength building program. How many times do I lift weights? Is there a specific amount of weight I should use? How many repetitions and sets should I do? Will I get bulky? The questions could go on and on. I hope to answer these and many more questions for you, so let's get started!!

First things first. You have to figure out what your goal is. Is it to get stronger and leaner or bigger and bulkier? Once you have decided what your goals are, you need to get on the right track with your diet. Eat at least 3 meals per day with healthy snacks throughout the day. Eat a full breakfast that consists of eggs, fruit, and a vegetable. The other three meals should be lean meat based with a side of vegetables. Snacks should consist of nuts or fruits. You should aim for a diet that consists of 55% carbohydrates, 20% protein, and 20% good fats.

As for your workouts, you want to try and get in 3-4 solid days a week.

Make sure there is a day worth of rest in between your workouts. Plan on using equipment or doing exercises that will allow you to perform the three basic motions of squatting, pushing, and pulling. Incorporating dumbbells and barbells are also a good idea. Make sure you alternate your muscle building workouts. For instance, if you start with exercises focusing on squatting, switch over to pushing exercises for the next day of workouts. Then move to pulling exercises the next time.

For toning, keep repetitions between 10-15 repetitions and three sets. To see more definition, keep your reps lower and your sets higher. And finally, intensify your muscle building workouts as your fitness level increases and you are able to lift more weight. Increase your repetitions as well.

Using weights is one of the easiest ways to start to change how your body looks, but at times can be the most intimidating for those who aren't used to working out. Here at Minser Chiropractic, we have a new program called, "Take Back Your Body."

This program gives you six 1/2 hours sessions with our fitness specialist to learn how to use equipment, develop a workout program designed just for you, and gives you a chance to begin a workout program without having the pressure of being at the gym. The sessions can be scheduled at your convenience.

If you are ready to start changing your body, sign up for our new program today! Details are available at the front desk.



Reduce Backpack Pain

School is right around the corner, which means stocking up on school supplies like pencils, notebooks, and maybe a new back pack! According to the American Chiropractic Association (ACA), young children are suffering from back pain much earlier than previous generations, and the use of an overweight backpack is a contributing factor. With the help of the ACA, we have put together some tips you can use to reduce backpack pain.

Let's start with the backpack itself. A backpack that has individualized compartments helps with positioning contents more effectively and keep it balanced. Wide, padded straps are very important. Non-padded straps can be uncomfortable and dig into your child's shoulders. Straps should be adjustable so it can fit to your child's body. Straps that are too loose can cause the backpack to hang, causing spinal misalignments and pain.

An important part of reducing pain is learning how to correctly wear a backpack. Urge your child to wear both straps. Using only one strap causes a shift to one side, leading to strains in the neck and back. A backpack should never hang more than four inches below the waistline. It increases the weight on the shoulders if the backpack hangs too low, which can cause your child to compensate by leaning forward when walking. Finally, make sure your child's backpack does not weigh more than 10% of their body weight. A heavy backpack causes them to lean forward, which puts the weight on their back instead of their shoulders.



Ask our doctors if you have any questions about correct backpack etiquette and how to reduce pain!



11th Annual Minser Chiropractic 5K/1K

Saturday, October 1st, 2016

1k 9:00 Start Time, 5k 9:30 Start Time

Registration: Begins at 8:30am @the Beaver Island Trail Head, parking at SCSU Q lot. Packet includes new, improved chip timing, t-shirt, and refreshments after the race

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: \$15 before Sept. 1st, \$20 after Sept. 1st

5k Entry Fee: \$25 before Sept. 1st, \$30 after Sept. 1st

All proceeds go to the Oklahaven Children's Chiropractic Center

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

For more information contact Minser Chiropractic Clinic at 320-253-5650



Phone: 320-252-5650

Fax: 320-253-9222

203 Park Ave South

Saint Cloud, MN 56301

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.

1K kids run (limited to first 300 participants) 5k walk/run

Name: _____ Age on race day: _____

Address: _____ City, State, Zip: _____

Gender M/F

Email: _____ Phone: _____

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 Ave South, St. Cloud, MN 56301 or register online at:

<http://minserchiropractic5krun.itsyourrace.com/event.aspx?id=7265>