

2016 Eat Well. Move Well. Think Well. Be Well.

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Minser Chiropractic Clinic



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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

Weeding Out Back Pain

By Dr. Katherine Leither

When the weather starts to warm up after months of cold and snow, many people like to get outside and start doing activities such as gardening, planting, and mowing the lawn. We often find gardening to be relaxing and healing, but all of the lifting, bending, and twisting can cause aches and pains into the neck and back, especially if you are doing them improperly.

As you start putting on your gloves and digging out your lawn equipment, it's important to keep in mind that injuries can occur. Injuries can also occur from weeding, lifting too much, and mowing the lawn with a push mower.

Weeding the garden can seem like a never ending job and can easily cause your back muscles to fatigue quickly. One way to prevent the muscles from tiring so quickly can include sitting on a bucket or the ground with a wide base of support. It is also important to remember to support your back when reaching for weeds. Try to keep your spine long and avoid hunching forward in the same position for too long. Remember to take frequent breaks and alternate which arm you are using to

balance the muscles being used.

Lifting heavy bags of soil, tools or other materials for gardening can also cause strains on your back. Use wagons and carts with wheels to carry the weight. This will ease the stress on your back from carrying heavy items and lifting them improperly. When you are lifting, make sure you bend at the hips and knees instead of the waist. The hips and knees are better equipped to carry a heavy load instead of the back. This will help prevent low back injuries from occurring.

Mowing the lawn with a push mower is another task that can cause problems with pain into the wrists, arms and back. It is important to make sure your wrists are in a neutral position and to use your body weight to help get the mower moving. Stand up tall with a long spine as well to help utilize your leg muscles and avoid straining the back.

Before you do any gardening or yard work, make sure you stretch and prepare your body for these activities. Always be aware of your posture and body form when you are gardening and know your limitations.

If you follow these tips and still have some aches and pains, seeing a chiropractor can help with these symptoms. Chiropractic care will help heal injuries and will get you back into the garden and the yard again. Doctors of chiropractic can help evaluate the imbalances in your spine and muscles that occur from gardening and can help lead you to a healthier life.



Chiropractic treatment can range from ice or heat, ultrasound therapy, electrical muscle stimulation, and adjustments of the spine or extremities. We may include a specific exercise program to help prevent injury, work on stretching and strengthening the muscles and/or focus on correcting and maintain proper posture.

If you or someone you know is suffering from injuries or aches and pains from gardening or yard work, make an appointment to speak to one of our doctors today!



Featured Supplement: Adreset



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

Try something new this season! Hot stone, bamboo fusion, and Thai herbal ball massages are a special treat!!

*For those who are stressed and tired

*Helps reduce negative effects of stress and supports overall health and well being

*Designed for those feeling weak and fatigued due to stress

*Provides support for those who are mentally exhausted or physically fatigued, helping them feel more energetic and vitalized.

*Helps body adapt to stressors of various kinds, such as heat, cold, exertion, trauma, sleep deprivation, illness, or psychological stress

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

Relaxation Massage

Stressed out? Need to relax? There are numerous causes of stress that are present in our lives on a daily basis. When we become stressed our body reacts in various ways. The top six symptoms of stress are: irritability, anxiety, lack of interest, fatigue, feeling overwhelmed, and depression. A great way to relax and combat these symptoms is through a relaxation massage!

A relaxation massage is one of the most naturally beneficial experiences that life offers. It helps reverse the body's physical reaction to stress and strain, calms the mind and helps satisfy the human need to be touched in a caring, nurturing fashion. Massage techniques are designed to reeducate your body to relax, unwind, rest and assume to its proper state. Call today to schedule your relaxation massage with any of our certified massage therapists.

Featured Essential Oil of the Month: Spearmint

~Spearmint is great for headaches, nausea, oily skin, exhaustion, and fever.

~It is also helpful for mental fatigue and depression.

~Proven a useful antibacterial, antiviral and antifungal agent in inhalation for respiratory infections.

~It is antispasmodic: relaxes and cools the muscles to relax spasms.

~It has a relaxing affect to the abdominal region to help pass gas easier and relieve digestive upsets.

**Not to be used if you are pregnant.

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



Is Vibratory Therapy Right for You?

Vibratory therapy started in the Russian Space Program and evolved into an effective workout program for everyday people. Russian scientists discovered cosmonauts who spent extended amounts of time in space experienced significant loss in bone density and muscle tissue due to lack of gravity. Russian researchers were led to experiment with vibration exercise technology, and found that by using this equipment they could not only stop the loss, but actually increase bone density, strengthen muscle tissue, and much more.

Vibration exercise therapy accelerates the body’s natural healing response, increases cellular oxygen circulation, stimulates cellular nutrient uptake, enhances cellular fluid movement, and assists cellular waste removal. As a result, new cells are more resilient, vi-

brant, and function together as a healthier, longer lasting body.

Vibration training takes the same forces that traditional exercise uses and turbo charges it. Simply put; if you do one regular squat, you did one squat. If you do one squat on a vibration machine, you will do up to 50 squats in the same time. Vibration therapy works by pulling and tensing the muscle the same as it would in regular exercise, but in very small amounts and very quickly. Your muscles cannot tell the difference between the regular squat and the vibratory therapy squat, other than the vibratory therapy squat was done at a rate of 50 times more.

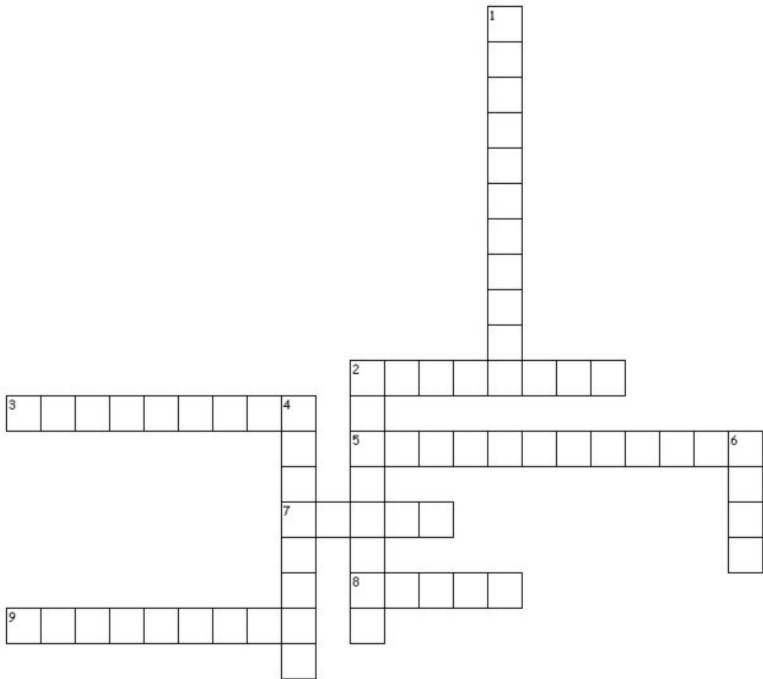
With this advanced therapy, you can workout at the gym for ten minutes and get the same results as if you spent an hour there without it. Don’t believe it? A recent study showed that after

one year of dieting and regular exercise, the control group lost only 1 inch from the waist, whereas the vibratory therapy group lost 4 inches and kept it off!

Whole body vibration therapy is loved by people for many reasons. It is effective for weight loss. It tones and tightens the skin. It can increase your strength dramatically in weeks. It can also increase your serotonin levels, improving your mood and energy. It can decrease joint pain and blood pressure, and it can improve your flexibility and balance.

Our exercise studio is equipped with our very own vibratory therapy exercise machine known as the Wave! We are excited to incorporate vibratory therapy into your pursuit of wellness. Make an appointment with one of our rehab specialists to get started with an individualized training program for you!

Chiropractic Crossword



- Across:**
- 2. Chiropractic promotes better health and _____.
 - 3. A single bone of the spine.
 - 5. Physical condition where a body part or muscle becomes swollen, reddened, and painful.
 - 7. Massage is designed to _____ muscles and release tension.
 - 8. A sudden involuntary muscle contraction or convulsive movement.
 - 9. Unnatural sideways curvature of the spine.

- Down:**
- 1. Misaligned spinal bone.
 - 2. A sudden jerk to the neck, usually found in car accidents.
 - 4. Activity involving physical effort, carried out to improve fitness and health.
 - 6. The most common area Chiropractors treat is the _____.

Zucchini Chips Recipe



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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.

Ingredients:

- Canola oil spray
- 2 zucchini, washed and dried

Directions:

1. Position oven racks in top and bottom thirds of oven. Pre-heat to 300F. Spray oil generously on 2 baking sheets.
2. Peel long thin ribbons from zucchini using a vegetable peeler. Arrange ribbons in a single layer on prepared sheets. Spray tops of ribbons lightly with more oil.
3. Bake in top and bottom thirds of oven until zucchini looks dry, about 1 hour 15 min. Flip zucchini slices, then switch sheets. Continue baking until chips are golden, 23 to 25 more min. Remove from oven. Let stand for 10 min.

*Originally published in the Today's Parent November 2015 issue, this recipe has a triple-tested guarantee from the Chatelaine Kitchen.
Photo: Roberto Caruso.*

Simple Ways to Get Your Family to Eat Veggies

Some children devour vegetables like it's candy, but what can you do if your kids refuse to eat the green stuff on their plate? Rather than forcing your kids to eat veggies, try preparing them in a way where they'll enjoy veggies. We (along with the International Chiropractic Pediatric Association) have some tips to try to get your kids to enjoy eating veggies.

1. Grow a vegetable garden! Growing a garden gives your kids a connection with their food. It also allows you and them to spend some family time outside.
2. Mince or puree them up in a food processor. Puree veggies to give to babies or hide veggies in pizza and pasta sauces and soups.
3. Bake them! Make zucchini or broccoli cheese muffins for breakfast.
4. Hide them in meat! Mix pureed or minced veggies with the meat, then mold them into burgers or meatloaf.
5. Put them into smoothies! When making their favorite strawberry banana smoothie, add a little spinach or kale to the mix.
6. Let them help make meals and snacks. Show them the fun of cooking and preparing meals. Let them pick out what veggies to eat at dinner tonight.
7. Experiment with dips! If kids don't like plain veggies, offer something to go with it. Hummus, veggie dip, ranch dressing, and salsa work great with all kinds of veggies!
8. Cut back on the junk food! If there are less chips and cookies around to snack on, kids will be forced to choose alternatives like fruits and veggies!
9. Try new recipes! Preparing veggies in a new dish is a great way to spice up foods and try new things!