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Natural Pain Relief...Chiropractic and Acupuncture
By Dr. Mary Beth Minser

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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

When I heard the news of the musician, Prince’s death, I told my family that it maybe another case of an avoidable death. Many patients are not aware of the many ways chronic pain can be managed without addictive drugs.

In 2012, 259 million prescriptions were written for opioids, which are drugs that interact with receptors on nerve cells in the brain or nervous system to produce pleasurable effects and relieve pain. That number of prescriptions written in 2012 would give each American adult their own bottle of pills. These drugs are known by the name oxycodone, hydrocodone, codeine, morphine, fentanyl and more. Drug overdose is the leading cause of accidental death in the United States.

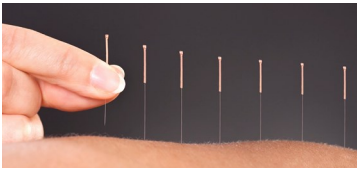
In 2014, 168,000 adolescents had an addiction to prescription pain relievers. The list goes on and on about how pain has been mismanaged. (Check out

the American Society of Addiction Medicine for more facts about opioid addictions.) Have you ever watched Saturday morning cartoons with your child and noticed that there are commercials about child pain relievers such as children’s Motrin or Tylenol? Are we not already marketing to kids to use drugs when something hurts? How about using heat, ice, or natural anti-inflammatories such as bromelain and turmeric and getting adjusted to just name a few.

Doctors of Chiropractic can play a vital role in helping fight the overuse of opioids. As chiropractors, we play an important role in conservative management of acute and chronic pain. We offer integrative strategies that personalize pain relief. Chiropractic care has many studies of helping patients help themselves to regain their health, naturally. Besides lifestyle changes, home pain control instructions, diet, avoidance of aggravating factors, chiropractic

manipulation has been shown to help reduce pain and increase function.

Acupuncture is a very effective treatment option for chronic pain patterns and it can be used in combination with chiropractic care. More and more insurance companies are adding acupuncture treatment as a covered service due to its effectiveness.



Some of the very common conditions chiropractors treat are: Headaches, lower back pain, coccydynia (tailbone pain), degenerative disc and joint disease, myofascial and muscle pain, “growing pain”, joint injuries, sciatica, rib pain, postural pain of pregnancy and mid back pain to mention a few. Isn’t it time you and your loved ones took care of pain? Yours for better healthNaturally.

Featured Supplement: Omega-3 Essential Fatty Acids

OmegaGenics

*Supports optimal cardiovascular function

*Has an anti-inflammatory effect upon the body and lowers blood pressure

*Supports healthy mood and overall brain and nervous system function

*Reduces depressive symptoms while supporting memory and cognition

*Supports a healthy immune response, optimal bone, skin and retinal/eye health and gastrointestinal health.

DHA Jr.

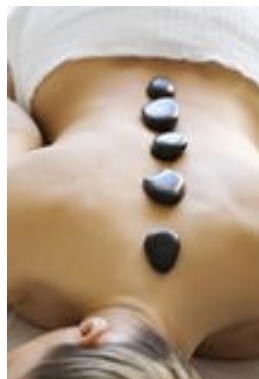
*Promotes proper growth and development of the brain, eyes, nervous system and cell membranes.

*Provides naturally occurring Vitamin A which supports healthy vision and immunity

*Great strawberry taste for kids!

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

Dr. Fimrite, Dr. Leither, or Dr. Huber



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

**Need a gift
for Father's
Day or a
Birthday!?
Massage
Gift
Certificates
make great
gifts for all
occasions!!**

Deep Tissue Massage

Deep tissue massage is a type of massage that focuses on realigning deeper layers of muscles. It helps with chronic aches and pain such as stiff neck, upper back, lower back pain, tight leg muscles, sore shoulders, etc. In a deep tissue massage the strokes a massage therapists uses are similar to a Swedish massage. The difference is that they are slower and the pressure is deeper.

The pressure applied in a deep tissue massage is more concentrated on areas that have tension and pain in order to reach the sub-layer of muscle and fascia (the connective tissue surrounding the muscle). It is not unusual to be a little sore in certain areas of the body after a deep tissue massage, but it is always important to communicate with the massage therapist during the massage to make sure the pressure is never painful. Call to schedule your deep tissue massage today!

Featured Essential Oil of the Month: Grapefruit Pink

~It is useful in lymphatic drainage, helping to treat water retention and cellulite

~Useful in skin care for oily skin and acne

~Excellent to counteract emotional and physical exhaustion and lethargy

~Psychologically, it is refreshing and reviving, helping to alleviate stress, depression, nervous exhaustion, and tension

~Overall, it is uplifting, cleansing, and stimulating

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.



Take A Hike!

Are you tired of walking the same streets and sidewalks in your neighborhood? Try a Hike this Summer! Hiking can provide a unique setting and experience to exercise the body, clear the mind, and enjoy Mother Nature at very little cost.

Unlike specific sports, hiking does not require any special skill or expertise. Hiking is essentially walking, which is considered to be one of the most perfect forms of exercise for your body.

Various trails provide grounds to accommodate the beginner to advanced hiker. If you are just starting out, choose a wide trail with low grades, and then advance to more steep and rocky grades.

The health benefits of hiking are nearly endless, including weight loss, prevention of heart disease, decreased hypertension or high blood pressure, improved and maintained mental health, prevention of osteoporosis, prevention and controlled diabetes, improved arthritis, and relief of back pain.

Here are a few tips for a successful hike:

- Wear comfortable shoes and socks to prevent your feet from blistering
- Be careful when hiking up and down hills
- Keep your knees bent and use side-stepping maneuvers when hiking on steep parts
- Use hiking sticks or poles

- Take your time
- Be careful when crossing streams
- Bring your own water
- Dress in layers (it is better to start off warm and remove layers)
- Do not leave trash behind.

So grab your family and/or friends and check out these local trails: Quarry Park & Nature Preserve; St. John's Arboretum in Collegeville; Warner Lake County Park; Mississippi County Park; or any local state park or state forest.



Meet Dr. Jeffrey Huber



Dr. Jeffrey Huber completed his undergraduate degree at Bethany Lutheran College with a bachelor's degree in Biology and completed his Doctor of Chiropractic degree at Northwestern Health Sciences University. Dr. Jeffrey Huber is a member of the Minnesota Chiropractic Association and the American Chiropractic Association.

Dr. Jeffrey Huber is the youngest of five siblings, and grew up on a hobby farm in Clearwater, MN. Growing up he enjoyed riding horses as well as participating in 4-H events with the family dog. He has always enjoyed playing sports, and played baseball, football, soccer, and basketball in high school. Dr. Jeffrey Huber played soccer and tennis in college. He likes to compete in triathlons, as well as hunt, fish, and work in the garden.

Dr. Jeffrey Huber and his wife, Alison, have recently moved back to the St. Cloud area with their dog Killian, after living in the state of Virginia for 2 years. He first became interested in Chiropractic while in high school after learning about the profession from his brother, who is a Chiropractor in Wisconsin.

11th Annual Minser 5k/1k



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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.

Save the date for Saturday, October 1st, 2016 for our 11th 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 9:00am with the 5k following at 9:30am.

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

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

More Information to Come!

Ask the Doctor!

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: Is chiropractic safe for children?

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.

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!