



2017: Just for the Health of It

GRATITUDE AND CHIROPRACTIC CARE...WHAT DO THEY HAVE IN COMMON?

By Dr. Mary Beth Minser

As Thanksgiving approaches, it gives us a chance to reflect on all the things we are grateful for in life. Many studies show that being grateful and perceiving the world in such light is beneficial to your health. (See the last article on the back page of this newsletter for more information.)

Chiropractic, globally, is one of the biggest manual therapy professions. We have scientific studies showing over and over again the benefits of chiropractic care in relieving lower back pain, neck pain and headaches, to name a few.

There are studies showing the benefit of chiropractic from birth to the aged. The hands-on effect of re-establishing correct spinal motion elicits healing. Chiropractic care has always aimed at calming and reducing pain then integrating other techniques such as exercise, acupuncture, posture re-education, daily nutrition and much more.

Back pain relief is a team effort! It is an effort of your body's nervous system to organize, regulate, restructure and communicate all the correct functions of the human body to the rest of the body. Chiropractic care helps the nervous system complete its job and help it to continually do that day after day.

In a randomized controlled trial, 183 patients with neck pain were randomly selected to receive care from a chiropractor, physiotherapist or medical doctor in a 52 week study. The clinical outcome showed that the chiropractic care resulted in faster recovery. It also showed the care provided was 1/3 of the cost .

What a blessing it is as doctors of chiropractic to have a job so important as helping your body heal. Not only speaking for myself, but my staff and fellow doctors here at Minser Chiropractic Clinic want to express our gratitude for allowing us to provide you the opportunity to restore your health and your family's health to the fullest.

With an abundance of thankfulness for your continued referrals of family and friends, we want to wish you a blessed and Happy Thanksgiving. With heart-felt gratitude....yours for better health!



INSIDE THIS ISSUE

- Supplement of the Month–
Vitamin D.....2
- Featured Essential Oil–
Melissa2
- 8 Tips for a Fresh Fall Start.....2
- How Massage can Help you
Cope with Depression.....3
- Overcoming Physical Fitness
Barriers3
- Upcoming Seminars4
- Health Benefits of Being
Grateful.....4



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

SUPPLEMENT OF THE MONTH: VITAMIN D

-Studies have shown Vit. D. stimulates immune cells to produce anti-microbial substances that fight and help control the replication of viruses in the body.

-Can prevent the overproduction of inflammatory substances that lead to fluid build-up and more severe symptoms of mucus production.

-Helps develop and maintain strong bones

-2,000 IU recommended for adults daily and 1,000 IU recommended for children per day

Don't be worried about overdose.

*During the winter months the body does not make much vitamin D on its own due to the lack of sunlight exposure.

*Vit D is fortified in milk but only in very small amounts, only 125 IU per glass

*An overdose of Vit. D. comes only once you reach 10,000 IU per day

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

FEATURED ESSENTIAL OIL – MELISSA

*One of the best essential oils for shock, depression, grief, and anxiety; It helps to gladden the spirit, chase away dark thoughts, find contentment by calming a troubled mind.

*It has tonic properties that benefit the cardiovascular system, lowering blood pressure, having a general effect on the heart and regulating over-rapid breathing.

*Relieves stress, insomnia, and nervous tension.

*Good for the first sign of allergies when sprinkled on a tissue and sniffed frequently.

*Overall, it is revitalizing, uplifting, fortifying, sedative, and deeply calming.

**Avoid using if you have very sensitive skin!

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

8 TIPS FOR A FRESH FALL START

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!

HOW MASSAGE CAN HELP YOU COPE WITH DEPRESSION

Do you have trouble with constant sadness, trouble sleeping, feeling worthless, or low energy?

If so, massage can help you cope with depression.

Massage therapy can reduce both stress and fatigue. It can also help relieve muscle tension so that you can move on with your day.

Massage has been proven to calm stress hormones in your body. By getting a massage, chemicals are released in your body that send positive activity to your brain.

The most common areas to hold stress are in the shoulders and neck. When releasing these muscles, the body will re-energize and will allow you to have more energy.

If you think that you have any of these symptoms and can benefit from massage, please call to schedule an appointment with one of our certified massage therapists today.

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

OVERCOMING PHYSICAL FITNESS BARRIERS

Barrier 1: I don't have enough time to exercise. Squeeze in a few 10 minute walks throughout the day. Get up earlier. Park farther away and walk the extra steps.

Barrier 2: Exercise is boring. Choose an activity that you enjoy. Vary your routine. Join forces with friends, relatives, neighbors, or co-workers.

Barrier 3: I'm self conscious about how I look when I exercise. Don't get down on yourself! Remind yourself what a great favor you're doing for your cardiovascular health, or focus on how much stronger you feel after a workout.

Barrier 4: I'm too tired to exercise after working all day. Try a morning dose of exercise. Keep a pair of walking shoes at your workplace and take a brisk walk during your lunch break. Go to bed earlier to make sure you are getting enough sleep.

Barrier 5: I'm too lazy to exercise. Set realistic expectations. Start with walking around the block

and add more steps as you feel ready. Workout during the day when you feel most energetic, not the least. Schedule exercise as you would a meeting and let others know so they acknowledge your commitment and offer support.

Barrier 6: I'm not athletic. Try something simple, a walk or stretching. Team up with others at the same fitness level so you can have fun learning and working out together.

Barrier 7: I've tried exercise in the past and failed. Pace yourself and set realistic goals. Start with 20-30 minutes every other day.

If you are nervous about starting an exercise program or overwhelmed by the gym, let us help you! Our exercise specialist, Katie can work one-on-one with you to help you with your fitness goals. Call the clinic today and schedule your session and get back on the road to better health!

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.

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

www.minserchiropractic.com



Minser Chiropractic Clinic

FALL SEMINAR SERIES

How to keep your family healthy this winter...naturally – Nov. 29th @ 7pm

Join Dr. Katherine Leither for a discussion on how to keep your family healthy this winter by doing it the natural way! If you are sick and tired of being sick and tired each winter, this is the seminar for you. Learn ways to boost immunity and prevent illnesses that are common to all families. This seminar is open to the public and is free! Call to reserve a spot for you! Fee free to bring a friend!

Intro to Acupuncture – Dec. 15th @ 12-1

Have you ever been curious about the benefits of acupuncture treatment? Do you wonder why you would use acupuncture or what you would treat by using acupuncture? Then this is the seminar for you! Join Dr. Lacie Gerhardson as she reveals conditions commonly treated with acupuncture and how this age old treatment would be helpful for you. This seminar is open to the public and is free! Call to reserve a spot for you! Feel free to bring a friend!

**Seminars are held at Minser Chiropractic Clinic.

HEALTH BENEFITS OF BEING GRATEFUL

We learn the importance of saying "thank you" as we grow up and are taught this habit because it's "good manners." This childhood lesson is extremely powerful and goes beyond being polite. There are so many health benefits of showing gratitude and that is what the month of November is about...Gratitude!

-Gratitude helps you sleep better! Instead of lying in bed, thinking about worries, stress, and anxiety, think about what you're thankful for! Mentally make a list of things you're grateful for and it can help induce a relaxation response, causing you to drift off to sleep!

-Gratefulness is linked with optimism, which is linked to a better immune system! A study from University of Utah stated that stressed-out law students who were optimistic had more immune-boosting blood cells than students who were pessimistic.

-Improves psychological health! Gratitude reduces toxic emotions like envy, frustration, and regret. Gratitude effectively increases happiness and reduces depression.

-Gratitude improves self-esteem! It's able to reduce social comparisons. Grateful people are able to appreciate the accomplishments of others rather than become resentful and as a result they don't compare themselves to others as often.

-Reduces stress! Feeling grateful has a positive impact on helping people deal with everyday problems, including stress.

-Improves overall health! Gratitude helps lower blood pressure and improves cardiac health. It can result in experiencing fewer aches and pains!