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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 Young Athlete By Dr. Lacie Gerhardson

In today's age of health and fitness, more and more kids are involved in sporting activities. Although being part of a football, soccer, dance, or Little league team is an important rite of passage for many children, parents and their children could be overlooking the importance of proper nutrition and body-conditioning for preventing injuries on and off the playing field.

Young athletes today often think they are invincible. The following tips can help ensure your child does not miss a step when it comes to proper fitness, stretching, training, and rest that the body needs to engage in sporting activities.

Encourage your child to:

- *Wear the proper equipment. Certain contact sports, such as football and hockey, can be dangerous if the equipment is not properly fitted. Make sure all equipment, including helmets, pads, and shoes fit your child or adolescent.
- *Eat healthy meals. Make sure your young athlete is eating a well-balanced diet and does not skip meals. Avoid high fat foods, such as candy bars and fast food. At home, provide fruit rather than cookies and vegetables rather than potato chips. Make sure meals are high in protein to help with muscle breakdown.
- *Maintain a healthy weight. Certain sports, such as gymnastics,

wrestling, and figure skating may require your athlete to follow strict dietary rules. Be sure your child does not feel pressured into being too thin and that he/she understands that proper nutrition and caloric intake is needed for optimal performance and endurance.

*Drink water. Hydration is a key element to optimal fitness. Teenage athletes should drink at least eight 8-oz glasses of water a day.



*Avoid sugar-loaded, caffeinated, and carbonated drinks. Sports drinks are a good source of replenishment for those kids engaged in long duration sports, such as track and field.

*Follow a warm-up routine. Be sure your child or his/her coach includes a warm-up and stretching session before every practice, game, or meet. I'm always amazed at how many athletes we treat that tell me they never warm up! A slow jog, jumping rope, and/or lifting small weights reduces the risk of torn or ripped muscles. Flexibility is key when pushing to score that extra goal or make that critical play.

*Take vitamins daily. A multivitamin and magnesium are good choices for the young athlete.

Young athletes use their bodies in an incredible way and if nutrients aren't properly replenished you can be prone to muscle injuries.

*Avoid trendy supplements. Kids under the age of 18 should avoid the use of performance-enhancing supplements, such as creatine. Instead, they should ask their coach or trainer to include weekly weight training and body-conditioning sessions in their workout.

*Get plenty of rest. Eight hours of sleep is ideal for the young athlete. Lack of sleep and rest can decrease performance. Sluggishness, irritability, and loss of interest could indicate that your child is fatigued.

Chiropractic Care Can Help

Doctors of chiropractic are trained and licensed to treat the entire neuromusculoskeletal system and can provide advice on sports training, nutrition, and injury prevention to young athletes. When an athlete sustains an injury, a doctor of chiropractic can help speed recovery and instruct the young athlete on how to avoid a repeat injury.

Doctors of chiropractic are also certified to perform school sports physicals. If you have questions about your young athlete and how to help them perform better or stay injury free, talk to one of the doctors at Minser Chiropractic today!

Featured Supplement: Dynamic Fruits & Greens

*Provides a super-blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and probiotics

*It's an easy-to-mix, great tasting, nutrient rich super food designed to provide phytonutrient nutrition

*No stimulants, caffeine, or sugars have been added

*Great for the whole family, including kids!

*Available in a variety of flavors including; Strawberry Kiwi, Chocolate, Grape, Berry, and Pink Lemonade

*Ask about Dynamic Health Drink for complete protein to add with the Dynamic Fruits & Greens!

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

Couples Massage

Looking to enjoy time with a loved one? Celebrating an anniversary or engagement? A great way to celebrate and spend time is with a couples massage! How it works is both partners get a massage at the same time in the same room. This leads to both of you getting the benefits of massage together! Benefits from massage include: increasing circulation, reducing toxin build up in the muscles, encouraging healing, relaxing tension and tightness in muscles, improving range of motion, and reducing mental and physical stress.

Couples massages are offered in 60 minute increments and are available during the week and even on Saturdays! Call to schedule a couples massage today!

Featured Essential Oil of the Month: Mandarin Red

~One of the safest essential oils and is particularly recommended for kids and during pregnancy

~Helps to reduce stretch marks when massaged daily into the abdomen from the fifth month until birth

~Perfect oil to brighten your day

~It's strengthening and helps switch off an overactive mind and promotes restful sleep

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.



Time to Get Moving!

You don't have to be a workout fanatic or even plan a specific program (although a specific program can be more helpful in reaching your goals) to get your body more into shape. Being conscious about and making the effort to move our bodies more can lead to healthy benefits.

The four elements of a well-rounded workout routine include aerobic exercises, weight training, stretching, and core strengthening (abdominal, back and pelvic muscles).

Although the greatest benefits will be attained by setting goals and putting together a workout program for yourself, simply adding more

movement to your day can also benefit the mind and body.

In terms of aerobic exercises, take the stairs instead of the elevator, walk or bike to destinations that are only a few blocks away, take 10-minute walks on breaks, and join the kids in the water, snow, and on the ball field.

The great thing about stretching is that it involves no equipment and can be done anywhere at anytime. Weight training can also be done throughout the day. Try doing some lunges or toe raises as you make dinner. Also try doing some core exercises while you watch your favorite TV show.

So much of our day is spent waiting for this or that—red lights, lunch lines, your sister took the shower before you, or dinner in the oven. If you have time to wait, you have time to incorporate some type of body movement, which will benefit you in the long run.

If you need help coming up with some ideas, ask one of our exercise specialists and they can give you some exercises to do anytime, anywhere!



Feeling a Bit Rusty?



Does it take a while for you to get going in the morning? Are your joints or back stiff and achy when you first wake up, and take a few hours to loosen? Tired, stiff joints can leave you feeling much older than you are.

Motion is life. If you let anything sit in one place too long, it's bound to freeze up like a rusty hinge. Spinal joints, subjected to long standing fixations (also known as Vertebral Subluxations) are no different. That's why maintenance chiropractic care is so beneficial! Adjustments unlock 'stuck' joints before they become painful, arthritic, and frozen in place. The longer you wait for that stiffness to 'just go away', the more work is required to get them moving again once stiffness becomes painful.

Like rusty hinges, chronically fixated joints take a little TLC and more frequent adjustments to become free again. If you want to avoid that hassle, the smart move would be to visit your chiropractor when you first start to feel any stiffness or discomfort. Another option is to visit your chiropractor on a regular basis as a preventative measure. That way, you can prevent any future stiffness or discomfort and are less likely to have a flare up.



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.



11th Annual Minser Chiropractic 5K/1K

Saturday October 1, 2016
1K 9:00 start time, 5K 9:30 start time

Registration: Begins at 8:30 am @ 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 medal

5K Awards: Medals will be presented to all 1st, 2nd, and 3rd place male and female finishers in each category, 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & up.

5K Entry Fee: \$25 before Sept 1st/\$30 after Sept 1st

1K Entry Fee: \$15.00 before Sept 1st/\$20 after Sept 1st.

All proceeds to go the Oklahavan Children's Chiropractic Center
 Registration fee includes a T-shirt & refreshments at the finish line. Door prizes will also be awarded after the race.

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

☐ 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 _____

Adult T-shirt size: S M L XL

Youth T-shirt size: M L

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 Avenue South, St. Cloud, MN 56301 or register online at www.minserchiropractic.com

You can also register online!

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