

2018: Posture Matters!

May is National Posture Month
By Krista Blomdahl

The spine and brain make up your central nervous system, which is the power house that controls every process in the human body. To maintain proper nerve flow throughout the spine and the rest of the body, proper spinal posture is an essential component to overall health. Posture is what holds up your body while standing, sitting, and lying down. Great posture helps maintain healthy bones, muscles, nerves, tendons, and ligaments.

When segments of the spine are chronically in mal-position caused by poor posture, the musculature of the body adapts to this position and progresses abnormal wear and tear. This causes chronic pressure to be put on spinal nerve roots, which leads to nerve inflammation. When this occurs, the body turns on its “check engine light” and notifies the body that a deeper issue is present. When this occurs over time, our body adapts to the issue, and chronic stress leads to other issues. For example, the average adult human head weighs about ten pounds. For every inch our head sits in a forward position due to adaptation of computer work, driving, reading, or cell phone use, another ten pounds of pressure is added to the spine. That means if our head is tilted forward three inches while looking at our cell phone daily, that’s thirty pounds of pressure being put on the spinal cord through the neck and upper back. That type of chronic inflammation can cause degeneration of bones and soft tissue over time. When people are visibly seen to sit or stand in a “slouched” position, pressure is put on internal organs which puts them in a state of inflammation. When parts of the body such as lungs, stomach, or liver aren’t able to receive proper nerve flow, they are unable to function optimally and the body is put in a state of dis-ease.

To improve your posture, stretching and strengthening of stabilizing muscles is necessary. These postural muscles surround the spinal chord and developed strength takes pressure off these joints and nerves. To develop these tendencies at a young age, the body can avoid damage and degeneration in order to live a long life of spinal health. Chiropractic care along with great posture helps the body functional optimally. Get adjusted!

Ask us at the clinic how you can improve your posture with enrolling in a strong posture program.



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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
- Sports Physicals

SUPPLEMENT OF THE MONTH: CAL APATITE

- Contains pure microcrystalline hydroxyapatite concentrate (MCHC) which is the most bioavailable form of calcium you can get
- Studies have shown that MCHC nearly halts bone loss in postmenopausal osteoporosis
- Highly absorbable calcium, magnesium, phosphorus, collagen, and other trace minerals that are beneficial for bone mineralization
- This well rounded formula is designed to support bone mineral density and also features Vitamin D for enhanced bone health support.

Also available in a chewable form and vegetarian formula.

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

Dr. Blomdahl

FEATURED ESSENTIAL OIL – TEA TREE

~The most 'medicinal' of the essential oils, with powerful antimicrobial activity against all three of the infectious organisms: bacteria, viruses, and fungi

~A real ally in combating many illnesses and ailments

~Combined with Peppermint and Eucalyptus, Tea Tree is great for sinus decongestion and relieving the symptoms of the common cold

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

NEED A GIFT FOR MOTHER'S DAY??

Treat her to one of our Mother's Day Packages!

My Beautiful Mom: A relaxing 60 minute massage with an added essential oil, 10 dollar coupon off a future massage, a 2 oz health hand lotion.

Mama Mia Luxury Package: a calming 90 minute massage with an added essential oil, a \$10 off coupon on a future massage, a 2 oz health hand lotion.

I Love You Mom: a soothing 60 minute Hot Stone Massage with an added essential oil, a 2 oz lotion and a \$10 off coupon for a future massage.

Keep in Shape Mommy: 45 minutes personal exercise instruction to help Mom feel and look her best with a 60 minute rejuvenating massage to follow.

SPRING IS HERE!!!

As we all think about exercising and getting out for those walks or runs in the sunshine, it is also a good time to think about massage for those sore muscles! Massage not only helps relieve those aches and pains from the new push toward a slimmer and healthier body, but it also helps to get rid of toxins.

As you work your muscles they produce toxins from the nutrients that the blood supplies and these toxins need to be eliminated. Sometimes when you push your body into a new activity, the toxins can get trapped in your soft tissues creating increased soreness.

The soft tissue manipulation of massage helps your body to eliminate these. It also brings blood with nutrients and oxygen into tight muscles, helping them to re-cover much faster. This increased endurance and movement, with reduced pain, creates a truly win-win situation towards a healthier you! Don't wait, schedule your massage appointment today!!

***Supplement Sale!** As a thank you for having us be a part of your health journey, on the last Wednesday of the month, May 30th, get 15 % off all nutritional reorders!*

OSTEOPOROSIS AND EXERCISING

As we all know, osteoporosis is a major cause of disability in older women. If you have osteoporosis, how can you reduce your risk of spinal problems and broken bones that can result in loss of mobility and independence? The answer is exercise!

If you have been physically active, great job! Exercising will help strengthen your muscles, which in turn helps protect your bones. On the other hand, if you haven't been physically active, it is never too late to start exercising.

After menopause, the pace of bone loss really picks up, thus increasing the chances of breaking a bone. Starting an exercise program will help improve your strength, balance, improve your posture, decrease pain, and help avoid falls. It also may help keep your bones from getting weaker.

It is always important to choose the right form of exercise. There is no one-size-fits-all prescription, so consult your doctor before starting an exercise

program for osteoporosis. But, in the meantime, think about what activities you enjoy doing the most. If you choose an activity/exercise that you enjoy, you will have more success sticking with it over time.

Some activities that are most often recommended are strength training, weight-bearing aerobic activities, flexibility, stability, and balance exercises. However, there are also some movements that need to be avoided, if possible, with osteoporosis. Movements that are high-impact exercises, such as jumping, running, or jogging are inappropriate for someone with osteoporosis. These activities increase compression in your spine and lower extremities and can lead to fractures in weakened bones.

Again, if you are not sure about how healthy your bones are, talk to your doctor. Don't let fear of fractures keep you from having fun and staying active!

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.

FUN FACTS ABOUT ACUPUNCTURE

- Acupuncture has been practiced for hundreds of years
- Originally the needles were not made out of steel but of stone, bamboo, and bones
- Modern needles are a lot smaller than standard hypodermic needles, they do not draw blood, and are not hollow
- There are 360 different acupuncture points throughout the body
- Those points are located on the 12 channels that correspond to an internal organ and run throughout the body
- Acupuncture is used to treat many different conditions like: headaches, depression, sinus allergies, weight loss, infertility, constipation, and more!
- It is a safe treatment for all ages, as long as one can sit still for a short period of time
- Acupuncture needles are single use, sterilized, and pre-packaged
- In 1995, the U.S. Food and Drug Administration (FDA) classified acupuncture needles as medical instruments, assuring their safety and effectiveness
- It is extremely effective when used as an adjacent therapy with chiropractic and massage
- Acupuncture is one of the services Minser Chiropractic Clinic offers!

If you have any questions about acupuncture, please ask Dr. Minser, Dr. Fimrite, or Dr. Leither

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