

# 2019: Where Health Happens

## What is Chiropractic Health?

**By: Erin Hovey, DC**

Every October the chiropractic profession celebrates “National Chiropractic Health Month” in an effort to help raise awareness of the benefits of chiropractic care. Great campaigns are developed and are very helpful when trying to promote the great profession that is chiropractic. But while patiently waiting for the ACA (American Chiropractic Association) to release its agenda for the month, I found myself wondering, do people even really know what “chiropractic health” entails?

Chiropractic health is not just muscle and bone health. It is full body health. Most chiropractors treat more than just muscle and joint pain. Chiropractors have the ability to look at the body wholly and how organ function is affected due to a spinal subluxation as well as the effects of musculoskeletal disorders on general health. For example, parents bringing in their little ones due to colic or constipation symptoms find relief even though those conditions are considered non-musculoskeletal. Often times you will find patients seeking care for a variety of other conditions like headaches, dizziness/vertigo, sinus congestion, ear pain, and symptoms related to having a hiatal hernia just to name a few.

Chiropractic health is natural health. Chiropractic is a health system that utilizes natural treatments in order to influence the body to heal and function as it is intended to. Our bodies have the innate ability to heal itself naturally, most often doing this without outside influence. There are times however where this innate ability becomes hindered by a stressor. An example of a stressor that chiropractors ALWAYS treat is a bone out of place causing dysfunction of a nerve. In conjunction with chiropractic adjustments, instruction on stretching, exercise, and posture are given to help the body reach optimal function.

Chiropractic health is patient-centered and varies widely per individual. Every BODY is different, and everybody presents to the clinic with different signs and symptoms of dysfunction or disease. Causation of symptoms and pain varies as well. Our job as chiropractors is to gather the appropriate information from the patient in order to develop a treatment plan that is most appropriate to the individual.

Chiropractic health is drug-free. Chiropractic physicians do not prescribe medications. Instead, supplements and nutritional advice are given based on findings from the exam or additional testing that was performed. An example of this would be suggesting a magnesium supplement to help decrease muscle tension, or encouraging a patient to eat a more healthy and balanced diet in order to decrease inflammation throughout the body.

At Minser Chiropractic Clinic, we have many avenues to help you achieve your health goals. If you have questions about any of the treatments or health options discussed above, please talk with your doctor the next time you are in!



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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: INFLAVONOID

- \* Natural Anti-Inflammatory
- \* Supports healthy joints and muscle tissue impacted by:
  - intense physical exercise
  - physical stressors
  - acute injury
  - inactivity
  - poor posture
- \* Minimizes the effects of pain and swelling and helps speed up recovery

For more information about this supplement,

## FEATURED ESSENTIAL OIL – YLANG YLANG

- Aids in helping reduce blood pressure
- Valuable in alleviating depression, especially when there is a lot of nervous tension
- Wonderful in an evening bath to promote relaxation and aid sleep
- Creates a sense of peace and aids self-expression
- Note: Avoid using this oil for long periods of time or in large amounts. May cause headaches and/or nausea

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

## CHIRO KIDS WEEK 2019!!

Join us October 20-26 for Chiro Kids Week sponsored by the Minnesota Chiropractic Association! We have lots of fun planned for the week including:

- Coloring contest for kids of all ages
- Skeleton project for children to do in clinic and take home just in time for Halloween.
- Free spinal and scoliosis screenings for kids all week.
- Our doctors are available to speak at your school, day-care, and/or preschool about chiropractic for children.

## THE IMPORTANCE OF A STRONG CORE

By: Gabriella Kroska, Exercise Specialist

A weak core can be a contributing factor for back pain, and puts you at an increased risk for injury. On the other hand, a strong core can help reduce the risk of injury, pain, and can help you maintain independence and mobility as you age.

When most people think about a strong core, they immediately visualize the quintessential ‘six pack’. However, while the muscles that make up a ‘six pack’ are the ones most people target when working out, your core is actually made up of the muscles surrounding the pelvis, abdominals, and back. The ‘six pack’ muscles are only the outer most layer of abdominal muscles!

Unlike some other muscle groups, core strength is less about maximal strength or raw power, and more about stability and endurance, so that you can maintain proper posture and body position while performing every day activities such as picking up a box, playing with your kids, driving, carrying groceries, going up a flight of stairs, and more.

Having a strong core provides a stable foundation for the arms and legs to move from, so the risk of injury is reduced not only for the spine and hips, but also for shoulders, knees, and other body parts. Building and maintaining a strong core can help you maintain your desired activity level longer, and reduce the risk of injuring yourself when you play a ball game, catch a big fish or shovel the snow. For kids and teens that spend a lot of time sitting in school, and then join a sport, a strong core is essential to make sure they can compete safely and maximize their athletic potential.

The exercise department at Minser Chiropractic Clinic offers several programs focused on helping you learn to properly build and maintain core strength throughout your life, no matter your current activity or strength level. Ask your chiropractor or our exercise specialist for more information about the Stronger Core program, the Strong Posture Program, or our group fitness core class coming up in November!

## We Do Kids!!

It is not normal to have back pain, neck pain, headaches, ear pain, colic, arm or leg pain, sleep issues, irritability, acid reflux,



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](http://www.minserchiropractic.com)



Minser Chiropractic Clinic

## NATIONAL MASSAGE THERAPY AWARENESS WEEK

October 21st– 26th is National Massage Therapy Awareness Week! Add an essential oil to your massage for FREE during this week!

Benefits of Massage Include:

- \*Effective for relaxation and stress reduction
- \*Improves blood and lymph circulation as well as immune system function
- \*Great for lessening soreness, stiffness, spasms and injury
- \*Reduces blood pressure and heart rate and increases endorphins

National Massage Therapy Awareness week is designed to raise public awareness of therapeutic massage and encourages people to take the extra time to care for their health through massage.

## CORE CONDITIONING CLASS

A strong core is essential for a healthy and active lifestyle. A weak core can increase your risk for back pain, injury, and decreased mobility.

Join our exercise specialist for a series of 4 half-hour classes in November to build strength and stability throughout your core!

**Class dates:**

Tuesdays from 6-6:30pm (Nov. 5, Nov. 12, Nov. 19, Nov. 26)

Class is appropriate for all ages and activity levels, & exercises can be modified based on participant experience level!

\$30 for all four classes!

Call the clinic to reserve your spot today!