



# 2019: Where Health Happens

Health is our greatest asset. By Dr. Tammy Fimrite

It is one of the most important things in our life and the lives of those we love. How can we get and be well? Minser Chiropractic Clinic is here to help you develop healthy habits and enjoy the health and wellness that you deserve.

Are you as healthy and energetic as you want and deserve to be? Do you have the body, shape and image that you want? Do you have trouble getting to sleep and wake up tired? Are you unhappy and stressed out all the time? Do you understand what food choices are healthiest and do you find it easy to make those healthy choices? Do you know what physical activities and exercise patterns you need to be well? Do you find it easy to maintain those activity patterns? Do you understand how important your thoughts and attitudes are in determining in your health? If you haven't answered these questions as you'd like, then clearly you need a change, a lifestyle change.

Why are we sick? We are sick because of how we eat, move and think. We are sick because of our lifestyle choices and the environment we've created for ourselves. How do we get well? Let us help you get back to the basics of where true health comes from.

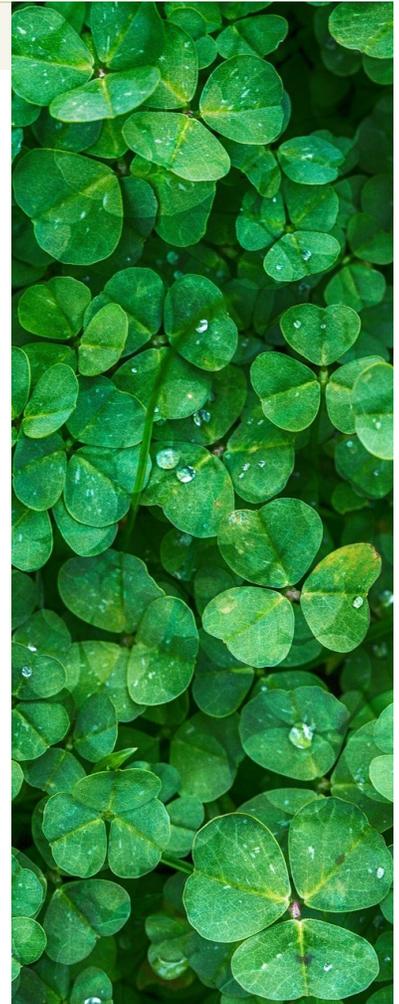
Minser Chiropractic Clinic offers many services to help you improve overall health. Of course at the top of the list is chiropractic care! Chiropractic care is based on the premise that the nervous system controls EVERYTHING in the body. By getting adjusted we can help the nervous system function more efficiently and optimally, thus helping to restore a state of health in the body. Chiropractic is for all ages! Chiropractic care is well researched and has proven it is highly beneficial for all.

Nutritional counseling is offered for health issues or just keeping yourself and your family healthy. We love to discuss diet and supplements to ensure you are getting the nutrients nature intended. We provide detoxification, weight loss, and daily supplementation programs. All vitamins are not created equal and the doctors would love to discuss your nutritional needs.

Our massage department has multiple massage therapists who specialize in the following: Deep tissue work, hot and cold stone massage, hot bamboo massage, herbal massage, essential oils added to the massage, Tui Na (great for children challenged by ADD/ADHD, etc.), myofascial release, craniosacral work and more!

We have an exercise department with staff that is dedicated to helping you become stronger, flexible and able to enjoy your life more fully through exercise and one on one training sessions.

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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: PHYTOMULTI

- \* Activate your health and defy aging. This is a multi-vitamin that contains phyto-nutrients to protect your cells.
- \* Phytonutrients impact cell signaling to communicate healthy messages throughout the body.
- \* It has essential vitamins and minerals for multidimensional health support. It is the number one multi-vitamin our doctors recommend.

For more information about this supplement ask Dr. Minser, Dr. Fimrite, Dr. Leither, Dr. Blomdahl, or Dr. Hovey

Please help us celebrate Children's Chiropractic Health Week

Wednesday March 13th

The doctors and staff will be dressed as story book characters. We will be having fun book reading sessions for ages 2 and up. To sign your children up for a 30 minute reading session please sign up at the front desk. Reading times are:

9-9:30 a.m., 10:30-11:00 a.m., 2-2:30 p.m., 3:30-4 p.m.

## EVERYBODY DESERVES A MASSAGE!

Most people still see a massage as a luxury. They see it as only being able to get one while on vacation, to pamper yourself, or if it's given as a gift.

Although massage therapy is mainly known for relaxation, more and more people are starting to realize the major benefits that your body can get from a massage.

Massage therapy can relax tight muscles, improve range of motion, lower blood pressure, help take away pain caused by conditions such as carpal tunnel syndrome, sciatica, fibromyalgia, and many more! By getting a massage on a regular basis you can decrease headaches, become pain free, and remove toxins from the body.

Many people also believe that massage therapy is only for adults. Massage therapy is great for people of all ages. From infants to elderly, massage therapy can help improve your health. For children, it can help with reducing pain from sports injuries, reduce headaches, relax stiff muscles, help with asthma, reduce bedwetting, and more!

Call to schedule your massage today! 320-253-5650

## FEATURED ESSENTIAL OIL – CLOVE PENNYROYAL

- Its strong antiseptic properties makes it good at preventing colds and flu.
- In small amounts blended into a base oil can help relieve stiff, muscles and joint pain.
- Helps stimulate digestion and restore appetite.
- It is restorative and stimulating both mentally and emotionally.
- Do not use if you have sensitive skin and use in small quantities.
- If you have any questions about essential oils, please see any of our certified massage therapists.

## HOW TO FUEL YOUR WORKOUTS!

March is National Nutrition Month, making it the perfect time to talk about the best nutritional decisions you can make to maximize your workouts! What you eat plays a major role in the success of your workouts, so it is important to choose the foods that will give you the most energy and keep you going along the way!

### **Say yes to good carbohydrates!**

When you exercise, your body needs energy to keep you powering through! The muscles in your body contain stores of glycogen – the main energy source for your workouts – which come from carbohydrates! To have plenty of glycogen stored up for your workouts, carbohydrate consumption prior to exercise is key! Some healthy sources of carbohydrates include, fat free/low fat yogurt, fruits, vegetables, and brown rice!

### **Hydrate!**

Nothing feels better than working up a sweat during workouts, but this also means that your body is losing water! Water helps replenish your fluids, keep your joints lubricated, transports nutrients, regulates body temperature, and helps to avoid cramping! Drinking plenty of water before, during and after exercises (as well as consistently throughout the day) will help you avoid fatigue during your workouts and reach peak performance!

### **Timing is everything!**

For optimal results, try to consume a balanced meal containing carbohydrates, protein, and healthy fats 2-3 hours before you plan to exercise! This gives your body plenty of time to digest your food in order to provide fuel for your body. Eating large meals too close to the beginning of your workout may not only cause discomfort, but your body will then be dedicating energy to digesting your food instead of fueling your workout.

Ex. Whole grain bread or gluten free bread & lean protein sandwich with avocado spread and a side salad. Try adding a hard boiled egg on your salad for extra protein.

Don't have time to eat 2-3 hours before exercise? Sneak in a healthy carbohydrate such as a banana, ap-

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.

## 10 REASONS PARENTS TAKE THEIR KIDS TO THE CHIROPRACTOR

1. To increase their child's brain and nerve development
2. To strengthen immune system and reduce the risk of colds, ear infections, and general illness
3. Help with colic/irritable baby syndrome
4. To enhance their child's overall wellbeing and health
5. Help with asthma, breathing difficulties, and allergies
6. To improve spinal posture
7. Help alleviate bed wetting, sleep issues and digestive problems
8. To improve their child's ability to concentrate
9. Assist with behavioral disorders and offer greater emotional wellbeing
10. To increase athletic ability and reduce risk of injury

Call to schedule your child's appointment today.

## HEALTH IS OUR GREATEST ASSET CONTINUED

Would you like to really know and understand how your body could be functioning and feeling better? One great place to start is with Functional Health Testing which is offered at Minser Chiropractic Clinic. This testing utilizes biomarkers to assess the overall health of your body's systems using urine and saliva testing. It first identifies factors responsible for possible body malfunctioning, then it deals with those factors in a way appropriate to your particular situation. Functional Health Testing uses two scientifically grounded principles. First, add what's lacking in the body to nudge it back to a state of optimal functioning. Second, remove anything that prevents the body from moving toward it's optimal state of function. This test is for anyone wanting to improve their health, athletic performance, or find the underlying cause of their health problems and symptoms, including fatigue, sleeping problems, digestive issues, etc.

Take charge and create a plan for health. We'd love to help! Schedule your appointment today to start enjoying the health and wellness that you deserve!

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