

# 2018: Back to the Basics

National Chiropractic Health Month- “Move 4 Life” By Erin Hovey, D.C.

October is National Chiropractic Health Month and the American Chiropractic Association (ACA) is encouraging the community to “Move 4 Life” to help reduce back pain and disability with the goal of improving overall health including musculoskeletal health.

According to the ACA, conditions and disorders of the muscles and spine (musculoskeletal) are the most reported medical condition among those under the age of 65, and is the second most reported in those over 65. Of those conditions, low back pain is the leading cause of disability. It is the most common reason for missed work and is responsible for \$50 billion in health care costs every year.

Daily movement can help improve symptoms of musculoskeletal conditions by increasing blood flow to promote healing, increase flexibility and strength of muscles, and nourish joints keeping them mobile. The American surgeon general’s physical activity recommendation for adults is approximately 30 minutes daily of moderate intensity exercise or weekly exercise of vigorous intensity for 75 minutes. Increasing physical activity will not only improve spinal and muscle health but will also help reduce the risk of other conditions as well, especially cardiovascular health and type 2 diabetes. In order to help you start moving, through the month of October we will be posting “Daily Challenges” to help you move more. Be on the look-out every day for simple movement tasks that will be spine health focused for you to use that day and in the future.

At Minser Chiropractic Clinic, we have a variety of options to help improve musculoskeletal health and get you moving. For example, “Take Back Your Body” and “The Strong Posture Program” are great programs to get you moving and improve health. The “Take Back Your Body” program is a series of six 30 minute sessions with our fitness coach to give you a starting point for your fitness journey. The “Strong Posture Program” is a series of 15-20 minutes sessions that teach you the exercises necessary to make life long postural changes. Good posture helps in all aspects of your daily life and helps promote a healthy spine. Both programs are designed as one-on-one sessions to get a more personalized and focused exercise experience for each individual.

Although we always have spinal health as our focus here at Minser Chiropractic, this month we will take an extra focus on your spinal health with an emphasis on “Move 4 Life” to help reduce back pain and disability with the goal of improving overall health including musculoskeletal health. As the ACA says, “It’s essential to move now, to move later...to move for life...to stay healthy and strong, active and engaged.”



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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

- Considered a natural anti-inflammatory supplement
- Supports healthy joints and muscle tissue impacted by:
  - \*Intense Physical exercise
  - \*Acute Injury
  - \*Physical Stressors
  - \*Poor Posture
- Minimizes the effects of pain and swelling and helps speed up your recovery
- It also reduces the risk of triggers and mediators of many inflammatory processes

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

***The doctors are busy this month attending many seminars and events to help increase their knowledge to help serve you and your family. Great***

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***Supplement Sale!*** As a thank you for having us be a part of your health journey, on the last Wednesday of the month, October 31st, get 15 % off all nutritional re-

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## FEATURED ESSENTIAL OIL – SPEARMINT

- ~Spearmint is great for headaches, nausea, oily skin, exhaustion, and fever.
- ~It is also helpful for mental fatigue and depression.
- ~Proven a useful antibacterial, antiviral and antifungal agent in inhalation for respiratory infections.
- ~It is antispasmodic: relaxes and cools the muscles to relax spasms.
- ~It has a relaxing affect to the abdominal region to help pass gas easier and relieve digestive upsets.

**\*\*Not to be used if you are pregnant**

**Talk to our certified massage therapists.**

## 30 DAY MOVEMENT CHALLENGE

It's important to get your exercise, especially as it gets colder and we spend less time outdoors. During the month of October, get up and move with Minser Chiropractic! Every day for 30 days do the following exercise for the corresponding day.

Day 1: Do 10 push-ups

Day 2: Do 2 sets of 10 air squats

Day 3: Hold plank for as long as you can 3 times today

Day 4: Go for a 15 minute walk

Day 5: Do 2 sets of 10 tricep dips

Day 6: Do 2 sets of 10 leg lifts

Day 7: Do 3 sets of 10 bridges

Day 8: Jog for 10 minutes

Day 9: Perform arm circles for 2 minutes

Day 10: Hold a wall sit for as long as you can 2 times today

Day 11: Do 3 sets of 10 pelvic tilts

Day 12: Do 15 jumping jacks twice today

Day 13: Hold the cobra stretch for 1 minutes 3 times today

Day 14: Do 2 sets of 10 lunges

Day 15: Do 10 minutes of Yoga

Day 16: Do 15 push-ups

Day 17: Do 3 sets of 10 air squats

Day 18: Hold plank for as long as you can 3 times today (try to beat your last time)

Day 19: Go for a 20 minute walk

Day 20: Do 3 sets of 10 tricep dips

Day 21: Do 3 sets of 10 leg lifts

Day 22: Do 3 sets of 10 bridges twice today

Day 23: Jog for 15 minutes

Day 24: Perform arm circles for 2 minutes twice today

Day 25: Hold a wall sit twice today beating your last time

Day 26: Do 3 sets of 10 pelvic tilts twice today

Day 27: Do 25 jumping jacks twice today

Day 28: Hold the cobra stretch for 2 minutes 3 times today

Day 29: Do 3 sets of 10 lunges

Day 30: Do 15 minutes of Yoga

\*\*To reduce the risk of injury, before beginning this or any exercise program, please consult your chiropractor for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation.

## NATIONAL MASSAGE THERAPY WEEK

National Massage Therapy Week is October 23rd-29th. This week is designed to raise public awareness of the benefits of therapeutic massage and encourages people to take the extra time to care for their health through massage.

There are many different types of massage and each has it's own specific benefits. Massage therapy benefits people of all ages and is also great for during pregnancy!

### **Benefits of Massage include:**

- Effective for relaxation and stress reduction
- Improves blood and lymph circulation as well as immune system function

- Increases joint flexibility
- Reduces risk of injury
- Relaxes and softens injured and over used muscles
- Great for lessening soreness, stiffness, spasms, and injuries
- Reduces blood pressure and heart rate and increases endorphins
- Relaxes muscles reducing spasms and cramping

Call today to schedule your massage!

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

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.

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Minser Chiropractic Clinic

## HEALTHIER HOMEMADE PUMPKIN SPICE LATTE

The average Pumpkin Spice Latte (with no whip cream) from the coffee shop has an average 24g of added sugar, which is about the same amount of added sugar as a Hershey Bar.

The American Heart Association recommends limiting your daily added sugar consumption to 24-36g per day. So that delicious fall inspired latte just put you right at your minimum recommended intake of added sugar.

Here is a healthier recipe for a Pumpkin Spice Latte that you can make right at home!

### Ingredients:

- 8 ounces (1 cup) hot coffee
- 1 tablespoon pumpkin puree
- 2 teaspoons maple syrup
- 1/2 teaspoon pumpkin spice
- 2 ounces (1/4 cup) whole milk or Almond milk



### Directions:

1. Pour the coffee into a 12-ounce mug, then add the pumpkin puree. Stir until it's dissolved and totally mixed in.
2. Add the maple syrup and the pumpkin spice and stir.
3. Pour the milk into a small, heatproof mug or bowl and heat in the microwave until steaming or, heat it in a small pan on the stove.

If you're feeling fancy, you can use a milk frothier to make a foamy drink, but it isn't essential.

Pour the milk into the coffee and serve with a little more pumpkin spice sprinkled on top! Enjoy!

[https://www.buzzfeed.com/sallytamarkin/healthier-psl?utm\\_term=.qyd3KBXxlz#.sxrDaBYKv4](https://www.buzzfeed.com/sallytamarkin/healthier-psl?utm_term=.qyd3KBXxlz#.sxrDaBYKv4)

**Help us celebrate MN Chirokids Day on Oct 25th.  
We would love to participate in a school event or  
come to your classroom or team to talk about health  
or how our bodies work. Just contact the clinic...**

**320-253-5650**