

2019: Where Health Happens

Benefits of Chiropractic Care for Kids...and Parents! By: Dr. Tammy Fimrite

Why do millions of parents bring their children to Doctors of Chiropractic every year? Is it only for when your child is hurting or for highly dramatic health conditions?

Not at all! More parents are bringing their children to chiropractors for day-to-day health concerns such as colds, sore throats, ear infections, fevers, colic, asthma, tonsillitis, allergies, bed-wetting, infections, pains, falls, stomach-aches, and the hundred and one little and big things children go through as they grow up.

An increase in childhood diseases and illnesses is another reason that families are searching for natural healthcare options such as chiropractic care for their children.

Chiropractic care is an effective treatment protocol for children's health issues that are associated with the nervous and musculoskeletal systems. Gentle chiropractic care helps to provide a drug-free treatment option to those young individuals to help resolve and prevent a wide range of health problems.

Recent research by the International Chiropractic Pediatric Association (ICPA) found spinal manipulative therapy safe and successful in treating children of all ages. Chiropractic adjusting procedures are modified to fit a child's size, weight, and unique spinal condition. They are both gentle and specific to the child's developing spinal structures.

Why Chiropractic Care? Just look at a life under 18 years of age. These are acute injuries and traumas that can cause spinal damage. Are your children involved in sports? Do these activities cause trauma or repetitive motions that may affect proper biomechanics and can cause the body to function less than optimally? Is birth trauma involved or perhaps a family history of a disease process you would like to prevent?

Parents surveyed by the ICPA reported behavioral improvement for kids who saw a chiropractor, as well as improved sleep and stronger immune systems. Encouraging good lifelong health habits is one of chiropractic's best benefits for kids. Spinal manipulation for children as young as newborn babies is an alternative treatment for discomfort of colic and other digestive disorders as well. And the list of benefits goes on and on...my children have been treated since minutes after their births and how fortunate they have been to receive the long lasting benefits of chiropractic care. If it has been over 6 months since your child has been checked, now is the time to ensure their health. With the start of the upcoming school year fast approaching, schedule your child's chiropractic check-up today!



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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: ESSENTIAL MULTI

- * Comprehensive vitamin, mineral, and herbal extract blend of bioavailable form of key micronutrients of pharmaceutical grade quality for optimal health and longevity
- * Clinical research suggests benefits include supporting cognitive function, healthy skin, energy productions, healthy immune function, healthy gastrointestinal function and antioxidant support.

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

FEATURED ESSENTIAL OIL – RELAXING BLEND

- A combination of Lavender, Tangerine, Rose, and Orange essential oils
- Lavender– Helps combat insomnia, treating colds, relieves headaches, and helps with balancing mood swings
- Tangerine– Helps reduce stretch marks
- Rose– Can be used to comforting the heart and lift the spirits
- Orange– Beneficial for cramps, constipation and diarrhea
- Avoid this blend during pregnancy

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

BACK TO SCHOOL MASSAGE SPECIALS

\$10 off 60 or 90 minute massage!!!

This Back to School special is valid for all students, teachers
and school faculty!

Book your appointments early as spots are limited!

Call the clinic to schedule your massage today!

Offer valid 8/1-8/31

Must show school ID at time of massage to receive discount

NO PAIN, NO GAIN

By: Gabriella Kroska, Exercise Specialist

“No pain, no gain!” is a common exchange heard at the gym—but is it true? Should your workout be painful? Is lifting so much weight or running so hard that you’re stiff and can’t walk the next day the fastest way to results?

A little bit of discomfort may be associated with working out—especially if you’re not used to it. When you first begin an exercise program, a small amount of soreness or stiffness the next day may be the result of even a light workout. However, it’s actually risky and can even be harmful to push your body too hard and too fast. Many people jump straight into an intense exercise routine, wanting to fast-track their results. This can lead to soreness and pain that lasts several days as a result of delayed onset muscle soreness (DOMS), or in more serious cases, injuries.

Even for athletic individuals used to intense exercise, there are dangers associated with the ‘no pain, no gain’ mindset. Overtraining occurs when an individual exceeds their body’s ability to recover from exercise by working out too hard consistently, not allowing enough time for rest, or both. In this type of situation, the body doesn’t have time to build muscle or recuperate from the exercise, and the desired training effects can be prevented, or even reversed!

Overload and Progression (properly challenging your body, and increasing the challenge as your body adapts to the exercise) are important aspects of any fitness routine. You do have to challenge your body in order to get results! However, your workouts should not be painful, nor should they consistently result in pain/stiffness the following day (or days). If they are, it’s possible you could be preventing yourself from progressing toward your goals as quickly as you would like!

If you’re interested in more guidance on how to reach your fitness goals or how to exercise safely and effectively, talk to our exercise specialist about one of our personal training programs!

WE DO SPORTS PHYSICALS!

- ◆ The Minnesota State High School League requires a physical every 3 years, starting in 7th grade to participate in any high school athletic programs
- ◆ This means that a school physical needs to be performed before starting 7th grade and before starting 10th grade
- ◆ Did you know Doctors of Chiropractic are highly trained and qualified to perform these sports physicals for your children
- ◆ If your child needs a sports physical call the clinic and schedule one today!

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

SAVE THE DATE: 2ND ANNUAL TOUCH THE TRUCK

Save the date for our 2nd Annual Fundraising Event: Touch The Truck!

Date: Friday, September 6th, 2019

Time: 4:00-8:00pm

Location: The MAC Center

Proceeds this year are going to the St. Cloud Area FACT (Feeding Area Children Together)

Keep an eye out for more information on our Facebook page about this fun, family event!

BACK TO SCHOOL!

Be sure to bring your kids in for a back to school chiropractic evaluation!

*Posture and biomechanical function of the spine has a correlative effect on attitude

*55% of students carry in their backpack more than the recommended guidelines of 10-15% of their body weight

*Up to 60% of children will experience back pain by the time they reach 18 years old

*If your child has not had a chiropractic evaluation within the past 6 months...they should!

*Chiropractic adjustments help increase immune system function

*Chiropractic can help kids think more clearly in school by allowing the nervous system to function without interference

*Children with mild scoliosis treated with chiropractic adjustments have shown a reduction in their spinal curvature

Call the clinic today to schedule your child a chiropractic adjustment! 320-253-5650