



# 2019: Where Health Happens

Great On The Go Snacks for The Entire Family By Krista Blomdahl

It is finally that time of year where it is nice enough to be out and about! Our families are becoming busy with activities, athletics, field trips, and various outings. With the seasonal change, comes finding the balance in what we are putting in our bodies on the go. Here are some great ways to plan ahead for healthy and easy snacks for the whole family! When we plan ahead, we can avoid reaching for a sugar or sodium filled snack that is not very likely to keep us energized throughout all of our spring adventures.

1. Hard boiled eggs: On the road? You can even buy these pre-packaged at gas stations
2. String cheese: easy to grab and go, also available at gas stations if on the road
3. FRUITS & VEGGIES!: baby carrots, celery, baby cucumbers, mini peppers, grapes, strawberries, olives. Choose your family’s favorites and put them in little containers so they’re easy to grab on your way out!
4. Beef jerky: look out for brands with high amounts of sugar, sodium, or high fructose corn syrup (usually second or third ingredient)
5. Nuts and seeds: Almonds, walnuts, cashews, unshelled sunflower seeds, pumpkin seeds. Watch out for anything salted or coated in oil. Check the ingredient list to make sure there are no extra ingredients, even if they’re labeled as “raw”. Also, don’t overestimate a serving size. I’d suggest portioning them into small containers or buying convenience packages to prevent over snacking.
6. Yogurt or kefir without artificial sweetener: Yogurts with “fruit on the bottom” or add ins like granola or chocolate are going to be loaded with sugar. Buy a plain yogurt and add in your own fresh fruit and a drizzle of honey!
7. Protein bars: this one is tricky as most people lump granola bars and snack bars in with protein bars and these are generally candy bars in disguise! In all my research, a popular favorite has been the Kirkland brand protein bar from Costco. Great option in regards to ingredients and cost per bar.
8. Protein shakes: blend your favorite protein powder with water or almond milk and some ice. We have great options here at the clinic!
9. Stove-popped popcorn: top with small amount of real butter, salt and pepper, cinnamon, or Bragg Nutritional Yeast (tastes like cheese!)
10. Rice cakes and avocado. Don’t like avocado? Try a nut butter instead. A good crunchy go-to snack!

Hopefully this will give you some ideas of what to have on hand before your family hits the “hangry” wall and is more likely to choose an emotional food choice when on the go this spring!



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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

- \* Clinically effective bone nutrition
- \* This well rounded formula is designed to support bone mineral density and also features Vitamin D for enhanced bone health
- \* Very well tolerated– does not produce gas like calcium carbonate
- \* Also available in a chewable form and a vegetarian formula

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

## PREGNANCY MASSAGE

During pregnancy, many rapid changes are occurring in the body's shape, weight, and center of balance. These changes can lead to an increase in neck, back and hip discomfort during pregnancy.

Pregnancy is an excellent time to utilize massage therapy. During the massage treatment, specialized positioning will be used to allow the therapist to work all areas of the body. The massage therapist will tailor their techniques to the individual to help reduce tension and stress in the neck, back, shoulders, hips, arms and legs.

Massage helps improve circulation and decreases swelling in the lower extremities. Utilizing massage throughout pregnancy is a wonderful way for the expecting mother to relax and take some time for herself.

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

## FEATURED ESSENTIAL OIL – GRAPEFRUIT PINK

- Useful in skin care for oily skin and acne
- Excellent to counteract emotional and physical exhaustion and lethargy
- Psychologically, it is refreshing and reviving, helping to alleviate stress, depression, nervous exhaustion, and tension
- It's useful in lymphatic drainage, helping to treat water retention and cellulite

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

## EXERCISE YOUR WAY TO A HEALTHY MIND

We all know that getting exercise is a great way to improve our physical health. What we don't always think about, however, is all that it can do to help improve our *mental* health. As May is Mental Health Month, there's no better time to talk about the benefits that exercise can have for the mind as well as for the body!

- Exercise can be ***effective as an antidepressant*** for mild-to-moderate depression by releasing endorphins (“feel good” chemicals), introducing new patterns of activity that promote calmness and feelings of well-being, and serving as a distraction from negative thoughts.
- Physical activity can also help to ***relieve the tension that often goes hand-in-hand with stress and anxiety***. Being mindful during your workouts (e.g. paying attention to your breathing patterns or the angles of your joints while moving) can help you to focus on something besides your sources of stress and anxiety, as well as help you to feel more in touch with your body. Furthermore, exercising can help to relax your muscles and relieve tension all throughout the body.
- Dopamine, norepinephrine and serotonin – chemicals in the brain that help us to focus and maintain attention—receive a boost during exercise than can help to improve memory, concentration, and overall mood issues that are associated with ***ADHD***.
- In addition, exercise helps to increase your self-esteem, improve sleep, increase energy, and serve as a healthy coping mechanism when faced with life's challenges.

Having a healthy body and a healthy mind go hand in hand, so tackle both at once by incorporating exercise into your everyday routine!

## MOM DESERVES THE BEST!

Celebrate Mother's Day by gifting the gift of massage or personal training:

- ◆ My Beautiful Mom: a relaxing 60 minute massage with an added essential oil
- ◆ Mama Mia Luxury Package: a calming 90 minute massage with an added essential oil
- ◆ I Love You Mom: a soothing 60 minute Hot Stone Massage with an added essential oil
- ◆ Keep In Shape Mommy: 45 minute personal exercise instruction followed by a 60 minute rejuvenating massage .
- ◆ All gift certificates come with a draw string backpack or a water bottle and a \$10.00 coupon off a future massage.

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.

## JOIN THE STRONG POSTURE PROGRAM!

May is Posture Month! We are featuring our Strong Posture program which includes 5 one on one 30 minute sessions with our personal trainers to progressively develop a posture exercise routine for your body to train core muscle strength and control. In the end you will come away with a routine that takes just 10 minutes a day to maintain. Sign up today for \$145 and includes a therapy ball. This program can make a difference not only in how you feel and move today, but also how well you'll move 20, 30 and even 40 years from now.

Develop core muscle strength and control to keep your back and body young and strong and improve your posture!

Call the clinic and ask us how to help you get started today!

## HOW IS YOUR BONE HEALTH?

May is Osteoporosis Prevention Month!

The test is normally \$50.00, but during May, we are offering the test for only \$35.00!

Osteoporosis Risk Factors:

- \*Small, thin frame
- \*Female
- \*Family history of Osteoporosis
- \*Smoker
- \*Caucasian ancestry
- \*Avoidance of dairy foods
- \*Sedentary lifestyle
- \*Excessive caffeine or alcohol intake
- \*Low Vitamin D intake
- \*Asian ancestry
- \*Early Menopause
- \*Rheumatoid arthritis
- \*Never taken Estrogen

Are you at risk? If so, be sure to have your bone density evaluated today

Call the clinic for more information

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