



# 2018: Back to the Basics

The Stress of the Holidays By Dr. Katherine Leither

Stress happens every day to each and every one of us, but how we handle stress can affect our health and wellness. December is a month that is typically a high stress month for so many of us, whether it is from the many holiday parties we have to attend or from shopping to find “the perfect gift.”

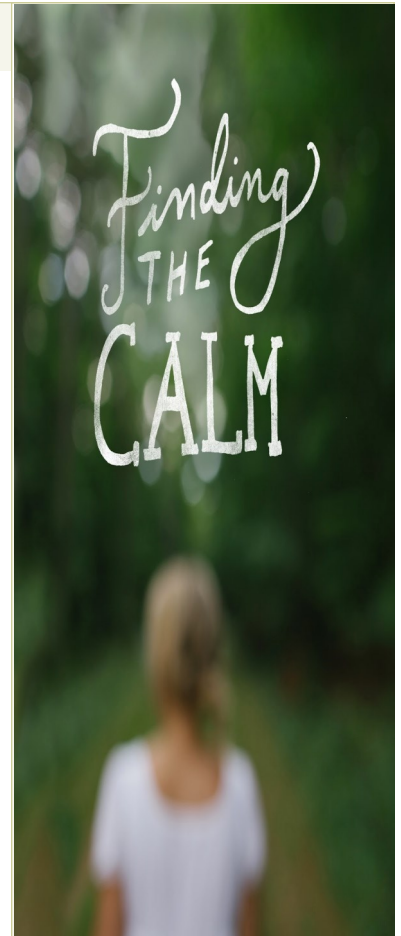
Stress is both a physical and a mental response, where our body goes through alarm, resistance, and exhaustion. When we have persistent stress that lasts for weeks or months, it can cause us to become more vulnerable to health issues, which can range from pain, heart disease, obesity, or even cancer.

During a stress response, our body first releases the hormone epinephrine, also known as adrenaline, which increases our heart rate, blood pressure, and blood glucose levels to prepare us for physical action. After releasing epinephrine, the body will release cortisol from the adrenal glands, which can suppress the immune system. If there is chronic stress where the body is releasing too much cortisol, it can become demanding on the body and cause longer wound healing time or increased risk of infection. Long periods of excessive stress can also cause the body to be on alert and lead to mental responses such as anxiety or depression, or physical responses of pain. Most commonly, headaches, lower back pain, digestive issues and sleep problems are seen.

Since many of us will be under more stress than usual this month, it is important to look at different ways to help reduce and manage the stress in your life.

- Take a quick stress test. At the clinic, we offer the Identi-T Stress test that asks questions how you handle stress in different aspects of your life and can offer ways to help reduce the effect of stress.

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Finding  
THE  
CALM

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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: SERENAGEN

- For those who may be irritable, fatigued, sleep too little or have difficulty resting.
- Serenagen is a classic, comprehensive herbal stress management formula for those who feel stressed and wired. Living a hectic lifestyle deeply influences the mood, mental function, and cognitive processes.
- This combination of herbs and botanicals is designed to maintain equilibrium between these body systems, producing a sense of inner calm
- Excellent support for those experiencing consistent high levels of psychosocial stress

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

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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, December 26th, get 15 % off all nutritional reorders!

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## FEATURED ESSENTIAL OIL – MANDARIN RED

- ~One of the safest essential oils and is particularly recommended for children and for use during pregnancy.
- ~Helps to reduce stretch marks when massaged daily into the abdomen from the fifth month until birth.
- ~Has a tonic effect and is good for all digestive upsets.
- ~Perfect oil to brighten your day on a cold, wintry day.
- ~Helps to switch off an overactive mind and promoting restful sleep.

Add this oil to any massage for only \$5

Talk to our certified massage therapists if you have any questions.

## THE GIFT OF HEALTH

This Holiday Season give yourself and/or a loved one a massage! We offer an array of massages to accommodate a variety of people and health concerns. Some types of massages we offer are relaxation, deep tissue, hot bamboo, pregnancy, hot stone, therapeutic cupping, and Tui Na! Our massages come in increments of 30, 60, and 90 minutes.

Massage therapy can benefit one's lifestyle. It can help reduce anxiety, headaches, joint pain, pain from injuries and many others. Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons, and ligaments.

We also offer gift certificates for chiropractic, acupuncture, exercise programs, personal training, and supplements!

Call the clinic to schedule a massage today or stop by to purchase a gift certificate!

## SHOULD YOU EXERCISE TO PREVENT ILLNESS?

Any type of physical activity or exercise is an important part of your plan to staying healthy. Regular exercise appears to have an advantage of being able to jump start your immune system to help reduce the number of colds you get.

With exercise, the number and aggressiveness of immune cells, called natural killer cells, increases by 50-300%! If you exercise regularly,

this temporary increase can help make the immune system be more efficient at destroying intruders that cause illness.

At the clinic, we have the Take Back Your Body program, Strong Posture Program, Stronger Core Program and much more. We love partnering with our patients to enhance a healthy lifestyle. If you have any questions, our exercise de-

Please join Dr Minser for "Improving You Overall Health" on Wednesday, Dec. 5th at 7 p.m. Discover how you can get more out of life, feel more motivated and advance your overall health. This one hour lecture will help you feel empowered.

Introduction to Detox class on Wednesday, Jan. 9th at 7:30 p.m. by Dr Fimrite Learn how important it is to jump start your health with detoxification. Perfect lecture for the new year.

These lectures are free and bring friends. Registration is required. Please call the clinic to sign up or stop by the front desk.

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.

## STRESS OF THE HOLIDAYS CONTINUED

- Get adjusted. Studies have shown that people who receive regular chiropractic adjustments have a more competent immune system. When the spine is misaligned, your body's nervous system can't communicate properly, and causes your body to have decreased efficiency in sending messages to function optimally. Getting adjusted can also relieve headaches and back pain, which are commonly found in those who are stressed.
- Get a massage. Massage has been shown to help improve mood, boost the immune system, and may lead to less pain and anxiety.
- Get moving! Exercise has many health benefits, and reducing stress is one of them. It can be easy to start with a walking program or yoga. We offer personal training sessions for one-on-one time with our exercise specialist to help reach your fitness goals and to jump start many New Year's Resolutions to lose weight and get in better shape.
- Aromatherapy. Essential oils can help reduce some of the symptoms associated with pain, anxiety, depression, or insomnia and can be used to help enhance relaxation. Lavender, orange, or chamomile are great options and can be both calming and uplifting.
- Meditate. Calming the mind by meditating, focusing on your breath, and having time in your day for peace and quiet can help to tune out distractions and reduce stress and anxiety.

These are just a small sample of ideas to help reduce stress in your life. Don't underestimate the effects stress can have on you or a loved one. At Minser Chiropractic Clinic, we offer many ways to help relieve your stress and eliminate the consequences it may have on your body. Ask one of our Doctors of Chiropractic how we can help you manage your stress and enjoy the holiday season without the stressful "hustle and bustle."

From all the doctors and staff at Minser Chiropractic, we would like to wish you much joy, happiness, and great health this holiday season. We thank you for choosing us to be part of your health care family!

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