



# 2018: Back to the Basics

More Than Treating Back Pain  
By Mary Beth Minser

Many times we get questions about all we off here at the clinic. Our focus is always on restoring optimal health. We can do this through different avenues.

1. Chiropractic adjustments can be powerful to help the nervous system work efficiently and to decrease pain caused by altered motion of the joint. Your nervous system controls so much of your bodily functions. For example, a patient with lower back pain can experience constipation. Once the lower back is adjusted to correct the altered biomechanics of the joint, the constipation goes away as well as the back pain. The nerves of the lower spine help regulate colon function.
2. Acupuncture is what I call my secret weapon against chronic pain or headaches. While acupuncture can treat a wide variety of conditions, it is a powerful ally in helping the body heal and function properly. Plus, it is drug free!
3. Digital x-ray allows us a window to the joints and bones of the body. It becomes a handy tool in helping us diagnose a condition to make treatment more effective.
4. Nutritional counseling is a big point of health today. Most of us do not have a great diet or experience too much stress and it can deplete the body of needed nutrients. We may have a genetic blue print that makes a patient more likely to suffer from diabetes, heart disease or cancer. We can help a patient optimize their nutritional intake.
5. Exercise/Rehab. can help strengthen the body, help lose weight and prevent injury. It can also help produce chemicals in the body that makes us feel better mentally. Individual rehab and exercise plans are prescribed to help you achieve your health goals.
6. Chiropractic Pediatric care is a foundation to correct health issues at a young age so they do not become lifelong health problems. Children respond so well to care. Wellness care at this age is recommended to prevent abnormal motion or growth of the spine. Some doctors believe that scoliosis screening should begin at age 5 not in 5th grade. We love children and it makes our practice unique because all of our doctor have treated children and pregnant mothers for 28 years.
7. Women's and Men's health issues can be quite different. There are differences in the anatomy of the spine and function. These differences are important in maintaining and restoring health. The differences are what the doctors here at the clinic study and implement in your care.
8. Lab testing is another way we can gain insight into your health and individualize your treatment goals.
9. There are many other ways we continue to help our patients. It may be through other diagnostic and treatment options or through further continued education classes and seminars. We are committed to helping you and your family and we thank you for allowing us to be part of your health journey!



## INSIDE THIS ISSUE

Supplement of the Month—  
Ultra Flora Balance.....2

Featured Essential Oil—  
Juniper Berry.....2

Honey Basil Fruit Salad.....2

Cold Stone Massage.....3

Get Outside!.....3

Meet Our New Staff .....4

Young Athletes.....4



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: ULTRA FLORA BALANCE

- Contains a blend of 15 billion live organisms which reflect natural bacteria composition of a healthy intestinal tract
- Reduces frequency and severity of Irritable Bowel Syndrome—crampy abdominal pain, bloating, excess gas, constipation, diarrhea
- Supports healthy digestive function following antibiotic use
- Supports assimilation of nutrients, thus promoting intestinal and overall health

\*\*Must be refrigerated

\*\*Also available for kids!

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

## FEATURED ESSENTIAL OIL – JUNIPER BERRY

- ~A purifying essential oil, which makes it great in lymphatic drainage and in helping the body to eliminate toxins
- ~Helps alleviate nervous tension, intellectual fatigue, and anxiety
- ~Psychologically, it's purifying, clearing and fortifying
- ~When used in small amounts, it's great in skin care, especially when toxins such as acne affect the skin
- \*\*Avoid use during pregnancy and do not use if you have kidney disease. Use carefully in small amounts

Have any questions about essential oils? Talk to our certified massage therapists.

## HONEY BASIL FRUIT SALAD

### Ingredients:

- 2 cups diced strawberries, diced
- 2 cups blueberries
- 2 cups raspberries

### Dressing:

- Juice of 1 lemon
- 1 tablespoon honey
- 3 basil leaves, finely chopped

### Instructions:

1. Wash the fruit and place in a large serving bowl.
2. In a smaller bowl, whisk together the ingredients for the dressing. When ready to serve, pour the dressing over the fruit and serve immediately.

See Front Page for Photo!

## COLD STONE MASSAGE

About 50 million people a year suffer from headaches and an increasing number want a more natural-yet powerful-way to get relief.

Cold stone therapy massage uses cold marble stones that are placed along key headache sites to provide a deep state of relaxation, release of tension, and reduction of swelling and inflammation. Not only can cold stone therapy be used to help combat headaches and fatigue but also for Anxiety, Sinusitis and PMS.

A paraffin dip or hot packs are first done on the feet to pull heat downwards. Essential oils are then used next on key headache areas and then finally the stones are placed along those same areas. Muscle work done by a massage therapist will also be incorporated into the hour session.

Schedule your Cold Stone Massage today by calling the clinic!

If you have questions, ask one of our certified massage therapists!

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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, July 25th, get 15 % off all nutritional reorders!*

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## GET OUTSIDE!

Summer has arrived and it's time to enjoy those Minnesota summers we've been thinking about all winter. Summers can be busy and hectic but luckily there are plenty of ways for you and your family to stay active and achieve your fitness goals while enjoying the season.

Exercising outdoors can be a great way to switch up your workout and has many benefits! Such as improved mood, better sleep, getting fresh air, and increasing Vitamin D.

**Swimming**– It's a full body workout that improves cardiovascular health, muscle strength, endurance and flexibility all at the same time. Swimming is a low impact activity that takes the stress and weight off joints, which can be therapeutic for people with injuries, arthritis and during pregnancy.

**Hiking**– A great way to enjoy nature and get a fat burning workout! Uneven and hilly terrains recruit muscles we normally wouldn't use walking on flat pavement. Check out Quarry Park for a variety of local hiking trails for all fitness levels!

**Kayaking**– Is a stress relieving, easy to learn, and a great way for all fitness levels to be on the water. With every stroke of the paddle, you are toning muscles in your arms, chest and back while blasting away fat.

**Standup Paddle Boarding**– Requires core stability and leg strength to maintain balance and stand upright. You receive a full body workout that is low impact and builds muscle strength.

**Rollerblading**– Is an effective calorie blasting activity that focuses on strengthening your lower body, improving coordination, and encouraging a strong core. The natural side-to-side motion is ideal for shaping thighs and strengthening quads and gluts.

Remember to stay hydrated with water during all of these activities! Don't forget about protecting your body from the sun by wearing sunglasses, sunscreen and protective layers!

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.

Minser Chiropractic Clinic  
Phone: 320-253-5650  
Fax: 320-253-9222  
203 Park Ave South  
Saint Cloud, MN 56301

[www.minserchiropractic.com](http://www.minserchiropractic.com)



**Minser Chiropractic Clinic**

## MEET OUR NEW STAFF!

**Shandra Siltala** is originally from Holdingford, MN and is a fully certified massage therapist (CMT). She graduated massage training from Minnesota State Community and Technical College in Wadena, MN. She is fully trained in Swedish massage, deep tissue, trigger point therapy, and hot stone massage. Shandra's goal is to promote general health and well-being to all of her patients.

### SAVE THE DATE: September 7, 4-7 p.m. TOUCH THE TRUCK!

This event is a fun filled fund raiser for Big Brothers/Big Sisters of Central MN. Bring your family to interact with all kinds of trucks and vehicles. It will be at the MAC parking lot. Tickets go on sale July 15th. \$5 adults/\$3 children/2 and under are free. More details to come in the next few weeks. We are excited have your family join us!

## YOUNG ATHLETES

In today's age of health and fitness, more and more kids are involved in sporting activities. Although being part of a football, soccer, dance, or little league team is an important rite of passage for many children, parents and their children could be overlooking the importance of proper nutrition and body-conditioning for preventing injuries on and off the playing field.

### Chiropractic Care Can Help

Doctors of chiropractic are trained and licensed to treat the entire neuromusculoskeletal system and can provide advice on sports training, nutrition, and injury prevention to young athletes. When an athlete sustains an injury, a doctor of chiropractic can help speed recovery and instruct the young athlete on how to avoid a repeat injury.

Doctors of chiropractic are also certified to perform school sports physicals. If you have questions about your young athlete and how to help them perform better or stay injury free, talk to one of the doctors at Minser Chiropractic today!