



# 2018: Back to the Basics

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

Why do millions of parents bring their children to Chiropractors every year? Is it only for when you 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, fevers, colic, asthma, tonsillitis, allergies, bed-wetting, 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!

Chiropractic care is an effective treatment 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 structure.

So, why Chiropractic? Just look at life under 18 years old. There 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? Is birth trauma involved or perhaps a family history of scoliosis? And let's not forget all the spills, bumps, and falls a little one takes when learning how to walk.

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 healthy 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 digestive issues. 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 you 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: PHYTOMULTI

How does your multivitamin/mineral supplement compare?

- Phytomulti take you beyond the basic wellness support
- Blend of highly-concentrated, full spectrum of phytonutrients to protect your cells
- Essential vitamins and minerals for multidimensional health support

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

## FEATURED ESSENTIAL OIL – CALMING BLEND

### Lavender

- \*Helps to relax and treat muscle aches and pains

### Rose Geranium

- \*Helps regulate hormones and your mood
- \*Helps to detox lymphatic system

### Lemongrass

- \*Tightens and tones the skin and connective tissue
- \*Good for concentration and clear thinking,

### Cedar Wood

- \*Helps to relieve muscle spasms
- \*It has a calming effect on the mind and aids in relieving anxiety

\*\*Avoid during pregnancy

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

## SPORTS PHYSICALS

It's coming up to that time of year! New sports gear is bought, kids need to get to practice, and if your child is going into 7th or 10th grade, they need a physical. The state of Minnesota requires sports physicals every two years starting in 7th grade in order to participate in sports.

Chiropractors are certified to conduct sports physicals and our clinic offers them!

Call the clinic to schedule your child's sports physical today!

## SPORTS MASSAGE

Sports massage is more than a treatment for sports injuries. It produces benefits for athletes of all levels physically, psychologically, and physiologically. This type of massage helps reduce fatigue, relieve muscle swelling and tension, and helps stretch and prepare athletes for top performance. It can help reduce muscle spasms and improve tissue pliability too!

Sports massages is not only for recovery, but can be used before athletic events. A pre-event sports massage is designed to help warm up the major muscles, whereas post-event massage is focused more on the recovery of muscles. Sports massages are great for athletes of all ages, so kids preparing for a big sporting event can add a sports massage to their preparatory routine! Sports massages are designed for athletes of all levels as well. Professional athletes use both massage and chiropractic combined to get an edge on the competition and so can you! Call today to schedule your sports massage with our certified massage therapists!

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, August 29th, get 15 % off all nutritional reorders!*

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## STAYING ACTIVE AT THE OFFICE

If you work in an office environment, you probably find yourself sitting and relaxing after a long day. This can lead to averaging over 9 hours a day sitting. Even if you exercise regularly, sitting for prolonged periods can have a negative effect on your health. Low back pain and many health risks such as obesity, diabetes and heart disease can all be linked to sitting too long. Making small changes in your everyday work routine can decrease these risk, improve posture, and decrease fatigue.

**Take a Break:** Whether it's a walk to the drinking fountain or simply standing up, make sure you are taking 5-10 minute breaks every half hour throughout the day.

### **Make Your Workspace Ergonomically**

**Friendly:** Ergonomics is the design and arrangement of your body and things you interact with. Making sure your workspace is helping you instead of hurting you is important.

**Change the Way You Sit:** Sit on a balance disk or stability ball or even research standing desks.

Switching back and forth from these different options can help increase energy levels and decrease aches and pain.

**Keep Good Posture:** Make sure you are sitting tall and upright. Your shoulders should be back and aligned with your head.

**Stretch:** Take 5 minute stretch breaks occasionally to reduce muscle fatigue and stiffness.

### **Other Small Routine Changes:**

-Take the stairs instead of the elevator

-Park further away

-Stand during conference calls

-Take the long route to the restroom

-Walk to a coworker's desk instead of calling them

Small changes can make a big difference and Minser Chiropractic Clinic is here to help! Our Exercise Specialist, Chelsey can show you desk exercises, stretches, and go over your workspace to make sure it's working for you!

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!

Clarissa Borst, CMT is originally from Princeton, MN. She received her CMT certification from Minnesota School of Business in Elk River, MN. She loves to be outdoors and spend time with family and friends. She is trained in Swedish massage, deep tissue, myofascial release, craniosacral, hot stone, and lymphatic drainage. Her goal is to successfully help her clients relax and improve their health.

Give the clinic a call to schedule a massage with Clarissa!

## SAVE THE DATE

### TOUCH THE TRUCK!

***September 7, 4-8 p.m.***

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 in Waite Park. This event is VERY kid friendly, so bring the whole crew!

Tickets are on sale!

Ticket Pricing: \$4 adults/\$2 children/2 and under are free!

You can find more details at the clinic and on our Facebook Page!

If you own a business, or want to get involved via sponsorship, please contact Dr. Minser or Dr. Hovey for more details!

We are excited to have your family join us!