

# Healthy News

## Chiropractic Health Care and Ear Infections

By Dr. Tammy Fimrite

More and more parents are including chiropractic in their children's health care. Chiropractic care involves diagnosing spinal misalignments and correcting them by adjusting the spine. A slight pressure is most commonly used with children rather than the more forceful manipulation sometimes used with adults.

As chiropractors, we attempt to get to the root cause of the health problem, rather than just treat the symptoms. Misalignments of the spine (also called subluxations) can occur during childbirth, from tumbles or falls, or from any other normal activity. Misalignments left untreated can irritate the nerves and eventually disrupt the body's ability to function properly. The purpose of a chiropractic adjustment is to help to restore the normal functioning of the nervous system so the body can heal itself without the use of drugs or surgery.

Ear infections or otitis media account for over 33% of all pediatrician visits in the US. Antibiotics, the usual treatment, are not always effective and may lead to a recurrence of ear infections. Many children deal with a continuous cycle of repeat ear infections, which lands them back at the pediatrician for more antibiotics. For over 100 years, the chiropractic profession has been treating children with ear and upper respiratory infections with a favorable response to chiropractic adjustments and nutritional care.

Four main causes of otitis media include allergy, infection, mechanical obstruction (caused by misaligned vertebra) and nutritional insufficiency. When vertebra in the upper neck misalign, the nerves can be negatively affected and contribute to depressed immune function. Spinal misalignment may be a primary cause of ear infections, sinus infections, throat infections, and asthma. Many case studies have shown abnormal tympanograms (which measure pressure or absence of fluid) restored to normal following spinal manipulations/adjustments.

Chiropractic is safe and effective and something that parents can try before other more invasive treatments. Please share you child's positive chiropractic experience with others, and on our facebook page, so that others may enjoy the benefits of chiropractic care.

## Featured Supplement: Vasotensin

Natural Blood Pressure Support

\*Clinically effective dose in 2 tablets twice daily (easy, twice a day dosing)

\*Excellent safety profile: No adverse effects associated with bonito peptides have been reported

\*Bioactive peptides isolated from bonito fish support blood pressure health naturally

\*No rebound (reverse) effect observed in human clinical trials when supplementation is discontinued

\*May be used as a complement to other heart support programs, including prescription meds

\*If you have questions about this supplement, please ask Dr. Minser, Dr. Fimrite, or Dr. Mockros for more information



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### Special points of interest

- Catering to Women and Children
- Massage Therapy
- Acupuncture
- Exercise/rehab instruction
- Personal Training Services
- Complete digital x-ray services

## Winter Exercise Classes

### Pilates—Monday 7-8 pm

Pilates is a class that will focus on building strength, increasing flexibility, and sculpting leaner muscles while improving posture and coordination. Specific muscle groups are targeted to strengthen and improve the body's core stability while others are lengthened and released. This class is beneficial for all ages.

Taught by Miranda Thomes, CPT

### Cardio Kickboxing—Wed. 7-8 pm

This class is a combination of aerobics, boxing, and martial arts. It is an intense, total body workout that will challenge and help improve your aerobic fitness, flexibility, coordination, and balance. Be prepared to kick yourself into shape!

Taught by Miranda Thomes, CPT

### Kettle bell Training—Monday 5-6 pm, Wed. 5-6 pm and Thurs 10-11am

Kettle bell training originated in Russia and was first introduced in the US in 2000. Since then it has grown in popularity all over the country. Kettle bell workouts will help you burn fat, get leaner muscles, and give you a good aerobic workout while using kettle bells. Overall a kettle bell workout is a total body workout.

Taught by Melissa Hansen.

\*\*Classes are \$5/session. Please sign-up at the front desk to reserve your spot.

## Motivational Tips for Winter Workouts

As the winter drags on and on, exercising may become harder and harder to enjoy, let alone accomplish. It is that time of year where we empathize with the big bear who hibernates through the winter to conserve energy. Unfortunately, our bodies don't hibernate. We continue to eat and drink as we did during the summer months, even sometimes more. So staying active during the winter is just as important as staying active during the warmer months. Maybe some of these simple tips will help you stay motivated and enjoy exercise even when the temperatures are unbearable.

1. Find a workout partner. If you made a new Year resolution to become healthier, but feel like it is fading away, buddy up with a friend and help each other stay committed to your resolutions. It will make things more fun and enjoyable for the both of you, as well as more accountable for each others' successes. This will help you reap the healthy benefits of pushing one another to stick with your program.
2. Set a goal: Set a goal to reach by a specific date. Whether it is to lose ten pounds by March, to gain muscle, or to run three miles without running out of breath. Whatever your goal may be, setting one will give you something to work/strive for, be accountable for, and most importantly, gives you purpose to your exercise plan.
3. Adjust your schedule: If there is a specific time of day that you like to workout during the summer months, it doesn't mean that you will necessarily like to workout at that time during other seasons.

Allow yourself and your schedule to be flexible so you are more willing to workout during every season as they come and go. Forcing yourself to workout at a time of day that is not enjoyable to you doesn't help matters at all, so be open to flexibility.

4. Find a winter sport you love: If you



would rather exercise outdoors than indoors, take up a sport like downhill skiing, cross country skiing, snow boarding, or snow shoeing. Whatever it may be, do something that you will enjoy. It will help keep you in shape and burn extra calories when the gym is unappealing to you.

5. Make sure you have seasonally appropriate gear: Make sure that your attire is appropriate for the weather. If you are exercising outside, you have to take into account the temperature along with the wind chill and dress for it. Wearing gear from the summer months will make the winter cold more painful than it needs to be.

Following a few simple tips can turn the workout winter blues into a fun and enjoyable experience all winter long.

## Have a Heart Campaign

Join us along with other clinics across the United States, Canada, and the United Kingdom this Valentine's week, February 1-14 as we participate in Oklahaven's Have a Heart campaign. We are raising money to support the internationally recognized non-profit organization, **Oklahaven Children's Chiropractic Hospital**, in Oklahoma City, OK, providing natural health care at greatly reduced fees for special needs children whose families have been financially and emotionally exhausted by the medical challenges their children face.

They are celebrating over 50 years of helping children who are sick and neurologically dis-organized (cerebral palsy, failure to thrive, asthma, diabetes, ADD/ADHD, the autistic spectrum, etc). We will be playing a video at the clinic telling more information about Oklahaven, benefits of chiropractic for children, and about success stories of the more severely challenged children.

We will be displaying hearts all over the clinic for those who help us in the campaign by donating \$2 per heart, or as much as you would like to give. Your name will also be put in a drawing for a **free 1 hour massage** as an appreciation for your donation. Share your heart this Valentine's week and help dramatically change the life of a child.

## Hot Stone Massage

Many people find the warmth of hot stones to be comforting and enjoy receiving hot stone massage for relaxation. People also get hot stone massage for a variety of health conditions: back pain and aches, poor circulation, osteoarthritis, and arthritis pain, stress, anxiety and tension, insomnia, and depression.

The stones are immersed in water and heated until they are within a certain temperature range. The hot stones are never rough, always flat and smooth. The massage therapist always holds the stones first before touching them to your body, which ensures that the temperature will not be too hot. Everyone, however does have their own comfort range. Be sure to speak up if the stones are too hot for you.

The massage therapist often begins by applying oil or lotion to the body, which allows the hot stones to glide smoothly along the muscles. After the hot stones have relaxed the muscles, the massage therapist may use their hands to directly massage the skin. With the muscles relaxed, the therapist is able to apply deeper pressure, if desired.

Hot stone is not appropriate if you have diabetes, high blood pressure, heart disease, or are on medication that thins your blood. You shouldn't get a hot stone massage if you are pregnant, have a sunburn, or acute skin condition.

To schedule an appointment for a Hot Stone massage, please call 320-253-5650 today!



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*Make this the best Valentine's Day ever with a one hour couples massage!  
Pricing and details available at the front desk.*

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## Essential Oil of the Month: Ginger Root

- \*Ginger is warming and stimulates circulation and digestion
- \*Excellent in the winter months to warm the body and emotions both physically and psychologically
- \*Useful in combating Seasonal Affective Disorder by blowing away the winter blues
- \*Especially good for travel sickness or morning sickness, either sniffed into a tissue or blended in an oil and applied to the skin
- \*Great for tired and aching muscles, particularly when they are cold and contracted
- \*\*Do not use if you have very sensitive skin
- \*\*Add this essential oil to your massage today for only \$5

If you have questions about this essential oil, please ask Gayle Johnson, CMT, Jannell Lorenz, CMT, or Meagan Sutcliffe, CMT



Minser Chiropractic Clinic

203 Park Avenue South  
St. Cloud, MN 56301

Phone: 320-253-5650

Fax: 320-253-9222

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

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## Minser Chiropractic Clinic

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 clinic strives to offer you a new approach to hands-on healthcare. The goal of chiropractic care is to correct any spinal or skeletal misalignments, called subluxations, in the body. When a vertebrae or joint becomes misaligned, or its function/motion are altered, it may cause irritation to the muscles, nerves, or organ systems involved.

## February Seminar Series

**Minser Chiropractic Clinic has been busy with its Winter Seminar Series. Join us each Wednesday night as we explore a different topic of health. The classes are free and open to the public, but space fills fast so register early.**

**Feb. 1st: Massage for the Elderly, 7:00pm at Minser Chiropractic Clinic**

*We have an aging population. We should naturally seek effective modes of care for our elderly as they are our parents and grandparents, and we are all on a journey to reach the same destination. This class offers instruction in the gift of touch for the elderly family member. Learn the special considerations to keep in mind, massage benefits, and appropriate pressure for the elderly. Bring a friend and dress comfortably to learn, "hands-on" massage techniques for relaxation and comfort. Presented by Gayle J., CMT, and Meagan S., CMT*

**Feb. 8th: Nutrition for the Everyday Athlete, 7:00pm at Minser Chiropractic Clinic**

*In this seminar we will be discussing the reasons you get sore after starting a new workout program or doing too much physical activity on a weekend along with ways to help build and support new muscle development. It is targeted at the "everyday athlete." Presented by Dr. Lacie Mockros*

**Feb. 15th: Treating Children's Health Issues Naturally, 7:00 pm at Minser Chiropractic Clinic**

*You will learn how to create healthy habits for children. This class will cover treatment for common health issues in children including ADD, ADHD, ear infections, colds, sinusitis, as well as diet and allergies. This is one seminar parents and grandparents don't want to miss. Presented by Dr. Mary Beth Minser.*

**Feb. 29th: Introduction to Acupuncture, 7:30 pm at Minser Chiropractic Clinic**

*Have you thought about trying acupuncture or wondered if it might help you? Join Dr. Tammy Fimrite and have your most commonly asked questions answered about acupuncture and learn something you never knew before.*

**Please call 320-253-5650 or stop at the front desk to register for any or all classes.**