

Upcoming Classes/Events

Thurs. in June and July: I 10 am
like to Move It! Kids classes

6th Annual Minser Chiro- Sept 17
practic 5K/1K walk/run 6:00 pm

Dr. Mockros received the Young Practitioner Distinguished Service Award at the Minnesota Chiropractic Association convention in May

Congratulations Dr. Mockros!

Supplement of the Month:

MyoCalm

*Time tested, specialized formula that provides bioavailable forms of magnesium and calcium blended with select herbs that support healthy mental function.

*Supplies important minerals involved in muscular contraction and relaxation responses.

*May help relieve minor muscle pain associated with stress or physical exertion, and may prevent pregnancy related nocturnal leg muscle cramps

*Features extracts of passion flower and valerian for added relaxation support

*Also available in MyoCalm PM which has the addition of herbs traditionally used to promote relaxation and restful sleep. Useful at bedtime for occasional sleeplessness.

For more information, please ask Dr. Minser, Dr. Fimrite, or Dr. Mockros.

Healthy Living

By Dr. Mary Beth Minser

After a busy winter of lecturing for many groups, I thought I would pass a few thought provoking tidbits your way. (When either writing or lecturing, I always want to convey a message that causes a transformational experience.) It is a message of change toward living a health-filled lifestyle.

For example, most of us are living far below our optimal health, fitness, performance, longevity, and contributory potential. It is not always bad germs, bad luck, or bad genes but in many instances unhealthy choices that undermine our health.

The easiest thing we can change, but yet the hardest for many, is our diet. We do not eat healthy even though most

Americans think they do eat well. Do you provide food for yourself and your family that comes directly from nature? 80% of your caloric intake should be provided from mother nature.

The second most important health issue is exercise. The minimum an individual should get is 45 minutes of exercise every other day. Exercise helps produce chemicals called enkephalins and endorphins which are your body's own natural pain killers (notice Tylenol and Advil do not contain those chemicals in their ingredients).

Do your children get enough exercise and physical activity? We live in an electronic society and it is hard to get kids to turn

these distractions off. When is the last time you went on a nature hike and explored nature with kids? They have unique eyes to the work and will invite you to use your imagination.

Thirdly, sleep! Turn off the TV and get some rest. Minimally, individuals need 7 hours of sleep per night and between 8-9 hours is optimal. Teenagers and infants/toddlers need the most sleep of all. Their rapid rate of growth requires more rest. Try meditating, relaxing in a warm bath, or sip on a great tea...your mind needs a break too.

Lastly, chiropractic care, which can transform your life so you can live healthier and happier!!

The Importance of the Core

The core of the body includes muscles of the back, abdominal area, pelvic floor, and hips. These muscles serve as stabilizers for the body. People with strong core muscles experience less back pain and less sports-related injuries, are more flexible, and have better posture. Weak core muscles are known to be a primary cause of chronic lower back pain.

Although many people incorporate abdominal training into their fitness routine, most fail to balance it with exercise for the

rest of the core muscles. This can lead to muscular imbalances that manifest in back pain and injury. For core exercises to be effective, it is necessary to work all of the core muscles as a unit.

Caring for your core muscles goes beyond just strengthening the muscles. You should also maintain proper posture and use good body mechanics in your day-to-day life to keep your core strong and avoid injuries to these vital muscles. When lifting, use your legs, not your back. Bend your legs

when picking up a heavy object. Try to avoid sitting in any one position too long. Take breaks and walk around when working at a desk for long periods of time. Use proper posture when sitting. Don't slump over while sitting in a chair or driving.

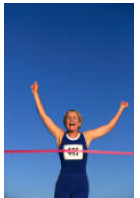
Because core muscles are so important to your overall well being, they deserve a little special attention. People with strong cores may experience less aches and pains as they grow older. So be sure to take the time to exercise your core!

Upcoming Event Schedule



Thursdays in June and July: I Like to Move It Kids Camp: 10-11 am

This is a six session class, meeting on Thursday June 10, 17, 24, July 1, 8, and 15 from 10-11 am at Minser Chiropractic Clinic. Each week we will spend time working on the 4 main areas of physical fitness, cardiovascular, stretching, strength training, and core strength & balance. To do this we will be using fun and exciting games/exercises designed especially for younger bodies! This class is open to any child between the ages of 4-8. The cost is \$18.00 for six sessions. There are only 15 spots available so sign up early!!



6th Annual Minser Chiropractic Clinic 5K walk/run and 1K kids fun run, Friday September 17, 2010, 6:00 pm

It is not too early to start planning or training for our annual 5K walk/run and 1K kids fun run. We will be hosting this great family event again this year and hope to make it even bigger and better than last year. We are raising money not only for the American Spine Foundation, as we have in the past, but we are also raising money for Kids

Against Hunger as well. Check out our website for details on the race and to find registration forms. www.minserchiropractic.com

Essential Oil of the Month: Summer Bliss

**This oil is a blend of these 5 different oils:

Tangerine: Helps reduce stretch marks when massaged daily into the abdomen. It also has a tonic effect on the digestive system and is good for all digestive upsets. Overall, tangerine is uplifting, cheering, and soothing.

Petitgrain: Has a refreshing aroma used in skin care products and also helps clear blemishes. In a bath, it helps prevent insomnia. Overall, petitgrain has a relaxing, balancing, and refreshing quality.

Orange: Is great in massage and in a compress for settling an upset stomach. It has a regulating effect that is beneficial for cramps, constipation, and diarrhea. It works as an anti-depressant and an anti-inflammatory agent. Orange is good in massages and bathes for anxiety and stress. Overall, orange is soothing and refreshing.

Neroli: Is the best choice to treat anxiety and other problems of an emotional or psychological origin. It calms and soothes the nerves before major events. It also helps with long term, chronic anxiety and can help alleviate panic attacks and shock. Overall, Neroli is calming and uplifting.

Bigarade: Has the same properties as Orange. It is cheering and uplifting, helping you to find joy and happiness in life.

*Add this essential oil to your massage today for only \$5!

If you have questions about this essential oil, please ask:

Megan Blenker, CMT or Meagan Holtz, CMT

Father's Day Massage Packages

Make your Dad's Father's Day the best EVER,
Treat him to one of our
Father's Day Massage Packages!

Better than a tie...for Dad: A relaxing 30 min. massage with an added essential oil, \$10 dollar off coupon for a future massage, and paraffin dip to your hands OR feet. \$42 plus tax (\$63 value)

I Love you Dad: A rejuvenating 60 min. massage with an added essential oil, \$10 off coupon for a future massage, and paraffin dip to your hands OR feet. \$67 plus tax (\$88 value)

Father's Delight: A calming 90 min. massage with an added essential oil, \$10 off coupon for a future massage, and paraffin dip to your hands AND feet \$97 plus tax (\$116 value)

"Lend A Hand" Massage Special

During the month of July receive 10% off a massage by bringing in 3 non-perishable food items. The food will be donated to a local food shelf.

Valid at the time of service only! Not valid with any other coupons, discounts, or gift certificates. Offer runs from July 1-31. No cash value.

Over-exercised Muscles

We all know that summer is the busiest time of the year. It is filled with sports, yard work, exercise, and much more. Sometimes all of it becomes too much and your muscles become over-exercised. Massage is extremely effective in the treatment of muscular spasm and contraction. It can also reduce fluid retention and swelling, while stimulating blood circulation and lymphatic flow.

Over-exercised muscles can cause pain. Rest is the best remedy, followed by hot baths and massage. Ice is also a great tool to reduce swelling (if there is

any) and the pain caused by inflammation. Essential oils are also great to use during your massage to reduce pain in over-exercised muscles. Below is a combination of oils that would help those over-exercised muscles.

Eucalyptus 5 drops

Peppermint 5 drops

Ginger 5 drops

Dilute in 1 tablespoon of base oil (sweet almond oil)

To schedule your massage appointment call 320-253-5650

Minser Chiropractic Clinic

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