



## Upcoming Classes/Events

March 1st: Basic Detoxification 7:00 pm

March 3rd: Introduction to Acupuncture 7:30 pm

March 1-5th: Exercise Equipment Trials

March 15th-20th: Children and Healthcare week

## Supplement of the Month:

### Multivitamins

#### FemEssentials:

\*Comprehensive multiple vitamin/mineral formula designed to supply an essential nutritional foundation for women

\*Features high levels of ratio-balanced B vitamins to support healthy adrenal and liver function.

\*Protects cells from free radical damage by providing vitamins A, C, E and quercetin.

\*Supplies high levels of folic acid to support health for women who may become pregnant.

#### Chewable Multivitamin

\*High quality multiple vitamin and mineral supplement with excellent nutrient bioavailability, designed especially for children or for those adults who prefer a chewable tablet.

#### Multigenics

\*Comprehensive multiple vitamin/mineral formula suitable for adolescents, adults, and seniors that provides an essential, comprehensive foundation for optimal health.

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

## Take a closer look at the spine...

By Dr. Mary Beth Minser

Most individuals do not know that the skeletal system needs very little muscle activity to maintain normal posture. A major reason for this is the integrity of the skeletal system. Good alignment of the bones and strong joints and ligaments are responsible for normal posture.

The pelvis is a prime example. The ligaments in front of the hip lock the hip allowing it to bear the weight of the upper body and the lower limbs. The knee is another example. The fact that when the knee is in a straightened position, it relies on ligament support, reducing the muscle activity required to help you stand.

The bad news is, if the skeletal alignment is off, it shifts the balance of all the structures of the body. Alterations of the

structural alignment can be compared to the mal-alignment of the tires of your car. It causes abnormal and extra wear and tear of the tires. Balancing the tires prevents them from wearing out prematurely.

The same thing happens to the joints of our bodies when they are misaligned or unbalanced. Things such as scoliosis, flat feet, high arches, trauma to the spinal joints, and repetitive stresses are just a few things that alter our posture.

Posturing actually begins at birth. A baby's posture may already be compromised going through the process of birthing. Mothers reporting a child nursing on one side much easier than the other is a typical sign of a misalignment of the vertebra of the neck. Even after much re-

search, I am amazed at the lack of parent foresight in having their children's spines checked. Current recommendations are to have an infant checked after birth. Children should be checked at least every 6 months and after any trauma.

For adults, faulty posture results from muscular imbalances caused by such common things as occupation, injuries, handedness, repetitive motions, stress, etc. The good news is that chiropractic helps alleviate these postural imbalances. In celebration of March being the month of awareness of children's health, I challenge all parents to schedule an appointment to have your children's spines checked. It will be perhaps the best investment you make for your children. Health should be everyone's priority.

## Healthy Eating, Healthy Body

Are you a consistent exerciser, but feel stuck in a rut with your weight and mood? Of course exercising is great for weight control and stress relief, but what we eat and how much we eat also have an effect on how we look and feel.

In honor of March being National Nutrition Month, it's time to take a step back and analyze our eating habits. With a consistent exercise program and healthy eating menu, you should be well on your way to a longer, happier life.

Thinking of a diet? Think lifestyle

change instead. Eating healthy should be a life-long endeavor, not just a one-month trip to lose weight before a vacation. Research shows it takes 21 days to form a habit. Start by choosing healthier options for breakfast such as fruit and yogurt; within 3 weeks, you should be starting your day the healthy way without a second thought. Then you can tackle lunch, dinner, and the snacks in between.

Never fear! Eating healthy does not mean you have to abandon your sweet tooth cravings. Please do treat yourself to your favorite desserts, just

not everyday! Try using sweets as a reward for your hard work at the gym or for meeting that deadline at work.

The benefits of a 1-2 punch between an exercise program and healthy eating habits include alleviating issues regarding health problems such as disease, ailments, and other degenerative diseases, providing enough energy to perform daily tasks, and feeding your body the right balance of vitamins, minerals, and other nutrients.

So, grab that apple instead of that cookie and start looking and feeling your best!

# Upcoming Event Schedule

## **Monday March 1st: Introduction to Detoxification, 7:00 pm at Minser Chiropractic Clinic**

*Feeling like you over did it this holiday season? Eating too much, eating foods with poor nutritional status, and not exercising can leave you feeling sluggish and tired. Start the new year off right by taking your body through a detoxification process. Learn the benefits of a basic detoxification and the steps involved in doing a detoxification safely. Presented by Dr. Lacie Mockeros.*

## **Wednesday March 3rd: Basic Introduction to Acupuncture, 7:30 pm at Minser Chiropractic Clinic**

*If you have ever thought about trying acupuncture, are curious about how it works or what acupuncture is all about, then this is the seminar for you! Learn about different conditions that acupuncture may help with. Presented by Dr. Tammy Fimrite.*

## **March 1st-5th: Exercise Equipment Trials**

*Have you ever wanted to try out a piece of exercise equipment before you buy it. This week you can. Stop in the clinic anytime this week and try out some great exercise equipment with our exercise physiologist, Megan Huls. No appointment needed!*

## **March 15th-20th: National Children and Healthcare Week**

*It is recommended that children have their spine checked every 6 months or after any trauma. Now is the time to have everyone in your house checked, big or small!*

**\*\*To register for any of the above classes or events, please call 320-253-5650. Space is limited so register early to reserve your spot!**

## March "Massage" Madness

**Week 1 (1st-6th):** Get a massage this week and receive 10% off your massage

\*Not valid with any other coupons, discounts, or gift certificates

**Week 2 (8th-13th):** A complimentary essential oil will be used during your massage this week

**Week 3 (15th-20th):** Receive a coupon for \$10 off a future massage when you have a massage this week

\*Coupon not valid with any other coupons, discounts, or gift certificates

**Week 4 (22nd-27th):** Massages scheduled this week receive a free candle

**Week 5 (29th-31st):** 10% off gift certificates purchased this week.

\*For future use only.

Schedule your appointment at the front desk today with one of our certified massage therapists, Megan Blenker, CMT, Meagan Holtz, CMT, or Dana Dierkhising, CMT, to benefit from these great offers.

\*Disclaimer: Not valid on auto/worker's compensation visits.

## Essential Oil of the Month: Orange

\*Known as the "Smiley Oil" and is familiar, joyful, and warming

\*It is gentle enough to use on children, who enjoy its fruity fragrance.

\*Very good in local massage and compresses for settling digestive upsets, and is beneficial for cramps, constipation, diarrhea, and flatulence.

\*Used in a diffuser to help reduce fear of the unknown and relieves self-doubt, helping you find an inner radiance and optimism.

\*Overall, orange is cheering, uplifting, soothing, and refreshing.

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

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

Megan Blenker, CMT, Meagan Holtz, CMT,

or Dana Dierkhising, CMT

## What am I feeling?

Each time we are touched, the emotions related to that touch are stored in our mind and in our body's tissues. When you receive a massage, the muscles and tissues release on an emotional level in much the same way they release physical tension.

Massage also allows the body to let go of stress. In some cases, the body may be holding the memory of a trauma long forgotten. When you body finally relaxes, that memory can surface as you become more connected to being in your body.

Massage is a healing touch that relaxes and releases. Accept your body's way of finding balance and leading you to a higher state of health, both emotionally and physically.

Massage therapists are trained to help you feel comfortable and safe. If you find yourself laughing or crying on the massage table, you are in a true state of body-mind connection. Relax, breathe deeply and allow your body and mind to free itself from the past. To schedule a massage, call 320-253-5650.

## Minser Chiropractic Clinic

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