

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS



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THE AMAZING BODY

BY: DR. MARY BETH MINSER

Think about this: your heart beats over 100,000 times a day without you ever having to ask it to. Your bones are stronger than some types of steel, and your brain can generate enough electricity to power a lightbulb. Every second, your body produces about 25 million new cells—that means in 15 seconds, you've made more cells than there are people in the United States. And don't even get me started on the senses! Your nose can remember up to 50,000 different scents, and your eyes can distinguish more shades of green than any other color.

Chiropractic care is like giving your body a tune-up—especially your spine, which plays a central role in your nervous system and overall function. At its core, chiropractic treatment involves hands-on adjustments to help realign joints, reduce pain, and improve mobility. But its benefits can ripple far beyond just treating backs. Here are some ways chiropractic care supports the human body:

- Pain relief: It's especially effective for back and neck pain, often reducing the need for medications like opioids.
- Improved posture and flexibility: Regular adjustments can help counteract the effects of long hours at a desk or poor ergonomics.
- Enhanced nervous system function: Since the spine houses the spinal cord, realigning it may help improve nerve communication throughout the body.
- Better sleep and reduced stress: Some people report improved sleep quality and a greater sense of well-being after treatment.
- Boosted immune response and digestion: There's growing interest in how spinal health may influence other systems, like immunity and gut function.

Chiropractic is a holistic approach—here at the clinic, we offer advice on nutrition, exercise, and lifestyle to support long-term health. The nervous system is a marvel of biological engineering, and the numbers behind it are just as mind-blowing:

- Your brain contains about 100 billion neurons, each capable of forming thousands of connections with other neurons. That's more connections than there are stars in the Milky Way.
- Nerve impulses can travel at speeds up to 268 miles per hour (431 km/h)—faster than a Formula 1 car.

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Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professionals. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of patient's health problems.

QUOTE OF THE MONTH

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."

-Tom Stoppard

SPORTS PHYSICALS

BEAT THE RUSH &
SCHEDULE YOUR
APPOINTMENT TODAY!



SERVICES OFFERED

Chiropractic Care for the entire family

Massage Therapy

Acupuncture

Shockwave Therapy

Nutrition Consults & Evaluations

Exercise Instruction & Rehabilitation

Complete Radiology

Bone Density Testing

DOT Physicals

Drug Screenings

Physiotherapy

Sports Physicals

Red Light Therapy

Microneedling

FEATURED ESSENTIAL OIL: ROSEMARY

- Works excellent in massage when used for relaxing tight overworked muscles, relieving fluid retention and detoxifying the lymphatic system.
- It is the oil for remembrance; it strengthens the mind and increases creativity.
- Aid meditation, keeping the mind clear and alert.
- Psychologically, it is stimulating, purifying and protecting.
- Overall, it is reviving, refreshing and strengthening.

**You can add this essential oil to your massage today for only \$5.00*

If you have any questions about this essential oil, please ask any of our massage therapists!



MINSER MUST HAVE POSTURE MEDIC

Improve your posture & muscle tone, reduce back & neck pain. Improve breathing & blood pressure. Increase range of motion & so much more!

Designed to pull your shoulders back without restricting movement.

Stabilize your shoulders & posture.

May also be used for stretching & strengthening!

Ask your doctor or our Exercise Specialist for a demonstration!

BACK TO SCHOOL: MASSAGE FOR WELLNESS

Whether you have a student entering Pre-K all the way through College; or if you are a teacher yourself, everyone could benefit from a massage!

- Who doesn't get stressed out about taking a test? Getting a massage is a known fact to reduce stress and tension throughout the body.
- Carrying a backpack or lugging books around isn't easy, especially on your back and shoulder muscles. Massage Therapy can help with getting your posture back on track.
- Are you struggling with headaches by staring at a screen? Massage can help with that too.

These are just to name a few reasons why a massage could benefit you throughout the school year.

Call the Clinic to schedule your massage appointment today! 320-253-5650
Hurry slots fill fast!



SUPPLEMENT OF THE MONTH FRUITS AND GREENS

20+ Servings of Fruits and Vegetables in one scoop
It provides a super blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and probiotics to support the immune system, digestion, and detoxification of body systems.

No stimulants, caffeine, or sugars have been added!

Great for the whole family and comes in a variety of flavors.

THE AMAZING BODY

(continued from page 1)

- The human spinal cord is about 18 inches (45 cm) long in adults and contains around 13.5 million neurons.
- There are more than 7 trillion nerves in the human body, forming a vast communication network that controls everything from breathing to memory.



The brain uses about 20% of the body's total energy. The nervous system and digestive system are in constant conversation—like two old friends who text all day. This connection is known as the gut-brain axis, and it's a two-way street of electrical signals, chemical messengers, and even microbial chatter. Here's how the magic happens:

Enteric Nervous System (ENS): Often called the “second brain,” this network of over 100 million neurons is embedded in the walls of your digestive tract. It controls digestion independently but also communicates with your central nervous system (CNS).

- **Vagus Nerve:** This is the main communication highway between your brain and gut. It sends signals in both directions—your brain can influence gut function, and your gut can influence mood, stress, and even decision-making.
- **Neurotransmitters:** Your gut produces many of the same neurotransmitters as your brain, like serotonin (about 90% of it is made in the gut), which affects mood, appetite, and digestion.
- **Microbiome Influence:** The trillions of microbes in your gut also play a role. They produce compounds that can affect brain function and behavior, and they respond to signals from the nervous system.

This interaction helps regulate everything from hunger to stress responses and immune function. It's why stress can cause stomachaches, and why gut issues can sometimes lead to anxiety or depression.

Chiropractic adjustments may support gut healing by improving communication between your brain and digestive system—essentially fine-tuning the body's internal wiring. Here's how it works:

- **Spinal alignment affects nerve flow:** The spine houses the spinal cord, which is the main highway for nerve signals. Misalignments (called subluxations) can interfere with the nerves that regulate digestion, especially those connected to the stomach, intestines, and other abdominal organs.
- **The vagus nerve connection:** This major nerve runs from your brainstem through your spine and into your gut. It plays a key role in digestion—controlling things like stomach acid production, gut motility, and even inflammation. Chiropractic care may help reduce pressure on this nerve, allowing it to function more effectively. (Think acid reflux in babies).
- **Reduced inflammation and stress:** Misalignments can contribute to systemic inflammation and stress, both of which are known to disrupt gut health. By restoring balance to the nervous system, chiropractic adjustments may help calm the body's stress response and reduce inflammation that affects digestion.
- **Improved gut-brain communication:** Since the gut and brain are in constant dialogue via the gut-brain axis, better spinal alignment may enhance this communication, potentially easing symptoms of conditions like IBS, bloating, or acid reflux.

The take away...get adjusted to help your body stay amazing!



UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- August: National Wellness Month
- August: National Kindergarten Month
- September: Chiropractic Care Birth Month
- 9/18/25: Happy Birthday, Chiropractic!
- 9/17/25: National Backpack Awareness Day
- 9/24/25 Women's Health Day: Fitness Event. Details to come!

CHIRO FACTS

Every muscle fiber is thinner than a human hair strand, yet can hold up to 1,000 times its own weight.



EXERCISE PROGRAMS

This month we feature, the **EVOLVE Fitness Program**. This is a personal training program tailored specifically to middle- and high-school aged athletes. Our exercise specialists will work with you in a one-on-one setting to target and correct movement imbalances, while maturing movement patterns on a sport specific basis. Pricing: \$270 for six 30-minute sessions. Sign your athlete up now!

BEAT THE HEAT: UNDERSTANDING HEAT EXHAUSTION DURING EXERCISE

BY: KELLY CZECH, EXERCISE SPECIALIST

As temperatures climb, staying active outdoors can become risky. One serious concern for fitness enthusiasts is heat exhaustion, a condition that happens when the body overheats due to prolonged exposure to high temperatures and inadequate hydration.

What Is Heat Exhaustion?

Heat exhaustion occurs when your body struggles to cool itself effectively. This often happens during intense workouts in hot, humid weather. Sweating helps cool you down, but excessive sweating without replacing fluids and electrolytes can lead to dehydration and overheating.

Signs to Watch For:

- Heavy sweating
- Dizziness or fainting
- Nausea or vomiting
- Muscle cramps
- Rapid heartbeat
- Headache
- Pale or clammy skin



If untreated, heat exhaustion can lead to heat stroke, a life-threatening emergency.

Prevention Tips

- Hydrate before, during, and after exercise. Include electrolytes, especially in long sessions.
- Dress smart in lightweight, breathable fabrics.
- Time your workouts for cooler hours—early morning or late evening.
- Listen to your body—if you feel lightheaded or weak, stop and cool down immediately.
- Acclimate gradually to hot weather workouts.

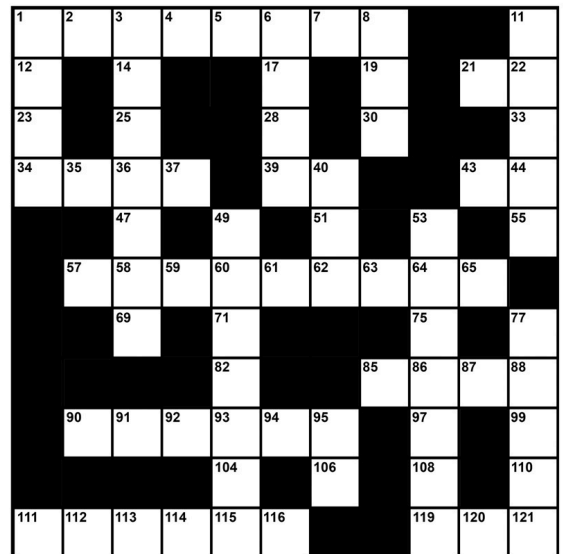
PUZZLE HUB CROSSWORD PUZZLE

Across

- 1 NH's smallest city
21 Day
34 Earth's natural satellite
39 Morning abbrev.
43 Antonym of you
57 ___ County
85 ___ and found
90 Permanent ink
111 Winter sport
119 Color

Down

- 1 To and ___
3 The ___ Beacon
6 Capital city
8 Bite
11 Trestle ___
40 ___ and Dad
49 Bridge type
53 Tenth month
77 ___-up comedian
95 Opposite to off



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