

# THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER  
**WHERE HEALTH HAPPENS**



APRIL 2026, VOLUME 21, ISSUE 4

## SPINAL RESILIENCE

BY: DR. TAMMY FIMRITE

This April, let's talk about the "hidden" stressors of spring. As you prepare for a more active lifestyle, understanding the connection between your spine, your environment, and your nervous system is key to a pain-free season.

### Chiropractic and the "allergy connection"

Did you know that spinal health can influence how your body handles seasonal allergies?

- **The Immune Link:** Your nervous system controls your immune response. Misalignments (subluxations) in the upper cervical spine can interfere with communication between your brain and immune system, potentially leading to an overactive response to pollen.
- **Natural Drainage:** Adjustments in the neck and upper chest can improve lymphatic drainage and respiratory function, helping to alleviate the sinus pressure and congestion common in April.

### Ergonomic Spring: Gardening Without the Grief

Gardening is a full-body workout that often leads to "Spring Back" injuries. Protect your spine with these chiropractor-approved techniques:

- **The "Hip Hinge":** When weeding or planting, avoid bending from the waist. Instead, use a "hip hinge" or a garden kneeler to keep your spine in a neutral, supported position.
- **Vary your tasks:** Switch between raking, pruning, and planting every 20-30 minutes to avoid repetitive strain on specific muscle groups.
- **Avoid the twist:** When moving bags of mulch or heavy pots, move your feet to turn your whole body rather than twisting at the torso.

### April is Stress Awareness Month

Chronic stress often manifests physically as "tech neck" or tension headaches. Chiropractic care acts as a physical "reset" for your nervous system by:

- Reducing muscle tension and stiffness
- Improve your ability to maintain proper posture

Stay Aligned this spring. Don't wait for a "tweak" in your back or neck to schedule your visit. Regular maintenance helps you stay active, breathe easier, and enjoy the season to its fullest.

**COME & SEE US!**

WALK IN OR CALL

203 PARK AVE S,  
ST CLOUD, MN 56301

(320) 253-5650

[MINSERCHIROPRACTIC.COM](http://MINSERCHIROPRACTIC.COM)



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.

## CHIRO FACTS

Patients are nearly 30 times less likely to need surgery to the spinal cord when visiting a chiropractor instead of a surgeon at a hospital.



## QUOTE OF THE MONTH

"Making yourself healthy is the biggest comeback."

-Unknown

### 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

Microneedling

## THERAPEUTIC CUPPING

JESS MCFARLANE, CMT

MASSAGE DEPARTMENT MANAGER

What is cupping?

Cupping is an ancient alternative medicine where the therapist uses cups on the skin for a few minutes to create pressure to pull skin, tissue and muscles upward. It is used to enhance circulation; helps relieve pain, promote relaxation and well-being and removes toxins that linger your body tissues.



Cupping is a safe technique and may cause discoloration on your skin that can range from a light red to a darker purple where your cups were placed. The discoloration can last from 3 days to a couple weeks.

What are benefits of cupping?

- Helps reduce pain in the muscles without medication
- Promotes relaxation
- Boosts skin health
- Helps treat respiratory issues and colds
- Improves digestion

Call 320-253-5650 to schedule your appointment today!



## CHIROPRACTIC SERVICES

### Exercise Instruction and Rehabilitation



Our exercise specialist, Kelly Czech, focuses exercise instruction and rehabilitation on restoring movement, reducing pain, and rebuilding strength through structured, evidence-based physical activity. Whether recovering from injury, managing chronic conditions, or enhancing athletic performance, individualized exercise programs are designed to improve mobility, stability, endurance, and overall function. Kelly has a variety of rehabilitation and exercise programs she offers here at the clinic. These classes vary from a beginner level (setting and meeting goals) to functional fitness and personal training. Ask your doctor or Kelly about which programs are right for your goals!

## MOTHERS DAY PROMO

Celebrate your mom(s) by giving her the gift of relaxation with by purchasing a massage gift certificate. We offer massages in 30-, 60-, 90- or 120-minute increments. You can stop in the clinic or call and we can mail it to you.

*\*Receive a \$10 off coupon your future massage with purchase of gift certificate*  
Call the clinic for pricing details.

Happy  
Mother's  
Day



# IN A PINCH?

BY: KELLY CZECH, EXERCISE SPECIALIST

It's no secret that life is busy, and when we don't plan ahead our options for a quick meal are endless! Fast-food restaurant options are typically high in sodium, excessive in unhealthy fats, and overloaded in refined carbs, which when consumed on a regular basis will have adverse effects on you or your child's health. So what are busy bodies to do? Here is a list of fast food restaurants whose options are "healthier" when compared to their counterparts.

## **Panera Bread**

Great for salads, broth-based soups, and bowls with lean protein & veggies. You can often swap sides (apple or fruit) for chips and choose whole-grain bread.

Better pick:

Strawberry Poppyseed Salad with Chicken (seasonal) or Greek Salad with Chicken

-Ask for dressing on the side

-Pair with apple instead of bread

Why it's healthier:

Lean protein, lots of veggies, good fiber, lighter than most sandwiches or mac & cheese.

## **Chipotle (or Other Burrito Bowl Shops)**

Choosing a salad or burrito bowl lets you control calories, carbs, and fats by choosing chicken for your protein, and skipping rice, cheese and sour cream.

Just for reference sake, one tortilla is 300 calories.

Better pick: Salad Bowl

-Romaine lettuce

-Grilled chicken or sofritas

-Fajita veggies

-Black beans

-Fresh tomato salsa

-Optional: small scoop of guacamole

Why it's healthier:

High protein and fiber, customizable, very filling without excess calories.



## **Chick-Fil-A**

Their grilled nuggets or grilled chicken sandwich are leaner than fried options.

Pair with a side salad or fruit instead of fries to keep it lighter.

Better pick:

Grilled Chicken Sandwich

-Swap fries for fruit cup or side salad

-Skip mayo or ask for light sauce

Why it's healthier:

Grilled protein, fewer calories and saturated fat than fried options.



## **Tips for Ordering Healthier at Fast Food**

- ✓ Pick grilled instead of fried meats whenever possible.
- ✓ Skip or go light on sauces and dressings – these add a lot of calories quickly.
- ✓ Load up on veggies and greens – usually free additions.
- ✓ Choose water, unsweetened tea, or coffee instead of sugary or diet sodas.
- ✓ Watch portion size (kids or smaller items help keep calories lower)

Remember just because these are healthier options do not make them a healthy choice when compared to what you can potentially make at home.



## UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- April: Stress Awareness Month and Foot Health Awareness Month
- 4/5/26: Easter
- 4/7/26: World Health Day
- 4/22/26: Earth Day
- 5/10/26: Mother's Day
- 5/25/26: Memorial Day
- June: Pride Month



## FEATURED SUPPLEMENT ALLER PRO

TonicSea Aller Pro is an advanced nutritional supplement containing evidence-based ingredients shown to support immune function and a healthy respiratory system.

Aller Pro ingredients are demonstrated in clinical research to support a healthy respiratory system, immune function, and symptoms of seasonal discomfort through a myriad of mechanisms.

The most relevant research-backed benefits of supplementing with Aller Pro include:

- Supports healthy nasal and sinus regions
- Supports healthy immune function
- Supports healthy respiratory function
- Bioavailable ingredients for maximal absorption

## MINSER MUST HAVE: SPENCO/PEDAG

Spenco Total Support® are designed to help reduce the caving in of the arch. These insoles work by providing positioning pods with varying degrees of support under key areas of the foot, working to alleviate pain, and correct pronation.

Pedag Viva Sport, the ultimate full-length orthotic insole designed to take your active lifestyle to the next level. Made with soft vegan materials, this insole is perfect for anyone looking to increase endurance and prevent fatigue, without compromising on comfort or style.



## FEATURED ESSENTIAL OIL: SERENITY

A combination of Lavender, Lemon, Ylang Ylang, Rosemary, Orange and Lime

- Lavender- Good for alleviating muscle aches and is detoxifying
- Lemon- Good for lymphatic drainages and is detoxifying
- Ylang-Ylang- Helps reduce high blood pressure and helps with anxiety, anger and fear
- Rosemary- Great for relaxing tight muscles while relieving fluid retention
- Orange- Settles digestive upsets and has a normalizing effect that is beneficial for cramps, constipation
- and diarrhea.
- Lime- Helps to relieve fatigue, apathy and depression

*\*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!*



## PUZZLE CORNER SUDOKU



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Did you know that our monthly newsletters are now available on our website?



minserchiropractic.com  
Click on the "newsletter" tab to be find a PDF version of our newsletter!

