

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS



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RED LIGHT THERAPY: A BRIGHT ADDITION TO YOUR CHIROPRACTIC CARE

BY: DR. KATHERINE LEITHER

At Minser Chiropractic Clinic, our goal is to help you heal naturally and feel your best. One of the newest tools we have added to our care lineup is red light therapy – a gentle, noninvasive treatment that complements chiropractic adjustments and helps your body recover faster.

What Is Red Light Therapy?

Red light therapy (also known as low-level laser therapy or photobiomodulation) uses specific wavelengths of red light to stimulate your body's natural healing processes.

These light waves penetrate deep into muscles, joints, and tissues – energizing your cells, improving circulation, and reducing inflammation. Unlike UV light, it doesn't damage the skin or cause heat. Most people simply feel a soothing warmth and relaxation during the session.



How It Helps Chiropractic Patients

Red light therapy pairs beautifully with chiropractic care because it supports many of the same goals:

- **Reduces Pain and Inflammation:** Helps calm irritated nerves and sore muscles.

(Continued on page 3)

INSIDE THIS ISSUE

MASSAGE & EXERCISE OFFERINGS

PRODUCTS OF THE MONTHS

CONTESTS & EVENTS

TRIVIA & GAMES



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

Each day, over one million adjustments take place across the globe. That's a whole lot of relief!

TAKE BACK YOUR BODY

Did you know that approximately 80% of New Year's resolutions are abandoned by the time February rolls around.



Ask our exercise specialist on how to set realistic SMART goals for 2026 or better yet, set up personal training sessions 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

RED LIGHT THERAPY

CONTINUED FROM PAGE 1

- **Accelerates Healing:** Speeds recovery for sprains, strains, and joint discomfort by increasing cellular energy (ATP) production.
- **Enhances Mobility:** Loosens stiff joints and tissues, making adjustments easier and longer-lasting.
- **Promotes Tissue Repair:** Supports healthy regeneration in muscles, tendons, and ligaments..

What to Expect

A typical session lasts 20 minutes. You'll sit or lie comfortably while a specialized red light panel is positioned near the treatment area. There is no pain and no downtime— just gentle, restorative light helping



your body do what it was designed to do: heal itself.

Is It Right for You?

Red light therapy is safe and effective for most people and can be combined with adjustments, soft tissue therapy, and rehab exercises. Whether you're dealing with chronic pain, recovering from an injury, or simply want to speed up muscle recovery after workouts, this therapy can be a powerful ally in your wellness plan.

Ask your chiropractor about adding red light therapy to your next visit. It's a simple, soothing way to enhance your results and support your body's natural healing power – from the inside out.

QUOTE OF THE MONTH

"The preservation of health is easier than the cure of disease."
BJ Palmer



FEATURED SUPPLEMENT STRESS ESSENTIALS RELAX

Stress is a necessary part of life, but over time it can have deleterious effects on our health and well-being if it's not properly managed. In fact, estimates suggest that over 65% of adults deal with some form of stress. For those who may be irritable, anxious, fatigued, sleep too little, or having difficulty resting. This combination of ingredients is designed to maintain equilibrium between GABA and glutamate in the body, producing a sense of inner calm and relaxation.



FEATURED ESSENTIAL OIL: SPEARMINT

- Spearmint is great for headaches, nausea, oily skin, exhaustion and fever.
- It is also helpful for mental fatigue and depression.
- Proven as a useful antibacterial, antiviral and antifungal, helping fight respiratory infections.
- It can also be used to relax and cool muscles to reduce spasms.
- Spearmint has a relaxing affect to the abdominal region to help pass gas easier and relieve digestive upsets.

**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!

CHRISTMAS MASSAGE DRAWING

ENTER TO WIN!

Purchase a 60- or 90-minute massage gift certificate to be entered to win a FREE 60-minute massage for yourself! In order to qualify, gift certificates must be purchased by the last business day of the month in December. You get one entry for each gift certificate purchased. Drawing will be held on the first business day of the New Year at 8 a.m. Winner will be notified by phone! You can purchase gift certificates over phone 320-253-5650 or stop in to grab them. We can also mail them to you as well.

FRIENDLY REMINDER * Don't lose your own money! HSA/FSA can be used for massage gift certificates as well!



MINSER MUST HAVE



Unlike standard cylindrical rollers, Rollga features protective grooves that cradle your spine, hips, shins, and shoulder blades—eliminating the uncomfortable pressure and bruising often caused by traditional foam rollers. Its carefully crafted bumps deliver targeted, deep-tissue massage to stubborn knots and trigger points, helping you achieve more effective muscle release in less time. Thanks to its rounded ends, Rollga also adapts seamlessly to wall-based work, giving you the option of gentler pressure whenever needed. Also eligible for HSA/FSA!

GOT EXTRA FSA/HSA DOLLARS TO USE UP BEFORE THE NEW YEAR?



Did you know that some spending plans do not carry into the following year? Here are just a few ways you can use those dollars and not let them go to waste:

- Chiropractic Care & Therapies
- Massage
- Supplements & Nutritional Consults
- Acupuncture--depending on insurance coverage
- Exercise Rehab & Products--including custom orthotics
- Shockwave Therapy

UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- **December Massage Drawing.** Runs the entire month. Drawing on 1/2/26.
- December 24th: Christmas Eve Day. We are OPEN 8 a.m.-12 p.m.
- December 25th: Christmas Day. We are closed.
- December 31st: New Year's Eve. We are OPEN 8 a.m.-5 p.m.
- January 1st: Happy New Year. We are closed.
- January 2nd: National Personal Trainer Appreciation Day
- January 19th: Martin Luther King Jr. Day. We are OPEN.

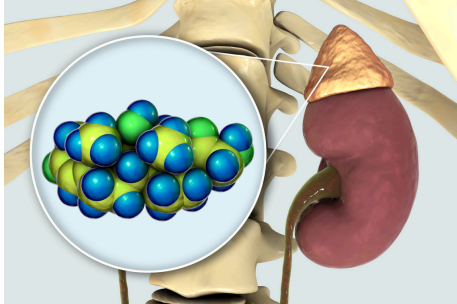


MOVE TO DE-STRESS: HOW FITNESS KEEPS CORTISOL IN CHECK



BY: KELLY CZECH, EXERCISE SPECIALIST

We all know that exercise is good for the body—but did you know it's also one of the best ways to manage stress hormones? Meet cortisol, your body's built-in alarm system. It's essential for energy and alertness, but when stress becomes a daily companion, cortisol levels can stay high, leading to fatigue, stubborn belly fat, and even mood swings.

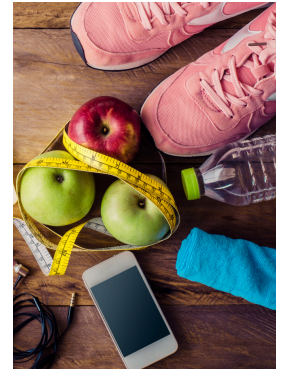


Here's where fitness comes to the rescue. Regular, moderate exercise helps bring cortisol back to healthy levels by releasing endorphins, those feel-good chemicals that boost your mood and calm your mind. A brisk walk, a relaxing yoga session, or a steady strength workout can do wonders for balancing both body and mind.

But beware of going overboard. Long, intense workouts without enough recovery

can have the opposite effect—raising cortisol instead of lowering it. The key is balance: mix cardio, strength, and flexibility training, and give your body time to rest and recharge.

Pair your workouts with good sleep, mindful breathing, and a nutrient-rich diet, and you've got a natural recipe for stress control. So next time life feels overwhelming, remember—moving your body isn't just about fitness; it's your secret weapon against stress.



HOLIDAY MOVIE TRIVIA

Choose the correct answer before you Google it!



What is the name of the town in "It's a Wonderful Life?"

1. Hill Valley
2. Bedford Falls
3. Hidden Valley
4. Kingston Falls

In "Elf", what is Buddy's favorite thing?

1. Candy
2. Pop Tarts
3. Smiling
4. Syrup

In "Scrooged", what present does the secretary of Frank Cross send his brother on his behalf?

1. A bath towel
2. A box of cigars
3. A VHS home recorder
4. A portrait of himself

Why was "The Grinch" so nasty? Because he had...

1. Small brain
2. Broken heart
3. Small heart
4. Broken smile

How old was Kevin when he was left "Home Alone"?

1. 8.5
2. 8
3. 10
4. 9

What Christmas special was the first to use real children's voices?

1. A Charlie Brown Christmas
2. Who the Grinch Stole Christmas
3. Polar Express
4. Die Hard



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!

