

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER
WHERE HEALTH HAPPENS



FEBRUARY 2026, VOLUME 21, ISSUE 2

KNOW THE FACTS: HEART DISEASE

BY: DR. ERIN HOVEY

Did you know that heart disease has been the leading cause of death in the United States for the past 80 years? Eighty years! Last year alone there were over 600,000 deaths related to heart disease. If you include other cardiovascular-related diseases like stroke, that number grows to over 800,000 deaths. The good news however is that these statistics are starting to decline due to the increase in education and prevention measures taken to fight heart disease.

Heart disease is a general term used to describe a variety of conditions that affect your heart. These conditions include those that affect blood vessels, such as coronary artery disease; problems with the rhythm of the heart, such as atrial fibrillation; and congenital heart defects that are present from birth. There are several risk factors that increase your chances of developing heart disease. Some of the risk factors are preventable while others are not. Non-preventable risk factors include age, race, gender, and family history. Preventable risk factors include such habits as smoking, diet, weight, and physical inactivity. Other conditions that increase the risk of developing heart disease include high cholesterol, high blood pressure, and diabetes mellitus.

Early prevention of heart disease starts with lifestyle. Healthy choices when it comes to diet go a long way in the prevention of heart disease. Make sure to eat a variety of fruits and vegetables along with lean meats. Decrease intake of salt, processed foods, and sugar. Just like your skeletal muscle, the heart muscle needs exercise as well. Be sure to get at least 30 minutes of exercise 5 days a week. If you smoke, quit! Smoking affects the lining of your arteries by making them fatty causing the narrowing of the blood vessel. This increases your chances of heart attack and stroke. Finally, know your numbers when it comes to blood pressure, cholesterol, blood sugar, and BMI (body mass index). Maintaining healthy numbers decreases your risk of developing heart disease.

If you or someone in your family currently has heart disease or is at risk of developing heart disease, be sure to ask any of the doctors here at Minser Chiropractic Clinic. We would love to help develop a plan to become a more healthy you!

COME & SEE US!

WALK IN OR CALL

203 PARK AVE S,
ST CLOUD, MN 56301

(320) 253-5650

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

Over 35 million Americans see a chiropractor yearly, and it's the third-largest group of healthcare practitioners after MDs and dentists.

PUZZLE KEY Equation Matrix

		2		8
		=		=
10	=	6	+	4
		-		x
9	=	3	x	2
		+		x
9	=	5	+	1

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

THE IMPORTANCE OF GUT HEALTH FOR MOOD AND PHYSICAL ACTIVITY?

BY: KELLY CZECH, EXERCISE SPECIALIST

Gut health plays a major role in overall well-being, influencing not only digestion but also mood, energy, and the ability to stay physically active. The digestive system is home to trillions of microorganisms, collectively known as the gut microbiome, which interact closely with the brain, immune system, and muscles.

When gut health is poor, inflammation may increase, and the balance of gut bacteria can be disrupted. This imbalance has been linked to symptoms like:

- Anxiety
- Irritability
- Low mood
- Delayed recovery
- Fatigue
- Low mood
- Brain fog
- Digestive discomfort

If you are experiencing any of these symptoms talk with your chiropractic doctor on your next visit for recommendations.



CHIROPRACTIC SERVICES

Shockwave Therapy



Shockwave therapy is a non-invasive treatment that uses high-energy sound waves to stimulate healing in injured or painful tissues. It works by increasing blood flow, promoting tissue regeneration, breaking down calcifications, and reducing pain. It's commonly used for chronic conditions like plantar fasciitis, tendon injuries, and tennis elbow, usually over several short sessions with minimal side effects.

MASSAGE THERAPY

HOT STONE MASSAGE

What is it? Stones are immersed in water and heated until they are a certain temperature range. The hot stones are always flat and smooth. The massage therapist holds the stones first before touching them to your body, which ensures that the temperature will not be too hot. Everyone however does

have their own comfort range. Be sure to speak up if the stones are too hot for you. The massage therapist often begins by applying oil or lotion to the body, which allows the hot stones to glide smoothly along the muscles. After the hot stones have relaxed the muscles, the massage therapist uses their hands to directly massage the skin.

Why should I get one? Many people find the warmth of hot stone massage for relaxation. People also get hot stone massage for a variety of health conditions: back pain, poor circulation, osteoarthritis, arthritis pain, stress, anxiety, insomnia and depression.

****Looking for a special something for your valentine? Give the gift of Massage. We have gift certificates for 30-, 60- or 90-minutes. Call the clinic for pricing details.**



GO RED FOR WOMEN DAY

Friday, February 6th is Go Red for Women Day. This initiative was developed by the American Heart Association in an effort to increase heart health awareness and to improve the lives of women on a global level. On this day, women are encouraged to take charge of their heart health by becoming educated and commit to heart healthy behavior by following the "Go Red" acronym:



- **Get Your Numbers:** Ask your doctor to check your blood pressure, cholesterol, and glucose.
- **Go Red For Women®** is starting a movement with American Heart Association's Check. Change. Control. Blood pressure program. Commit to monitoring your blood pressure on a monthly basis.

- **Own Your Lifestyle:** Stop smoking, lose weight, be physically active, and eat healthy.
- **Raise Your Voice:** Advocate for more women-related research and education.
- **Educate Your Family:** Make healthy food choices for you and your family and teach your kids the importance of staying active.
 - Learn the signs and symptoms of heart attack and stroke
 - The American Heart Association encourages everyone to learn/take a CPR course. Early intervention of CPR during a cardiovascular event can double or triple their chance of survival
- **Donate:** Show your support with a donation of time or money.

To show our support for the women in our lives, the doctors and staff will be wearing red on Friday February 6th, 2026. Join us as we help educate others on the importance of a healthy heart.

INTERNATIONAL DAY FOR WOMEN AND GIRLS IN SCIENCE

The International Day for Women and Girls in Science, celebrated annually on February 11, promotes full and equal access and participation in science for women and girls, recognizing their vital roles as beneficiaries and agents of change in STEM (Science, Technology, Engineering, and Mathematics) fields, highlighting ongoing challenges, and fostering inclusivity to drive innovation for global progress. Established by the UN in 2015, it aims to break stereotypes, inspire future generations, and ensure gender equality in science, addressing the underrepresentation of women in research.

Why It Matters

- **Broader Perspectives:** More women in science bring fresh viewpoints, leading to richer, more comprehensive solutions.
- **Societal Progress:** Empowering women in STEM helps achieve broader goals like the Sustainable Development Goals (SDGs).
- **Inspiration:** Role models in science inspire younger girls to pursue scientific careers.



QUOTE OF THE MONTH

"Your body hears everything your mind says."
-Naomi Judd



OKLAHAVEN
children's
Chiropractic
center

Donating \$2/heart or more will enter you to win a FREE 30-minute massage!

The fund-raising campaign will raise money for Oklahaven which has provided natural health care at greatly reduced fees for special needs children whose families have been financially and emotionally exhausted by the medical challenges their children face.





UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- February: Donate to Oklahaven "Have a Heart" Fundraiser. Visit office for details.
- February: American Heart Month
- February 6th: Go Red For Women Day
- February 11th: International Day for Women and Girls in Science
- February 16th: Presidents' Day. We are OPEN!
- March: National Nutrition Month



MINSER MUST HAVE: THERABAR

A rehabilitation tool designed and developed to help reduce and prevent the reoccurring pain of tendonitis associated with forearm tension.



FEATURED ESSENTIAL OIL: EUCALYPTUS

- The most familiar essential oil, used as a decongestant in steam inhalation to relieve colds, flu and other respiratory ailments.
- Clears the head wonderfully and relieves headaches and neuralgia.
- Useful in meditations when you have a cold to keep the mind clear.
- Overall, it is stimulating, refreshing, piercing, purifying and clearing.

**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 MATH PUZZLE

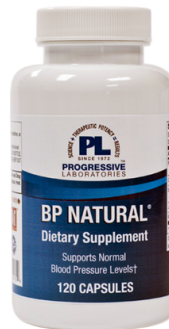
Use given numbers, operators (like +, -, x, ÷), and logic to find the solution. Uncover patterns by applying the order of operations or missing values.

	+		=	6
x		+		
	x		=	6
x		-		
	+		=	10
=		=		
8		2		



FEATURED SUPPLEMENT BP NATURAL

Supports Normal Blood Pressure Levels
Nutritional support for healthy blood pressure already in the normal range, endothelial function, and cardiovascular health



- Nutritional support for normal blood pressure, endothelial function, and cardiovascular health
- Contains Meganatural BP, a patent pending grapeseed product from Polyphenolics that reduces blood pressure by relaxing the blood vessels



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!

