

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER
WHERE HEALTH HAPPENS



JANUARY 2026, VOLUME 21, ISSUE 1

“THE FIRST HEALTH IS...WEALTH.” - RALPH WALDO EMERSON

IS YOUR SPINAL HEALTH ON TOP OF YOUR NEW YEAR'S RESOLUTION LIST?

BY: DR. MARY BETH MINSER

Pain Relief and Management

One of the most well-known benefits of chiropractic care is its effectiveness in managing pain, especially back and neck pain. Chiropractors use spinal adjustments and other manual therapies to correct misalignments, reduce nerve irritation, and restore proper function. Research has shown that chiropractic treatments are effective for certain types of pain, often reducing the need for pain medications and reducing the need for opioids.

Improved Mobility and Flexibility

Regular chiropractic adjustments can help restore range of motion and flexibility to various joints in the body. By addressing restrictions and misalignments, chiropractic care can make it easier to move, stretch, and perform daily activities without discomfort. This benefit is particularly valuable for athletes, sedentary occupations and individuals with physically demanding jobs.

Enhanced Nervous System Function

The spinal cord is a crucial component of the nervous system, transmitting signals between the brain and the body. Misalignments in the spine (known as subluxations) can interfere with these signals, leading to a variety of health issues. Chiropractic adjustments aim to correct these misalignments, supporting optimal nervous system function and promoting better overall health. Did you know that the spine and brain are almost adult size by the time we turn 5 years of age? That is why chiropractic for children is so important. Many times, treating a childhood condition can prevent an adult condition.

Support for Headache Relief

Many people seek chiropractic care for relief from tension headaches and migraines. By targeting spinal misalignments and muscle tension, chiropractors can help reduce the frequency and intensity of headaches. Reviewing lifestyle, diet...

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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.

CHIRO FACTS

In a consumer survey, chiropractic outperformed all other back pain treatments, including prescription medication, deep-tissue massage, yoga, pilates, and over-the-counter medication therapies.

Consumer Reports Health Ratings Center, Back Pain Treatments. ConsumerReports.org; July 2011.

QUOTE OF THE MONTH

"The secret of getting ahead is getting started"

-John Wayne

2026

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

OZEMPIC VS. LIFESTYLE CHANGES: WHAT'S THE BETTER PATH TO FITNESS?

BY: KELLY CZECH, EXERCISE SPECIALIST

Ozempic has become a buzzword in the world of weight loss, promising quick results through medication that helps control blood sugar and appetite. But while it can be effective for some, it's sparking an important conversation: can a shot really replace healthy habits?

Ozempic works by mimicking a natural hormone that helps regulate hunger, leading to reduced calorie intake and gradual weight loss. However, experts caution that without long-term lifestyle changes—like balanced nutrition, regular exercise, and proper sleep—any progress may fade once the medication stops.

On the other hand, lifestyle changes build lasting results. Regular workouts boost metabolism, improve heart health, and elevate mood. Paired with mindful eating and stress management, these habits create sustainable fitness far beyond the scale.

The bottom line? Ozempic can be a helpful tool, but it's not a magic fix. True wellness comes from consistency—moving your body, fueling it well, and making choices you can live with for life.

CHIROPRACTIC SERVICES ACUPUNCTURE

Acupuncture may help neck and back pain by reducing muscle tension, improving blood flow, and triggering the release of natural pain-relief chemicals such as endorphins. The insertion of fine needles can calm irritated nerves, ease spasms, and potentially reduce inflammation in the affected areas. Many people also experience deep relaxation during treatments, which can decrease stress-related muscle tightness that worsens pain. While results vary, acupuncture is generally considered a low-risk complementary therapy that may offer meaningful relief for some individuals. Acupuncture helps with a variety of conditions including: headaches, anxiety, infertility, knee pain, etc. Ask your chiropractor if acupuncture could benefit your health today.

OUR MASSAGE THERAPY OFFERINGS

Therapeutic Cupping
Contrast Therapy
Hot Stone
Cold Stone
Deep Tissue
Prenatal
Relaxation



Bergamot	Clove Penroyal	Lemon	Serenity
Calming	Eucalyptus	Lemongrass	Spearmint
Cinnamon Leaf	Frankincense	Mandarin Red	Sweet Orange
Clary Sage	Grapefruit Pink	Mahogany Teakwood	Tea Tree
		Melissa	Teal & Sandalwood
		Peppermint	Thieves Type
		Relaxing	Wintergreen
		Rosemary	Ylang Ylang

IS YOUR SPINAL HEALTH ON TOP OF YOUR NEW YEAR'S RESOLUTION LIST...

(CONTINUED FROM PAGE 1)

and exercise can help our doctors of chiropractic personalize treatment for our patients.

Improved Posture

Poor posture is a common problem in today's society, often caused by prolonged sitting, computer use, and mobile devices. Chiropractic care can help correct postural imbalances by realigning the spine and providing guidance on proper ergonomics. Improved posture can reduce strain on muscles and joints, decrease pain, and prevent long-term complications.

Boosted Immune System

Some research suggests that chiropractic adjustments may positively influence the immune system. By reducing stress on the nervous system and promoting better communication between the body's systems, chiropractic care may help the body respond more effectively to illness and infection. While more studies are needed, many patients report fewer colds and illnesses after regular chiropractic treatments.

Holistic Approach to Wellness

Here at Minser Chiropractic, care often includes lifestyle advice, exercise recommendations, nutritional counseling, acupuncture and functional medicine. This holistic approach encourages patients to take an active role in their health, making positive changes that support long-term wellness. We cannot wait to be part of your 2026 health journey.



NEW YEAR - NEW CHIRO GOALS

Setting chiropractic health goals for the new year is a fantastic idea! Here are some goals to consider for improving and maintaining your spinal health:

- **Regular Adjustments:** Schedule consistent chiropractic adjustments to keep your spine aligned and reduce any discomfort.
- **Posture Improvement:** Focus on maintaining good posture, especially if you spend a lot of time sitting or using a computer. Consider using ergonomic furniture and taking breaks to move around.
- **Stretching & Exercise:** Incorporate stretching and strengthening exercises into your routine to support your spine. Our exercise department can help you personalize a workout.
- **Healthy Diet:** Eat a balanced diet rich in nutrients that support bone health, like omega EFAs, a multivitamin, probiotics and vitamin D.
- **Stress Management:** Practice stress-relief techniques such as meditation, deep breathing, or hobbies you enjoy to reduce tension in your muscles.
- **Hydration:** Drink plenty of water to keep your body hydrated and maintain the elasticity of spinal discs.
- **Sleep Well:** Ensure you have a supportive mattress and pillow, and try to sleep in a position that keeps your spine aligned.
- **Educational Newsletter:** Read our newsletters and blogs on our website for healthy living tips.
- **Regular Assessments:** Have periodic assessments to track your progress and make necessary adjustments to your chiropractic care plan.
- **Positive Mindset:** Stay positive and motivated. Celebrate small victories and stay committed to your health journey.



UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- January: National Blood Donor Month & National Thyroid Awareness Month
- January 1st: Happy New Year
- January 2nd: National Personal Trainer Appreciation Day
- January 19th: Martin Luther King Jr. Day
- February: American Heart Month
- February 6th: Go Red For Women Day
- February 11th: International Day for Women and Girls in Science



MINSER MUST HAVE: STRETCH STRAP

Using the Stretch Out Strap is a great way to get the benefits of contract-relax stretching without the need for a partner. It's also an excellent tool that can be used to modify and assist stretches for individuals who have limited mobility and flexibility. Ask our Exercise Specialist for a demo!



FEATURED ESSENTIAL OIL: WINTERGREEN

- Wintergreen is good for people suffering with arthritis, gout or pain in the bones or joints
- Provides relief from congestion in the chest, breathing troubles, asthma and spasmodic coughs
- Helps to remove toxins and excess water
- Reduces spasms in the muscles
- Helps fight infection

Don't use if you are hyper-reactive to salicylates, use sparingly

**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 WORD SEARCH



A Y G X D V Q O S O O L H R R S C A R F
 Q L J A N U A R Y X J O Y R M R T G D T
 X D X J Q X G M S S N O W F L A K E U Q
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BOOTS
 COLD
 FREEZING
 HAT
 SCARF
 SLEDDING
 SNOWFLAKE

CHRISTMAS
 DECEMBER
 FROST
 ICE
 SHOVEL
 SNOWANGEL
 SNOWMAN

COAT
 FEBRUARY
 GLOVES
 JANUARY
 SKIING
 SNOWBALLS
 WINTER



FEATURED SUPPLEMENT DYNAMIC DETOX

Specialized nutritional support to aid your body in the removal of toxins from your cells, ultimately eliminating them from your body. This process has three phases that convert fat-soluble toxins to water-soluble molecules and then eliminate them. Well-rounded nutritional support to enhance the body's natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities, supporting energy metabolism, and overall well-being.



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!

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Google Reviews ★★★★★