

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS



JULY 2025, VOLUME 20, ISSUE 7

HOW CHIROPRACTIC CARE CAN HELP FOOT PAIN

BY: DR. KERRI YOUNG

Foot pain keeping you from your summer plans? Plantar fasciitis is a condition characterized by inflammation and pain in the plantar fascia, a thick band of tissue that connects the heel bone to the toes. Chiropractic care can be an effective treatment option for plantar fasciitis.

At Minser Chiropractic Clinic, we use a variety of techniques to address plantar fasciitis, including:

- **Spinal adjustments:** We may perform spinal adjustments to correct misalignments in the spine that can contribute to foot and ankle imbalances. These adjustments can help improve overall biomechanics and reduce stress on the plantar fascia.
- **Foot adjustments:** Your chiropractor may also perform adjustments on the foot and ankle joints to restore proper alignment, reduce inflammation, and improve foot function.
- **Soft tissue therapy:** We often use soft tissue techniques, such as ultrasound, stretching, and myofascial release, to relieve tension and tightness in the muscles and connective tissues of the foot and calf. This can help reduce pain and improve flexibility.
- **Orthotics:** Custom orthotic devices may be recommended to provide support and stability to the foot and correct any biomechanical abnormalities that may be contributing to plantar fasciitis.
- **Rehabilitation exercises:** Chiropractors can prescribe specific exercises and stretches to strengthen the muscles of the foot and calf, improve flexibility, and promote healing of the plantar fascia.
- **Shockwave therapy:** At the clinic, we provide shockwave therapy for plantar fasciitis pain. Shockwave therapy uses sound waves to stimulate the body's natural healing process. This type of therapy breaks down tissue, increases blood flow, and stimulates healing.
- **Acupuncture:** A traditional Chinese medicine technique

(Continued on page 4)

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.

HAPPY BIRTHDAY

Sale MINSER CHIROPRACTIC CLINIC! Sale

CHEERS TO 35 YEARS!

All this month take advantage of 35% off all clinic swag items!



BEST OF CENTRAL MINNESOTA 2025 VOTING INSTRUCTIONS

After nominations, the top companies in each category move on to the voting round. Here, users can vote up to once a day for their favorites to determine the winners! Another \$250 gift card is up for grabs for those, who vote in 25 or more categories.

SCAN THE QR CODE TO VOTE FOR US IN THESE CATEGORIES: CHIROPRACTOR, MASSAGE THERAPY, AND PERSONAL TRAINER: KELLY CZECH

**VOTING
PERIOD:
JULY 17-31,
2025**



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

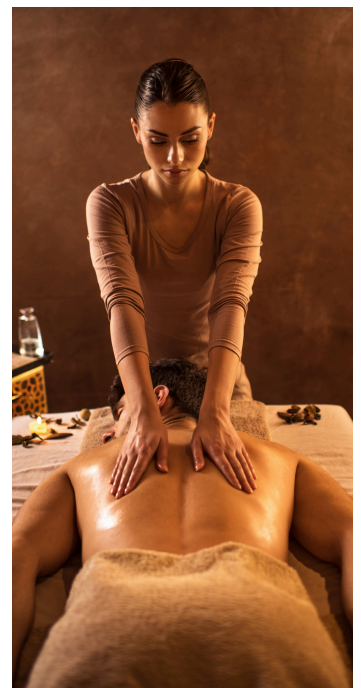
MINSER MUST HAVE MINI BANDS

Mini resistance bands can target all the major muscle groups giving you a total body workout with just one mini band. These portable and affordable tools are great for all levels of fitness enthusiasts.



EVERYBODY DESERVES A MASSAGE MONTH

Stressed out? Need to Relax? There are numerous causes of stress that are present in our lives on a daily basis. When we become stressed, our body reacts in various ways. The top six symptoms of stress are: irritability, anxiety, lack of interest, fatigue, feeling overwhelmed and depression. A great way to relax and combat these symptoms is through a relaxation massage! A relaxation massage is one of the most naturally beneficial experiences that life offers. It helps reverse the body's physical reaction to stress and strain, calms the mind and helps satisfy the human need to be touched in a caring, nurturing fashion. Massage techniques are designed to reeducate your body to relax, unwind, rest and assume to it's proper state.



SUPPLEMENT OF THE MONTH

INFLAVIONOID RAPID

Inflavonoid Rapid is formulated with highly bioavailable curcuminoids, Boswellia, and black sesame oil to help support the body's response to oxidative stress and other stressors.



CHIRO FACTS

Studies suggest chiropractic care can be more cost-effective than other medical treatments for certain conditions, like chronic back pain. It may also help reduce reliance on pharmaceuticals.

SPORTS PHYSICALS

BEAT THE RUSH & SCHEDULE YOUR APPOINTMENT TODAY!



EXERCISE PROGRAMS

This month we feature **EVOLVE**, a personal training program tailored specifically to middle & 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.

13 KNOWLEDGE NUGGETS

INDEPENDENCE DAY & U.S. HISTORY FUN FACTS

- Thomas Jefferson began the tradition of a public reception at the White House to celebrate the Fourth of July in 1801.
- Betsy Ross sewed the first American flag in May or June of 1776, after George Washington, Robert Morris, and George Ross from the Continental Congress secretly met with her in her home.
- The stars on the original American flag were in a circle so all the colonies would appear equal.
- In 1776, there were 2.5 million people living in the new nation. Today there are over 318 million.



- A total of 86 changes were made to the original draft and the Continental Congress officially adopted the final version on July 4, 1776.
- The Liberty Bell rang from the tower of Independence Hall on July 8, 1776, and citizens gathered for the first public reading of the Declaration of Independence by Colonel John Nixon.

- The song "Yankee Doodle," was sung originally by British officers making fun of backwoods Americans.
- There are more than 30 towns nationwide that have the word "Liberty" in their names.
- The 56 signers of the Declaration of Independence did not sign at the same time, nor did they sign on July 4, 1776. The official signing was on August 3, 1776, when 50 men signed it.
- Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who wanted the bald eagle.
- The origin of Uncle Sam probably began in 1812, when Samuel Wilson, a meat packer who provided meat to the U.S. Army, stamped the meat shipments with the initials U.S. Someone joked that the initials stood for "Uncle Sam." This joke eventually led to the idea of Uncle Sam symbolizing the United States government.
- Approximately 150 million hotdogs are consumed on the Fourth of July.
- Around \$675 million dollars will be spent by consumers for fireworks on the Fourth of July.

Source: www.brookhill.org/16-facts-you-may-not-know-about-july-4th/

UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- 7/1/25: Minser Chiropractic's 35th Birthday!
- 7/4/25: Independence Day
- 7/13-7/19/2025: EveryBODY Deserves a Massage Week!
- 7/17/25: Best of Central Minnesota Voting Begins!
- August: National Wellness Month
- August: National Kindergarten Month



...HELP FOOT PAIN

(continued from page 1)

- **Acupuncture:** A traditional Chinese medicine technique where needles are placed on certain points to relieve pain. Acupuncture aims to restore balance and promote healing by stimulating these points, which can help to relieve pain, reduce stress, and improve overall well being.

Chiropractic care for plantar fasciitis should be used in conjunction with other conservative treatments, such as rest, ice, stretching, and footwear modifications. Your foot pain should first be assessed for plantar fasciitis by your chiropractor. If foot pain is slowing you down this summer, get help from your chiropractor!

THE HIDDEN DANGERS OF YOUTH SPORTS OVERTRAINING

BY: KELLY CZECH, EXERCISE SPECIALIST

Youth sports offer numerous benefits such as discipline, teamwork, physical fitness, and confidence. However, an increasing number of young athletes are pushing their bodies too hard, too early, leading to the growing concern of overtraining.



Overtraining occurs when a young athlete trains beyond the body's ability to recover. Unlike adults, children and adolescents are still growing, making them especially vulnerable to stress injuries, hormonal imbalances, and emotional burnout. Common physical symptoms include persistent fatigue, decreased

performance, frequent injuries, and disrupted sleep. A major cause is early sport specialization—focusing on a single sport year-round without adequate rest or cross-training. Studies have linked early specialization to a higher risk of overuse injuries and shorter athletic careers.

Preventing overtraining requires a balanced approach. Coaches and parents should prioritize rest days, encourage participation in multiple sports, and emphasize long-term development over short-term wins.

PUZZLE HUB

SODOKU: EASY, MEDIUM & HARD

		1	4	7	8			
	7				6	9		1
2		4		1				
			2			8		5
4		7			1			
				5		7		6
1		3	7				5	
			8	9	4	2		

9		6			1		4	
7		1	2	9			6	
4		2	8		6	3		
				2		9	8	
6								2
	9	4		8				
		3	7		8	4		9
	4			1	3	7	6	
6		9			1		8	

				6	8	1		
						3	7	
		5	4					
	8			2			1	
5	2					8		9
	7			1			5	
					3	4		
	4	9						
		6	2	9				

FEATURED ESSENTIAL OIL: MELISSA

- 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!

QUOTE OF THE MONTH

"It is health that is the real wealth and not pieces of Gold and Silver." -Mahatma Gandhi

**ONLINE
BILL
PAY**



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!

Like & Follow us!
@minserchiropractic

