

# THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS



JULY 2026, VOLUME 21, ISSUE 7

## CHIROPRACTIC CARE FOR THE WHOLE FAMILY

BY: DR. KERRI YOUNG

Chiropractic care is often associated with adults seeking relief from back pain or injury, but its potential benefits extend far beyond that—reaching even the youngest members of the family. Increasingly, parents are exploring chiropractic care as a natural, non-invasive way to support the health and development of their children and infants. While it may seem surprising at first, pediatric chiropractic care is gentle, specialized, and tailored to the unique needs of growing bodies.

Chiropractic care focuses on the health of the spine and nervous system. In children and babies, the spine plays a crucial role in overall development, as it protects the spinal cord—the communication highway between the brain and the body. Even minor misalignments, sometimes caused by the birth process or early developmental stages, may affect how the nervous system functions.

Pediatric chiropractors use extremely gentle techniques, often involving light fingertip pressure, to assess and correct these misalignments. The approach is very different from adult chiropractic adjustments and is specifically adapted to ensure safety and comfort for infants and children.

### Benefits for Infants:

The birth process, whether natural or via cesarean section, can place stress on a newborn's spine and neck. Chiropractic care may help address this early strain and support a smoother transition into life outside the womb.

Some potential benefits for infants include:

- Improved sleep patterns: Gentle adjustments may help reduce discomfort, allowing babies to sleep more soundly.
- Relief from colic and fussiness: Some parents report reduced crying and irritability after chiropractic visits.
- Better feeding and digestion: Aligning the spine may support proper nerve function, which can influence digestive health and ease issues like reflux.
- Support for proper development: Ensuring spinal alignment early on may contribute to healthy physical milestones such as crawling and walking

*(Continued on page 3)*

**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.



# BEST OF CENTRAL MN 2026 VOTING

**INSTRUCTIONS**  
**SCAN THE QR CODE TO VOTE FOR US IN THESE CATEGORIES:**

- CHIROPRACTOR
- MASSAGE THERAPY
- PERSONAL TRAINER:  
KELLY CZECH

**VOTING PERIOD:**  
**JULY 17-31, 2026**

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.

## 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**

# WHEN TO USE KT TAPE VS. A BRACE

BY: KELLY CZECH, EXERCISE SPECIALIST

KT tape and braces are both popular tools for managing pain and supporting joints, but they serve different purposes. Knowing when to use each can help you move better and avoid making an injury worse.

## KT tape is best for mild issues and movement support.

It provides light assistance to muscles and joints without restricting range of motion. KT tape can help improve proprioception (body awareness), reduce swelling, and decrease discomfort during activity. It's most useful for minor strains, tendon irritation, postural cueing, or when you want support while still moving freely—such as during sports, workouts, or long workdays.



## Braces are better for stability and protection.

They offer more rigid support and are designed to limit movement or control joint positioning. Braces are appropriate for moderate injuries, joint instability, ligament sprains, or during return-to-play phases after injury. They're also useful when an athlete needs extra protection in high-risk environments or during heavy lifting.

## Use KT tape when movement is safe but needs guidance.

If the joint is structurally sound and pain is low, KT tape can help you stay active without over-restricting motion.

## Use a brace when movement needs to be controlled.

If instability, significant pain, or fear of movement is present, a brace provides the security needed to protect healing tissue.

In summary, KT tape supports movement, while braces control it. The right choice depends on injury severity, activity demands, and how much stability your body needs at that moment.



# 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.

# SERVICES OFFERED

## SPORTS PHYSICALS

Sports physicals are an important step in preparing students for a safe and successful upcoming school year. These exams help ensure that athletes are healthy, identify any potential concerns, and meet school or league requirements before participation. We are now scheduling appointments for the new season, making it easy for families to plan ahead and avoid last-minute rushes. Booking early helps secure a convenient time and ensures your student is ready to hit the field or court with confidence. Beat the rush and book your physical today!

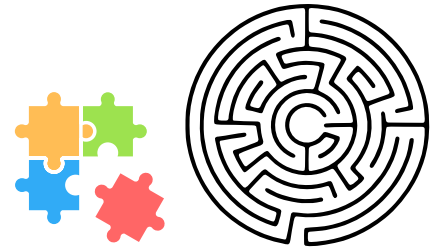


## MINSER MUST HAVE ROLLGA

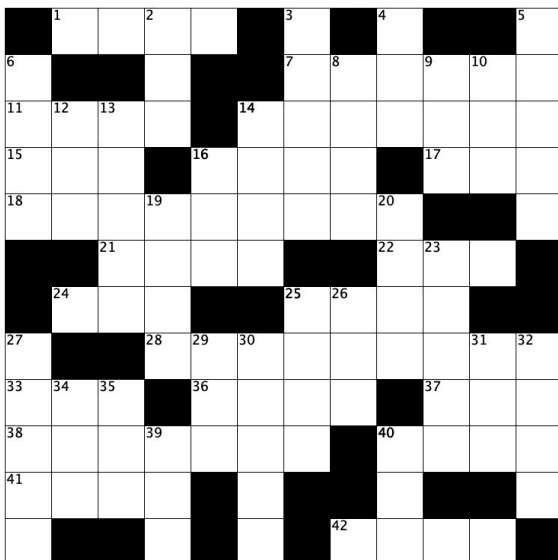
Rollga is a cross-directional muscle roller that was designed and developed to work with the body's shape. This helps provide regenerative relief by stimulating oxygen-rich blood flow. By utilizing the Rollga you will notice a reduction in pain and stiffness, as well as an increase in range of motion and mobility after each use.

## 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.



## PUZZLE CORNER CROSSWORD PUZZLE



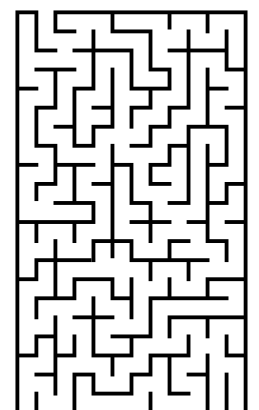
### ACROSS

1. Kind of sandwich or soda
7. Place for shadow
11. "Living on the \_\_\_"
14. The "Mardi" of Mardi Gras
15. Ranch sound
16. Bird house?
17. NBC sketch show
18. Local resort adding access to DeMoisey
21. A ruse
22. Refinery product
24. Ball holder
25. Keen
28. Resort where one can tee off in Eden
33. Baltic, for one
36. An equal
37. French friend
38. "\_\_\_\_\_" Ridge or Jim Duggan
40. Binder
41. "At Last" singer James
42. Idaho icon

### DOWN

2. Beehive State native
3. "Oh, the Places You'll Go!" author
4. Affirmative
5. Poem of rustic life
6. Precious stones
8. Abominable
9. Some 19th cen. polygamists
10. Fleming who created James Bond
12. Mafia V.I.P.
13. Gander's mate
14. The Jazz, is one
16. LeBron's league
19. Sound of relief
20. Pinot \_\_\_\_ (red wine)
23. Perfect paradigm
25. Not many
26. TV tape player
27. Escort
29. Call of Duty: Black
30. \_\_\_\_ Come to know
31. Big bird
32. Ukraine's capital

34. Scarf down
35. Perform
39. "Cobra \_\_\_\_" (Netflix series)
40. What some braces are for



## UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- 7/1/26: Minser Chiropractic's Birthday!
- 7/4/26: Independence Day
- 7/19-7/25/2026: EveryBODY Deserves a Massage Week!
- 7/17/26: Best of Central Minnesota Voting Begins!
- August: National Wellness Month
- August: National Kindergarten Month

## QUOTE OF THE MONTH

"Food is medicine, and the right kind of a relationship with food can make a positive impact on your health."  
-Hayley Hobson



HAPPY 250<sup>TH</sup>!



### DEPT. OF STATE

Learn more about US history & Semiquincentennial celebrations.



## CHIRO FACTS

The musculoskeletal system, comprising over 200 bones, 600+ muscles, joints, tendons, and ligaments, provides structural support, protection for organs and enables movement.

ONLINE BILL PAY



# CHIROPRACTIC CARE FOR THE WHOLE FAMILY

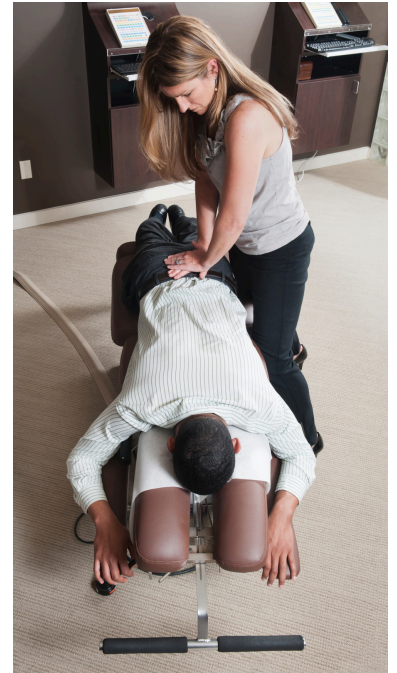
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### Benefits for Children:

As children grow, they encounter new physical challenges—learning to walk, carrying backpacks, participating in sports, and spending time on screens. These activities can impact posture and spinal health.

Chiropractic care for children may offer:

- Enhanced posture: Regular check-ups can help correct poor posture habits early.
- Improved immune function: A well-functioning nervous system supports the body's natural ability to fight illness.
- Reduced growing pains: Gentle adjustments may alleviate discomfort associated with rapid growth.
- Better focus and behavior: Some parents notice improvements in concentration and overall well-being, potentially linked to improved nervous system function.
- Injury prevention and recovery: Chiropractic care can support active children by maintaining flexibility and alignment.



One of the key appeals of chiropractic care is its emphasis on prevention and holistic wellness. Rather than treating symptoms alone, it aims to support the body's ability to function optimally. For families seeking alternatives to medication or looking to complement traditional pediatric care, chiropractic treatment can be a valuable addition.

Chiropractic care offers a gentle, natural approach to supporting the health and development of children and infants. From easing early discomfort in newborns to promoting better posture and resilience in growing kids, it provides a proactive way to nurture wellness from the very beginning. Schedule an appointment for your child's spinal check up today!

## 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!*

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



[minserchiropractic.com](http://minserchiropractic.com)

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

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