

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS

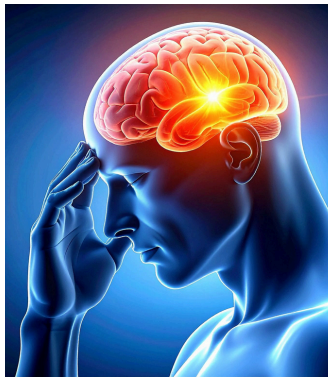


JUNE 2026, VOLUME 21, ISSUE 6

UNDERSTANDING HEADACHES

BY: DR. ERIN HOVEY

Headaches, most people get them at some point in their life, but did you know that there are over 100 different types of headaches? Complaints of headaches are all too familiar at a chiropractic office, so understanding the most common types of headaches and when to get treated could be beneficial to avoiding them in the future.



First, headaches can be divided into two groups; primary and secondary. Primary headaches are the main medical complaint with no underlying cause. Examples of primary headaches include migraine and tension-type headaches. Secondary headaches are the result of some underlying condition. Examples of secondary headaches

include sinus headaches, a side effect of medication, or headaches that are related to vascular disease.

Now that we know the subgroups of headaches, let's discuss the most common types of headaches migraine, tension-type, and sinus. See the table below:

MOST COMMON HEADACHE TYPES

TENSION-TYPE	MIGRAINE	SINUS
<p>Description:</p> <ul style="list-style-type: none">- Felt across the forehead or base of the skull- Mild to moderate pain- No other symptoms <p>Frequency:</p> <ul style="list-style-type: none">- Varies; Typically lasts for a few hours <p>Age:</p> <ul style="list-style-type: none">- All ages; most common in adults	<p>Description:</p> <ul style="list-style-type: none">- Throbbing pain usually on one side of the head- Can be accompanied by nausea, sensitivity to light and sound- May also have auras or visual disturbance <p>Frequency:</p> <ul style="list-style-type: none">- Can last hours to days- Occur less as you age <p>Age:</p> <ul style="list-style-type: none">- Childhood to middle age	<p>Description:</p> <ul style="list-style-type: none">- Mild to moderate pain in the face, nose, and/or cheeks- Accompanied by congestion of the nose and sinuses <p>Frequency:</p> <ul style="list-style-type: none">- Varies; Typically lasts for a few hours <p>Age:</p> <ul style="list-style-type: none">- All Ages

COME & SEE US!

WALK IN OR CALL

203 PARK AVE S,
ST CLOUD, MN 56301

[\(320\) 253-5650](tel:(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.

continued on page 4:

QUOTE OF THE MONTH

"You're just one adjustment away from having a great day."
-Unknown

MINNESOTA MONTHLY BEST CHIROPRACTORS



Our doctors have been selected as Minnesota Monthly's Best Chiropractors. We are honored for this recognition. See us in the May/June 2026 issue!

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

SCOLIOSIS AWARENESS MONTH

June is Scoliosis Awareness Month—a time to increase understanding of this condition that causes an abnormal curvature of the spine, often developing during adolescence. Early detection and proper care can make a significant difference in managing symptoms and improving quality of life. Chiropractors can play a supportive role by helping maintain spinal alignment, improving mobility, and reducing discomfort through non-invasive techniques. While chiropractic care doesn't "cure" scoliosis, it can be an important part of a comprehensive approach that promotes better posture, function, and overall well-being. Bring your adolescents in for a thorough chiropractic scoliosis screening or schedule an appointment to talk about treatment options today!



MINSER MUST HAVE BALANCE DISC



The Body Sport® Balance Disc serves as a great introduction to balance training while sitting or standing. When used while sitting, the instability introduced by the balance disc activates muscles of the core to keep you balanced.

It also provides a cushion from hard surfaces. You can also perform balance exercises or increase the intensity of a workout by standing on the disc while you exercise!

For children who have a hard time sitting still, the balance disc introduces sensory input, satisfying the need for movement while keeping them in their seat!

Talk your provider or our Exercise Specialist to learn more!

FEATURED ESSENTIAL OIL: CLARY SAGE

- Powerful aid to easing depression, anxiety, stress and chronic general dissatisfaction.
- In a bath or hot compress on the abdomen it is the most valuable essential oil in treating menstrual cramps, it also eases pain and its estrogenic action helps to bring on and regulate menstruation.
- Clary Sage helps to treat menopausal symptoms.
- Great in a massage over the chest and back to help relieve asthma.
- When added to a shampoo or massaged into the scalp, it can prevent dandruff and balance oil levels, so it is beneficial for all skin and hair types.
- Aids in reducing excessive sweating, when used in a bath.
- When used in small quantities, it is a useful aid to meditation and facilitates dream work by encouraging powerful and vivid dreams.
- Overall, Clary Sage is uplifting, deeply relaxing and revitalizing.

**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!

COLD STONE THERAPY

JESS MCFARLANE, CMT

MASSAGE DEPARTMENT MANAGER

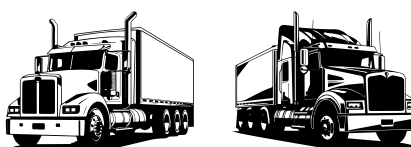
About 50 million people a year suffer from headaches and an increasing number want a more natural-yet powerful-way to get relief. Cold stone therapy massage uses cold marble stones that are placed along key headache sites to provide a deep state of relaxation, release of tension and reduction of swelling and inflammation. Not only can cold stone therapy be used to help combat headaches and fatigue but also for:



- Anxiety: The stones help the mind focus on the body.
- Sinusitis: To reduce congestion and nasal swelling.
- PMS: Stones help reduce pain, bloating, cramps and swelling.

The session is an hour long. A hot pack is placed down by your feet to pull heat downwards. Essential oils are then used next on key headache areas and finally the stones are placed along those same areas. Muscle work done by a massage therapist will also be incorporated into the hour session.

SERVICES OFFERED DOT PHYSICALS



Keep your career moving safely and smoothly by scheduling your DOT physical with our office. We provide fast, thorough exams that meet all Federal Motor Carrier Safety Administration requirements, helping commercial drivers stay compliant and road-ready. Our experienced team makes the process simple and stress-free, so you can get back behind the wheel with confidence. Walk-ins and same-day appointments are welcome!

SUPPLEMENT OF THE MONTH

Omega Pure EPA/DHA 720



An ultra-concentrated and purified fish oil supplement containing evidence-based doses of the key omega-3 essential fatty acids EPA and DHA. EPA and DHA are important for healthy cardiovascular and immune function, musculoskeletal and cognitive support, and skin vitality.

Omega Pure EPA-DHA 720 provides nearly four times the potency of EPA and DHA than typical fish oil supplements per serving, ensuring you get an evidence-based amount of these crucial omega-3s.

This product is stabilized with antioxidants and is free from impurities and environmental contaminants (e.g. heavy metals, PCBs, dioxins). Plus, no "fishy" taste!



FATHERS DAY PROMO

Give your SuperDAD the day off with a 30-, 60- or 90-minute massage this Father's Day. Call the clinic for pricing details!



CHIRO FACTS

Doctors of Chiropractic complete over 4,200 hours of classroom, lab, and clinical training during their doctoral education. That includes anatomy, neurology, biomechanics, diagnosis, and hands-on patient care.



UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- June: National Migraine and Headache Awareness Month
- June: Scoliosis Awareness Month
- 6/14/26: Flag Day
- 6/19/26: Juneteenth
- 6/21/26: Father's Day



WHY CARDIO IS INFERIOR TO RESISTANCE TRAINING FOR BODY COMPOSITION CHANGE

BY: KELLY CZECH, EXERCISE SPECIALIST

When the goal is improving body composition—losing fat while maintaining or building muscle—resistance training consistently outperforms cardio. While cardio has health and endurance benefits, it is a less effective primary tool for reshaping the body.



Resistance training directly builds lean muscle, which is the key driver of long-term body composition change. Muscle tissue increases resting metabolic rate, meaning you burn more calories even when you're not exercising. Cardio, by contrast, burns calories only during the activity itself and does little to raise baseline metabolism.

Another major advantage of resistance training is muscle preservation during fat loss. Prolonged or excessive cardio—especially when paired with calorie restriction—can lead the body to burn muscle along with fat. This often results in a “smaller but softer” look. Resistance training sends a strong signal to the body to keep muscle, ensuring that weight loss comes primarily from fat.

Resistance training also produces a greater hormonal response favorable to body recomposition. Strength work stimulates anabolic hormones and improves insulin sensitivity, both of which support fat loss and muscle retention. Cardio does not create the same adaptive stimulus.

Finally, resistance training offers better visual and functional results. Changes in muscle size, shape, and density dramatically improve physique, posture, and strength—outcomes that cardio alone cannot deliver.

In short, while cardio can support general health and increase calorie expenditure, resistance training is the superior foundation for body composition change. For the best results, cardio should complement—not replace—strength training.

UNDERSTANDING HEADACHES

CONTINUED FROM PAGE 1

Management of the above type of headaches includes chiropractic treatment, modification of lifestyle factors that may be contributory, and appropriate supplementation. Acupuncture can also be utilized in conjunction with your chiropractic treatment.

If you or someone you know is suffering from headaches, be sure to call us right away for evaluation and treatment, we are happy to help here at Minser Chiropractic Clinic!



PUZZLE CORNER

JIGSAW SODOKU



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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 ★★★★★