

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER
WHERE HEALTH HAPPENS



MARCH 2026, VOLUME 21, ISSUE 3

NATIONAL NUTRITION MONTH: CELEBRATING HEALTHY EATING FOR A STRONGER FUTURE

BY: DR. KERRI YOUNG

Every March, National Nutrition Month shines a spotlight on the importance of making informed food choices and developing healthy eating habits. Organized by the Academy of Nutrition and Dietetics, this annual observance encourages people of all ages to focus on nutrition as a key foundation for overall health, disease prevention, and quality of life.

Nutrition plays a critical role in nearly every function of the body. The foods we eat provide the energy and nutrients needed to grow, repair tissues, support brain function, and maintain a strong immune system. Poor dietary habits, on the other hand, are linked to chronic conditions such as heart disease, diabetes, obesity, and certain cancers.

Healthy eating isn't about strict limitations or giving up favorite foods. Instead, it's about balance, variety, and consistency—choosing foods that nourish the body while still enjoying meals and cultural traditions.

National Nutrition Month promotes simple, practical principles that can make healthy eating more achievable:

1. Balance Your Plate

A balanced meal typically includes fruits, vegetables, whole grains, lean proteins, and healthy fats. Filling half your plate with fruits and vegetables is an easy way to boost fiber, vitamins, and minerals.

2. Choose Nutrient-Dense Foods

Nutrient-dense foods provide a high amount of nutrients relative to their calories. Examples include leafy greens, berries, beans, nuts, fish, eggs, and whole grains. These foods support long-term health and help keep you satisfied.

3. Practice Portion Awareness

Even nutritious foods can contribute to excess calorie intake if portions are too large. Paying attention to hunger and fullness cues can help prevent overeating.

4. Limit Added Sugars, Sodium, and Saturated Fats

Highly processed foods often contain excessive amounts of sugar, salt, and unhealthy fats. Reducing intake of sugary drinks, salty snacks, and fried foods can significantly improve overall diet quality.

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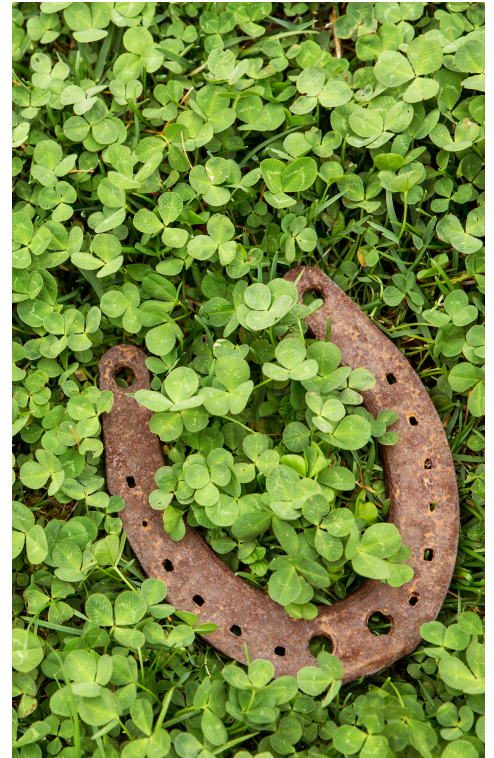
COME & SEE US!

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

Doctors of Chiropractic (DCs) are educated in nationally accredited, four-year doctoral graduate school programs through a curriculum that includes a minimum of 4,200 hours of classroom, laboratory and clinical internship, with the average DC program equivalent in classroom hours to allopathic (MD) and osteopathic (DO) medical schools.

QUOTE OF THE MONTH

"The power that made the body, heals the body."
B.J. Palmer

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

TO HANG OR NOT TO HANG?

BY: KELLY CZECH, EXERCISE SPECIALIST

Hanging from a bar (often called a dead hang or active hang) can have real health and fitness benefits, if done safely and within your limits. Two minutes total is meaningful, whether continuous or broken into sets.

Potential benefits

Shoulder health & mobility

- Gently decompresses the shoulder joints
- Can improve overhead range of motion
- Strengthens stabilizing muscles if done actively

Grip strength

- Excellent for building forearm and hand strength
- Strong grip is linked to better overall strength and functional health

Spinal decompression (temporary)

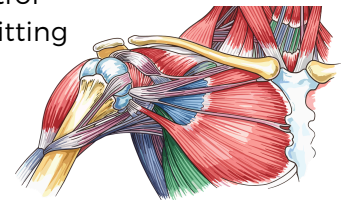
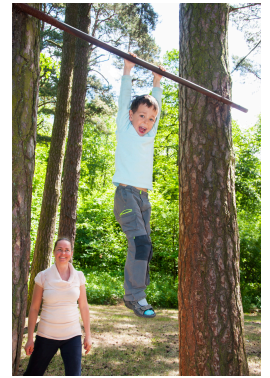
- Reduces compression on the spine while hanging
- Some people feel short-term relief from back tightness

Posture support

- Strengthens muscles involved in scapular control
- Counteracts rounded-shoulder posture from sitting

Upper-body strength

- Engages lats, core, shoulders, and arms
- Good foundational work for pull-ups



How to do it safely

- Start gradually: 20-30 seconds per set is fine; build up over time
- Use sets: e.g., 4 x 30 seconds instead of 1 x 2 minutes
- Engage slightly: think "shoulders down and back," not totally limp
- Breathe normally
- Use chalk or straps if grip fatigue ends the hang too early

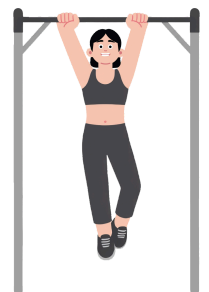
When to be cautious or avoid

- Shoulder instability or recent dislocations
- Rotator cuff injuries
- Elbow tendinopathy (e.g., tennis elbow)
- Severe back issues
- Pain, numbness, or tingling = stop immediately.

Bottom line

For most healthy people, hanging from a bar for up to 2 minutes total per session can: Improve grip strength, Support shoulder mobility, and Feel good for posture and tightness.

It's not a cure-all, but it's a simple, low-cost habit that can complement strength and mobility training.



NEW PRODUCT! Calocurb GLP-1 Activator



Calocurb is a 100% natural appetite control supplement. Amarasate®, the patented active ingredient in Calocurb, was developed in New Zealand over 14 years and with \$30m invested by Plant and Food Research, the largest NZ government-owned research institute. Amarasate® comes from a specific variety of Hops grown in New Zealand and has been clinically proven to reduce hunger by 30%, reduce cravings by 40% and reduce calorie intake by 18%, within an hour.

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(CONTINUED FROM PAGE 1)

5. Stay Hydrated

Water is essential for digestion, circulation, and temperature regulation. Choosing water over sugary beverages supports hydration without unnecessary calories.

Healthy eating looks different for everyone. Cultural traditions, budgets, schedules, and personal preferences all influence food choices. National Nutrition Month emphasizes flexible, healthy patterns that can be adapted to fit vegetarian, vegan, gluten-free, or culturally specific diets.

For busy individuals and families, simple strategies such as meal planning, cooking at home more often, and keeping healthy snacks on hand can make nutritious choices easier. Reading food labels and learning basic cooking skills also empower people to make informed decisions.

While National Nutrition Month is a dedicated time to focus on healthy eating, its message extends far beyond March. Small, sustainable changes, like adding an extra vegetable to meals, cooking more at home, or drinking more water, can have lasting benefits.

Healthy eating is not about perfection; it's about progress. By learning more about nutrition and making mindful choices, individuals and communities can build healthier futures—one meal at a time.

CHIROPRACTIC SERVICES NUTRITIONAL CONSULTS

Nutritional consults provide personalized guidance to help individuals make healthier, more sustainable food choices. Working one-on-one with your chiropractor allows you to receive recommendations tailored to your lifestyle, health goals, and medical needs. Whether managing a chronic condition, improving energy levels, or building better eating habits, nutritional consults offer practical strategies, accountability, and evidence-based support to turn nutrition knowledge into lasting results.

Nutritional or hormone testing offered in the clinic include: DUTCH, Spectracell, Food Sensitivity Testing, and Genova testing.

Ask your chiropractor what testing is right for your needs at your next visit!

MASSAGE MADNESS

PRACTICE. PLAY. PROTECT

JESS MCFARLANE, CMT

MASSAGE DEPARTMENT MANAGER

How can a massage boost your performance?

By getting a massage it helps stimulate blood flow and helps stretch muscle fibers and promotes flexibility for a better performance. What is the difference between pre and post massage?

- “Pre” massage is one way to help stretch and warm up muscles.
- “Post” massage is a great way to help with the cool down period and muscle recovery.

Call 320-253-5650 to schedule your sports massage today!

FAB 5 SUPPLEMENT SALE

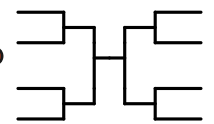
BUY ALL FIVE TOGETHER FOR 10% OFF

The Fabulous Five Supplements are important for optimal health and longevity!

1. NutriDyn Fruits & Greens: Provides plant-based superfoods and antioxidants possessing 20+ servings of fruits and vegetables in a single scoop.
2. NutriDyn Essential Multi: Comprehensive micronutrient and herbal extract formula featuring bioavailable ingredients essential to optimal health and longevity.
3. NutriDyn Omega Pure EPA-DHA 720: Features a concentrated, purified source of omega-3 fatty acids from sustainably sourced, cold-water fish to support cardiovascular, immune, and joint health.
4. NutriDyn UltraBiotic Daily Multi-Strain: Provides a daily probiotic for both the upper and lower GI tract for digestive and immune health.
5. NutriDyn D3 5,000 with K2: An easy-to-swallow soft gel that provides a bioavailable form of Vitamin D & K2 to support absorption in intestinal tract.

PUZZLE KEY

March Madness



Arizona	Iowa State	Notre Dame
Arkansas	Kansas	SMU
Baylor	Kentucky	Utah
Boise State	Louisville	Villanova
Butler	Oklahoma	Virginia
Davidson	Maryland	West Virginia
Duke	North Carolina	Wichita State
Georgetown	Northern Iowa	Wisconsin
Gonzaga		



UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- March: National Nutrition Month
- 3/8/26 - 3/14/26: National Sleep Awareness Week
- 3/26/26: Purple Day for Epilepsy Awareness
- April: Stress Awareness Month and Foot Health Awareness Month
- 4/7/26: World Health Day
- 4/20/26: Easter
- 4/22/26: Earth Day

FEATURED SUPPLEMENT

Essential Multi

Clinical research suggests the benefits of Essential Multi supplementation may include:

- Supports cognitive function and mood
- Provides antioxidants to help support oxidative stress
- Supports vibrant, healthy skin
- Supports energy production and vitality
- Supports healthy immune function
- Supports healthy gastrointestinal function



FEATURED ESSENTIAL OIL:

RELAXING

- A combination of Lavender, Tangerine, Rose and Orange.
- Lavender is soothing, balancing and calming. It is used to great effect in massage and baths for muscular aches and pains. A few drops in the bath or a drop or two on the pillow to help combat insomnia.
- Tangerine makes a pleasant addition to massage blends and mood perfumes; bringing a light, gentle, calming and delicate quality that helps people connect with their inner child. It helps to switch off an overactive mind and promoting restful sleep.
- Rose comforts the heart while in grieving. Lifts, spirits, allays anxiety and is generally nurturing. Rose also helps those who suffer from postnatal depression.
- Orange is known as the "Smiley Oil" and is familiar, joyful and warming. Orange is cheering uplifting, soothing and refreshing.

**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

MARCH MADNESS COLLEGE TEAMS

Try Finding the 25 college teams before referencing the key.

J M T U C H T Q O X E W I C H I T A S T A T E E
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W D C C D G M G O A Y A R K A N S A S U N S B T

MINSER MUST HAVE:

POSTUREMEDIC

Improve your posture & muscle tone, reduce back & neck pain. Improve breathing & blood pressure. Increase range of motion & so much more! Stabilize your shoulders & posture. May also be used for stretching & strengthening! See us for a demo or stop by to pick one up today!



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!

