

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS



OCT 2025, VOLUME 20, ISSUE 10

HOW ACUPUNCTURE CAN HELP WITH NEUROPATHY OF THE EXTREMITIES

BY: DR. ERIN HOVEY

Peripheral neuropathy—nerve damage that typically affects the hands and feet—can cause chronic pain, tingling, numbness, burning sensations, and weakness. This condition may result from diabetes, chemotherapy, autoimmune diseases, or unknown causes (idiopathic neuropathy). For many, conventional treatments offer limited relief or come with unwanted side effects. As a result, some turn to alternative therapies like acupuncture for symptom management.



Acupuncture involves inserting thin needles into specific points on the body to stimulate the flow of energy (Qi) and restore balance. From a biomedical perspective, acupuncture is thought to influence the nervous system, increase blood flow, and release endorphins, the body's natural painkillers. Studies suggest acupuncture may help improve symptoms of neuropathy by:

- 1. Reducing Pain and Tingling:** Acupuncture can stimulate nerves, modulate pain perception in the brain, and promote the release of neurotransmitters that reduce pain signals.
- 2. Improving Nerve Function:** Some research indicates that acupuncture may help regenerate nerve fibers or improve nerve conduction, potentially slowing the progression of neuropathy.
- 3. Enhancing Blood Circulation:** Improved blood flow to the affected areas may help nourish damaged nerves and reduce inflammation.
- 4. Minimizing Side Effects from Other Treatments:** For patients undergoing chemotherapy or taking medications for neuropathy, acupuncture may offer relief without adding to the medication burden.

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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

Regular chiropractic care can reduce your number of hospital visits by up to 60%.

MINSER MUST HAVE

STRETCH OUT STRAP

Ask your doctor or our Exercise Specialist for a demonstration!



PUZZLE KEY

- 6L •
- 2L •
- LZ •

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

FEATURED ESSENTIAL OIL: SWEET ORANGE

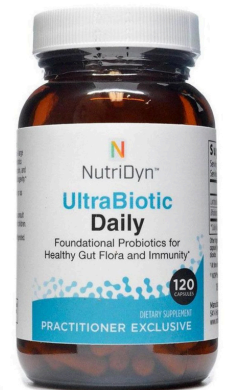
- Known as the "Smiley Oil" and is joyful and warming
- It is gentle enough to use on children, who enjoy a fruity fragrance
- Very good in massage for settling digestive upsets, cramps, constipation, diarrhea and flatulence
- Used in a diffuser to help reduce fear of the unknown and relieves self-doubt, helping you find an inner radiance and optimism.
- Cheerful, 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!

FEATURED SUPPLEMENT ULTRABIOTIC DAILY

- Reduces frequency of Irritable Bowel Syndrome-- crampy abdominal pain, bloating, excess gas, constipation, and diarrhea
- Supports healthy digestive function following antibiotic use
- Detoxifies the intestine, thereby supporting liver function and protecting colon cells
- Supports healthy mucosal and systemic immune responses

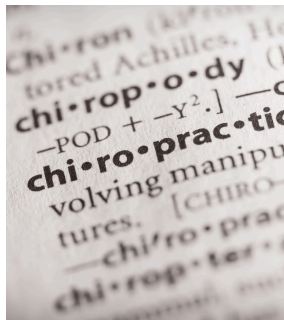


NATIONAL CHIROPRACTIC HEALTH MONTH

Every year during this time, chiropractors around the U.S. celebrate by helping their patients get active and get into a lifestyle that allows them to stay mobile.

HOW TO OBSERVE

Make an appointment with your chiropractor. Chances are, you'll leave your appointment feeling de-stressed, relaxed, and just all around more comfortable. One great thing about chiropractors is they can help you not only physically, but mentally as well. As we all know, life gets busy and stressful, which can be a catalyst leading to many other things like anxiety, depression, trouble sleeping, and aches and pains.

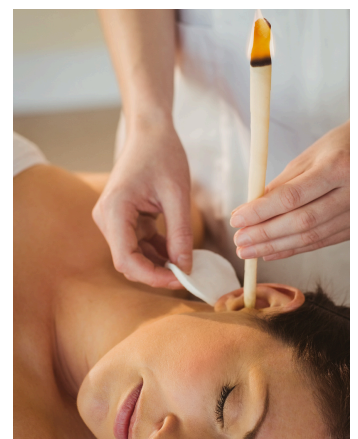


EAR CANDLING

JESS MCFARLANE, CMT

Ear Candling is a practice that alternative medicine practitioners claim will remove unwanted ear wax, impurities, and toxins from the ear. It is alleged to contribute to a greater sense of well-being, as well as enhanced physical and mental health. In the practice, a person lies down with one ear facing upwards.

Call 320-253-5650 to schedule your appointment today!



NATIONAL MASSAGE THERAPY AWARENESS WEEK



10/19/2025-10/25/2025

At Minser Chiropractic Clinic, we offer 30-, 60-, 90-, or 120-minute massages. Call the clinic to schedule a massage with any of our 5 Massage Therapists: Jessica McFarlane, Nicole Sieben, Katie Wakeman, Sally O'Keefe, and Sara Boline. Call 320-253-5650 to schedule your appointment.

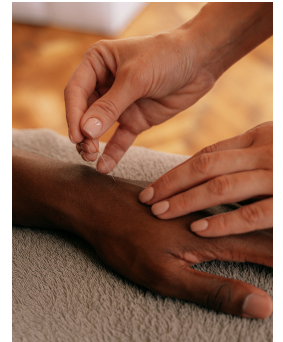
ACUPUNCTURE CAN HELP WITH NEUROPATHY

CONTINUED FROM PAGE 1

Acupuncture sessions for neuropathy usually involve treating both local areas (such as the hands or feet) and systemic points. Treatment plans vary depending on the severity and cause of neuropathy, but multiple sessions are typically required to see results.

While more large-scale studies are needed, acupuncture is increasingly recognized as a supportive treatment for neuropathy of the extremities. It may not cure the underlying cause, but it can offer meaningful relief from symptoms and improve quality of life—especially when integrated with conventional care.

Call us to set up your acupuncture appointment today!



EXERCISE PROGRAMS

TAKE BACK YOUR BODY

Take back your body will retrain your muscles to work in harmony. If you are experiencing a reoccurring pain, chances are you have what is called a muscular imbalance. With the guidance from one of our exercises specialists they will evaluate how your body moves, and prescribe you a series of stretching, strengthening, and mobility exercises to fix the issues they find.

- Movement assessment
- Neuromuscular connection
- Correct mobility imbalances
- Tailored to you



POSTURE STRONG

Posture strong will retrain your muscles to hold your skeletal structure in it's ideal position. Poor posture disrupts nerve function, and our nerves are what keep our bodies functioning. With the guidance from one of our exercise specialists they will evaluate your current postural issues, and teach you what proper posture is through a series of prescribed stretching, strengthening, and mobility exercises.

- Finding your neutral spine
- Middle Layer Lumbar Activation
- Core Stabilization
- Maintaining a neutral spine throughout movements

UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- October: National Breast Cancer Awareness Month
- October: National ADHD Awareness Month
- October 19-25th: National Massage Therapy Week
- October 31st: Halloween
- November: Good Nutrition Month
- November 11th: Veteran's Day
- November 27th: Thanksgiving Day



QUOTE OF THE MONTH

"The reason I exercise is for the quality of life I enjoy."
- Kenneth H. Cooper



STRENGTH TRAINING WITH CAFFEINE

BY: KELLY CZECH, EXERCISE SPECIALIST

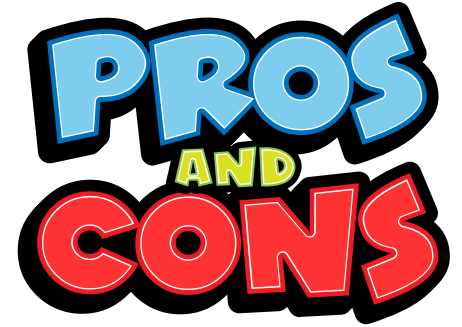
Caffeine can have significant effects on strength training, primarily due to its stimulant properties. Here's a breakdown of the main ways caffeine may affect your strength workouts, based on current evidence:

Potential Benefits of Caffeine for Strength Training:

1. Improved Power Output & Strength
2. Increased Training Volume
3. Reduced Perceived Exertion
4. Enhanced Focus and Alertness
5. Increased Fat Mobilization

Potential Downsides or Considerations:

1. Tolerance Build-Up
2. Sleep Disruption
3. Increased Heart Rate or Jitters
4. Gastrointestinal Discomfort
5. Too much caffeine can trigger vasoconstriction

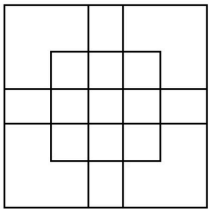


Recommended Caffeine Dosage for Strength Benefits:

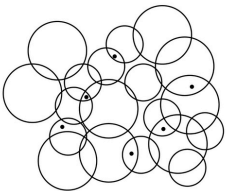
- 3-6 mg per kg of body weight about 30-60 minutes before training.
- Example: 134 lb person= 61 kg the range of caffeine would be 183mg-366mg

PUZZLE HUB

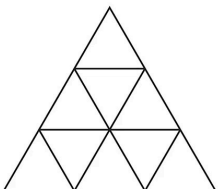
HOW MANY SQUARES?



HOW MANY CIRCLES CONTAIN THE BLACK DOT?



HOW MANY TRIANGLES?



Answers on page 2

NATIONAL BREAST CANCER AWARENESS MONTH

BREAST EXAM TIPS

- 1 Monthly breast exams should start in the 20s
- 2 Regular self-exams may make you more likely to catch any changes
- 3 Review your self-exam technique with your doctor

There are three different types of breast exams:

1. Circular: Start at outer edge of your breast and move your fingers in a circular motion
2. Vertical: Start at the underarm and move your fingers downwards and back up until you have checked your entire breast
3. Wedge: Start at the outer edge of your breast and move your fingers toward the nipple and back to the edge until you have checked the entire breast in small wedge shaped sections
- 4 Use the pads of your three middle fingers when performing the exam
- 5 Always check your underarm and upper chest wall
- 6 Apply different levels of pressure
- 7 Look at your breasts in a mirror to check for any changes such as, breast shape and/or swelling



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!

