

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS



SEP 2025, VOLUME 20, ISSUE 9

SEPTEMBER IS SUBLUXATION AWARENESS MONTH: WHY YOUR SPINE DESERVES ATTENTION NOW MORE THAN EVER

BY: DR. TAMMY FIMRITE

Every September, health professionals and patients alike come together to recognize Subluxation Awareness Month—a time dedicated to understanding how spinal health plays a crucial role in our overall well-being. But what exactly is a subluxation, and why does it matter to you?

What is a Subluxation?

A subluxation occurs when one or more of the vertebrae in your spine move out of proper alignment, creating pressure or irritation on nearby nerves. This misalignment can disrupt the communication between your brain and body, potentially leading to a wide range of health issues—from chronic pain and reduced mobility to fatigue, headaches, and even digestive problems.

Why Subluxation Awareness Matters



With more people working remotely, spending hours on screens, and experiencing increased stress, spinal health has become a silent casualty. Poor posture, sedentary lifestyles, and overlooked injuries contribute to a growing number of individuals unknowingly living with subluxations.

This month is a reminder to:

- Get your spine checked regularly.

- Prioritize posture at work and home.
- Understand that spinal health impacts more than just back pain—it affects your whole body's function.
- Bring a friend or family member – Help someone you care about get checked.

How Chiropractic Care Can Help...

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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

Chiropractic was founded on September 18, 1985. This date marks the first chiropractic adjustment performed by Daniel David Palmer on Harvey Lillard.

PUZZLE KEY

1. For once in my life (four ones in my life)
2. Forget it
3. Try to understand
4. Travel overseas or overseas travel
5. Breakfast
6. Downtown
7. Eyeshadow
8. Stepfather
9. Once upon a time
10. Potatoes (pot & O's)
11. 3D movie
12. Top secret

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: MANDARIN ORANGE

- One of the safest essential oils and is particularly recommended for children and for use during pregnancy.
- Helps to reduce stretch marks when massaged daily into the abdomen from the fifth month until birth.
- Has a tonic effect and is good for all digestive upsets.
- Perfect oil to brighten your day on a cold, wintery day.
- It 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 is strengthening and has a slight hypnotic quality, helping to switch off an overactive mind and promoting restful sleep.
- Overall, it is uplifting, cheering and soothing.

**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!

MINSER MUST HAVE ROLLGA PEANUT



Superior to flat foam rollers on improving flexibility, muscle recovery, sciatica, and releasing back and neck tension and pain.

SIZE: 6x18cm

Ask your doctor or our Exercise Specialist for a demonstration!

PRENATAL MASSAGE

Several scientific research studies show that prenatal massages can be helpful in regulating hormones. There are a number of research studies suggesting that including massages to prenatal care routine positively effects the health of pregnant moms. This is because massage can help reduce fatigue and cause reduction in mental stresses.

Benefits from getting a massage while pregnant:

- Helps to relieve pain in the back and other areas of the body
- Improves better circulation in the body
- Promotes better sleep
- Reduces swelling due to the pregnancy
- Helps to regulate hormone levels

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



SEPTEMBER IS SUBLUXATION

AWARENESS MONTH: *(continued from page 1)*

How Chiropractic Care Can Help

Chiropractors are trained to detect and correct subluxations through gentle, specific adjustments designed to restore proper spinal alignment. When your spine is aligned, your body functions better—naturally, without drugs or surgery.

Benefits of addressing subluxations:

- Improved posture and mobility
- Relief from headaches and back pain
- Enhanced nervous system function
- Greater energy and resilience

This September, Make Your Health a Priority

If it's been a while since your last spinal check-up—or if you've never had one—Subluxation Awareness Month is the perfect time to start. Small changes today can lead to big improvements in your quality of life.

Your health starts with your spine. Let's keep it aligned.

Call us at 320-253-5650 to schedule your appointment today. Check out our website at www.minserchiropractic.com

FEATURED SUPPLEMENT



Metagenics Serenagen is a meticulously crafted dietary supplement designed to provide stress support through a blend of time-honored herbal ingredients derived from traditional Chinese medicine. Understanding the unique response of individuals to stress, this formula aims to assist the body in its natural ability to cope with various environmental stressors. The primary components of Serenagen—rehmannia, schisandra, and Asian ginseng—are renowned in traditional Chinese practices for their adaptogenic qualities. Adaptogens are particularly valued for their potential to support the body's equilibrium during

periods of stress. Serenagen offers a harmonious blend of herbs utilized for centuries to facilitate the body's adaptive response to stress, rather than directly altering stress levels.



SPORTS PHYSICALS

BEAT THE RUSH &
SCHEDULE YOUR
APPOINTMENT TODAY!



NATIONAL WOMEN'S HEALTH & FITNESS WORKOUT



In collaboration with
Rejuv Medical/
Rejuv Fitness.

Wednesday 9/24/25
2 OPTIONS!!!

4pm Yoga with Rhonda
B., **5pm BASE Camp** with
Crystal S. **or do both!**

Come early to sign-in and
fill out waivers. No
membership required.
Follow QR code for more
information.



Or contact
Rejuv Medical
directly.
320.217.8480
ext 1034



901 3rd St. S
Waite Park, MN 56387



UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- September: Chiropractic Care Birth Month
- 9/18/25: Happy Birthday, Chiropractic!
- 9/17/25: National Backpack Awareness Day
- 9/24/25: Women's Health Day: Fitness Event.
- October: National Breast Cancer Awareness Month
- 10/31/25: Happy Halloween!

QUOTE OF THE MONTH

"Let food be thy medicine and medicine be thy food."
-Hippocrates

EXERCISE PROGRAMS

This month we feature, the **EVOLVE Fitness Program**. This is a personal training program tailored specifically to middle- and 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.
Pricing: \$270 for six 30-minute sessions.
Sign your athlete up now!

BEGINNER RUNNING TIPS

BY: KELLY CZECH, EXERCISE SPECIALIST

1. Start with a Walk-Run Approach

- Alternate between periods of walking and periods of running.
- Gradually increase running periods over time.

2. Set Realistic Goals

- Start with time-based goals instead of distance-based goals.
- Aim for consistency over speed or distance early on.

3. Run at a Comfortable Pace

- You should be able to hold a conversation while running.
- Avoid sprinting or pushing too hard at the start.

4. Choose the Right Shoes

- Invest in proper running shoes that fit well and suit your gait.
- Consider visiting a specialty running store for fitting advice.

5. Warm Up and Cool Down

- *Warm-up:* 5-10 minutes of brisk walking or light jogging.
- *Cool-down:* Slow jog or walk, followed by stretching.

6. Listen to Your Body

- Expect some soreness, but stop if you feel sharp pain.
- Take rest days to recover — they're just as important as running days.

7. Run on Softer Surfaces (When Possible)

- Try grass, trails, or tracks to reduce joint impact.
- Avoid too much pavement running early on.

8. Stay Hydrated and Fuel Smart

- Drink water before and after your run.
- For runs under an hour, you don't usually need extra fuel.

9. Track Your Progress

- Use a free app (like Strava, Nike Run Club, or MapMyRun) to log runs.
- Celebrate small wins (like running your first mile non-stop).

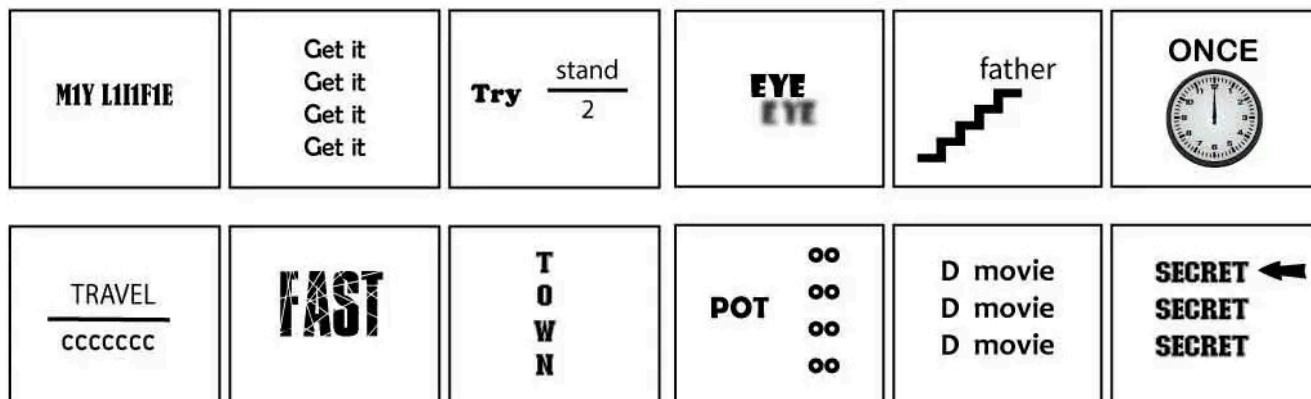
10. Be Patient

- Progress might be slow at first — that's normal!
- Stick with it, and you'll notice improvements in a few weeks.

PUZZLE HUB

REBUS

Answers on page 2



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

