

# April

## NEWSLETTER

### ALLERGIES ALLERGIES ALLERGIES

As we eagerly welcome the arrival of spring, we also recognize that allergy season comes with it. Our office offers a variety of products and treatments to help you find relief and enjoy the season to the fullest.

-Dr. Sheri Millard

### STRESS AWARENESS MONTH

April is Stress Awareness Month, highlighting the impact stress can have on our health. Chronic stress can lead to issues like headaches, muscle tension, and poor posture. Chiropractic care helps manage stress by addressing spinal misalignments, or subluxations, which can interfere with the nervous system. Through adjustments, chiropractors reduce tension, improve nerve function, and promote relaxation, supporting the body's ability to cope with stress for better overall well-being.

2 0 2 5

# D-HIST



D-Hist is a dietary supplement designed to support healthy respiratory function and help alleviate seasonal allergy symptoms. It combines a potent blend of natural ingredients, including vitamin C, quercetin, bromelain, and stinging nettle, which work together to support the body's histamine response and promote clear sinuses. The formula helps **reduce inflammation and irritation in the airways**, allowing for **better breathing and reduced congestion**. D-Hist also provides antioxidant support, **helping to protect cells from oxidative stress**. This supplement is an excellent choice for individuals seeking a natural way to manage allergy symptoms, especially during peak allergy seasons.



## Chiropractic Care

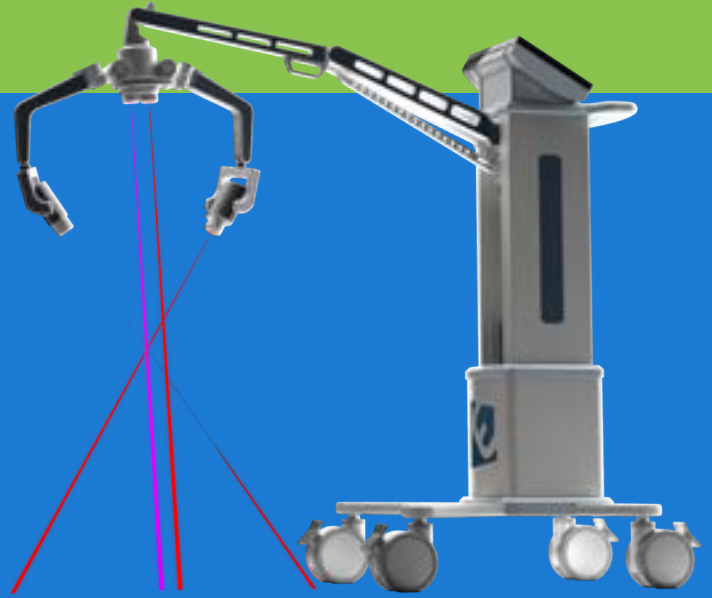
Chiropractic care can help alleviate allergy symptoms by improving nervous system function and immune response. Spinal misalignments can contribute to heightened allergic reactions, and chiropractic adjustments restore proper communication between the brain and body. This can reduce inflammation, enhance respiratory function, and help the body adapt to allergens more effectively, leading to improved overall well-being.

### DID YOU KNOW

Some believe chiropractic care is only for back pain, but it can also treat a variety of other conditions such as headaches, neck pain, arm or leg joint issues, and even allergies or digestive problems.

# LOW LEVEL LASER

The FX 405 uses low-level laser technology and special laser arms to directly target pain areas. The body absorbs the light, which boosts energy production in cells and supports natural healing. Since the laser simply helps the body heal itself, it provides pain relief and reduces inflammation without any harmful side effects.



- **Allergy Relief:** Low Level Laser Therapy reduces inflammation in the sinuses, easing congestion and allergy symptoms like sneezing and itching.
- **Stress Reduction:** Stimulates endorphin production, lowering stress, promoting relaxation, and balancing the nervous system.
- **Immune Boost:** Improves circulation and cellular function, potentially reducing allergy severity.
- **Muscle Relaxation:** Alleviates muscle tension, aiding in stress and anxiety management.



## THANK YOU FOR ALL THE AWESOME REVIEWS!!



From sprained ankles, to lower back pain, or whiplash; Millard Family Chiropractic has been there to help and alleviate my aches & pains and get me feeling better. Very appreciative of their advice & tips to remain healthy.

-Shelly C.



I've been a patient for over 10 yrs at Millard Chiropractic! Dr. Sheri has always been thorough in treating me! I recommend her very highly!

- Larry R.



Millard Family Chiropractic is always friendly from the moment I walk in until I leave. Dr. Sheri listens helped me feel better every time I visit. Highly recommend them!

-Eva B.



# ARCHIES



Archies Flip Flops combine the comfort of regular flip flops with the support of orthotics, featuring a Specialized Closed-Cell Foam and Patented Footbed that mold to your feet, offering arch support and better posture alignment. These flip flops improve lower limb mechanics, reduce energy exertion, enhance walking comfort, speed athletic recovery, and promote healthier feet.

**Key benefits include:**

- a stretchable strap
- an elevated heel
- real arch support
- durable design with no breakages



## *Dr. Kealey Nelson*

Dr. Kealey Nelson joined Millard Family Chiropractic a few months ago and has quickly become a valuable addition to our team. Coming from Elk Horn, Iowa, she earned her degree in Biology from Iowa State University before graduating from Palmer College of Chiropractic. The philosophy of chiropractic care is what drove her to the love of the profession, and she is excited to provide care to individuals of all ages – including you!



# WHAT IS ZERONA?

Zerona lasers target stubborn fat areas. These low-level lasers stimulate fat cells to release their stored content without pain or discomfort. The released fat is processed by your body's natural metabolism and processed through the lymphatic system. Say goodbye to unwanted inches, naturally!



## What to Expect

- ✓ No Pain, Bruising, or Swelling
- ✓ No Downtime
- ✓ Treats: Waist, Back, Arms, Thighs, Hips, Ankles, and more!

## Scan to Learn More



## Real People, Real Results.



**SCHEDULE A FREE CONSULTATION TODAY!**



(402)934-7557



info@millardwellness.com



www.millardwellness.com



# Employee Highlight

## RUTH

HEY! I'M RUTH, AND I'VE BEEN WITH MILLARD FAMILY CHIROPRACTIC FOR A FEW MONTHS NOW. I LOVE LEARNING NEW THINGS, MEETING NEW FACES, AND WORKING WITH SUCH A GREAT TEAM. I'M LOOKING FORWARD TO MAKING EVEN MORE MEMORIES HERE!

OUTSIDE THE OFFICE, I ENJOY SHOPPING WITH MY DAUGHTERS, TAKING MY DOG ROCKET TO THE PARK, AND CHEERING ON THE 49ERS, PACKERS, MIAMI HEAT, AND CREIGHTON BLUE JAYS.

CHIROPRACTIC HAS TAUGHT ME THE IMPORTANCE OF TAKING CARE OF MY BODY SO IT FUNCTIONS AT ITS BEST, AND I'M SO GRATEFUL FOR HOW MUCH BETTER IT MAKES ME FEEL.



 (402)934-7557

 [info@millardwellness.com](mailto:info@millardwellness.com)

 [www.millardwellness.com](http://www.millardwellness.com)

## Thank you for helping us GROW!

- DANIELLE P
- JULIE P
- TINA H
- MELISSA T
- CAYLEE M
- TIM L
- CRYSTAL P
- RUTH A
- AMANDA C
- TERRY M
- DAWN O
- LAURYN K

## THANK YOU FOR YOUR REFERRALS

