

August Newsletter

Millard *Family*
CHIROPRACTIC ©
& Wellness



A Note From Dr. Sheri

August often brings a whirlwind of change, whether it's the back-to-school rush, shifting routines, or adjusting to new demands. At Millard Family Chiropractic & Wellness, we're here to support you through all of it. Consistent chiropractic care helps keep your body balanced, resilient, and ready to take on whatever this season throws your way. From managing stress and sleep to spinal support and student backpack tips, this month's newsletter is packed with tools to help you and your family thrive through the transition.



Teacher Essentials Giveaway Aug 1st-20th

For every appointment you attend, you can nominate your favorite teacher or yourself if you are a teacher.

INCLUDED:



- CLOROX WIPES
- PUFFS TISSUES
- WATER BOTTLE
- MEAL PREP SET
- PENCILS
- HIGHLIGHTERS
- PENS
- GLUESTICKS
- FOLDERS
- STICKY NOTES
- NOTEBOOKS
- EXPO MARKERS
- SCOOTERS GIFTCARD
- TARGET GIFTCARD



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What do you call two chiropractors
who've got each other's backs?



Vertebros

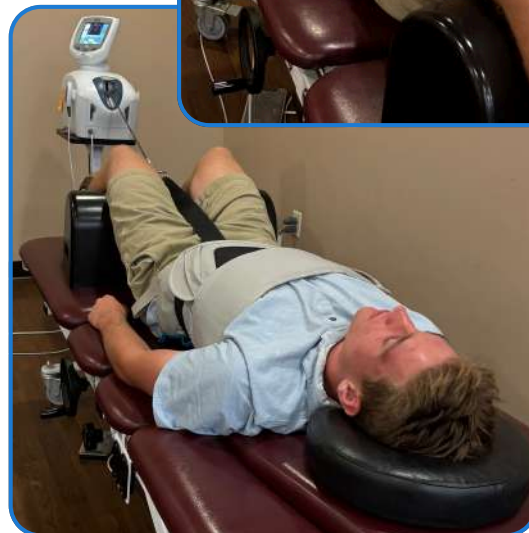
Service Highlight

Spinal decompression therapy is a safe, non-surgical treatment used to relieve pressure on the spine and surrounding nerves. Whether in the **lumbar (lower back)** or **cervical (neck)** regions, decompression helps address common conditions like herniated discs, spinal stenosis, and nerve impingement. By gently stretching the spine, we help create space, promote healing, and reduce pain naturally.

Benefits of Decompression:

- Relieves neck, back, arm, and leg pain
- Improves posture and spinal alignment
- Promotes natural healing through increased circulation
- Enhances mobility and range of motion
- Reduces the need for medications or invasive procedures
- Supports long-term spinal health and wellness

Decompression



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Stress + Sleep

Supplement Highlight

Chiro Nutraceutical Stress + Sleep is a two-part supplement system designed to help you stay balanced during the day and sleep soundly at night. The Stress capsules support the body's ability to manage daily stress, boost focus and mood, and promote healthy nervous system function—helping you feel more centered and productive. The Sleep capsules work in harmony with your body's natural rhythms to promote deep, restorative rest by supporting neurotransmitter balance and calming brain activity. Together, they provide a natural, non-habit-forming solution for stress resilience and quality sleep.

Stress Key Benefits:

- Helps the body find its optimal balance
- Improves attention, mood, and stress tolerance
- Enhances physical and intellectual performance
- Supports healthy nervous system function



Sleep Key Benefits:

- Supports deep, restorative sleep by maintaining healthy GABA levels
- Aids in enhancing alpha brain wave activity for a calm, relaxed mind
- Helps promote serotonin production for improved sleep quality
- Aids in reducing perceived daily stress for better nighttime relaxation



Did you know?

After medicine and dentistry, chiropractic care ranks as the third-largest primary healthcare profession in the U.S. With over 70,000 licensed chiropractors in the country, millions of people turn to chiropractic treatments for relief from pain and improved mobility.



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AS YOUR KIDS ARE WALKING OUT THE DOOR....

**Here are some tips for your child's
backpack to help protect their back!**

- Ensure your child's backpack does not exceed 5-10% of their body weight
- The backpack should not hang more than 4 inches below the waistline
- Make sure your child wears both backpack straps
- Choose backpacks with wide, padded straps
- Choose backpacks with adjustable straps to customize the fit to your child's body



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Product Highlight

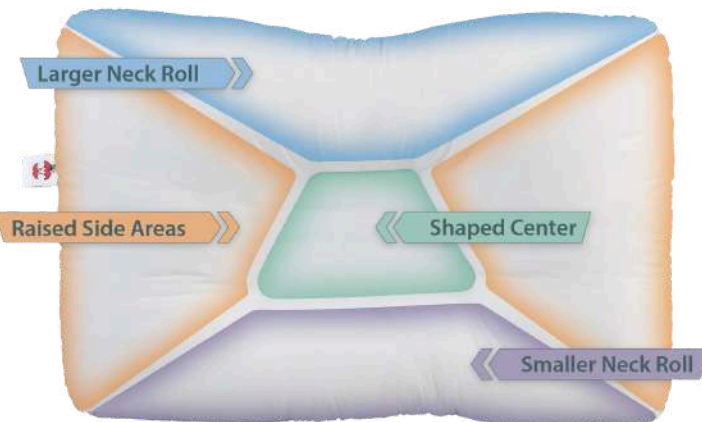
Tri-Core Cervical Support Pillow

The Tri-Core Cervical Support Pillow helps relieve neck pain and headaches by keeping your spine properly aligned while you sleep. Its contoured center cradles the head, while raised sides support the neck—perfect for back and side sleepers. With multiple size and firmness options, it promotes better posture, reduces strain, and helps you wake up refreshed.



Key Benefits:

- **Reduces headaches & neck pain** by supporting proper spinal alignment
- **Improves sleep quality** with a design that cradles the head and supports the neck
- **Supports both back and side sleepers** with raised sides and a contoured center
- **Prevents future neck and shoulder issues** with proactive cervical support
- **Custom fit** with two neck roll sizes and a gentle version for easier transition



THANK YOU FOR ALL THE REVIEWS!



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

-Eva B.

Dr. Kealey Nelson is absolutely amazing she has seriously transformed my life when I first started seeing her I was in a lot of pain and discomfort now I walk like a new man she created an organized well-thought-out Wellness Plan for my recovery if anybody is looking for a fantastic chiropractor and a friendly environment non-judgmental this is the place to go

-Garrett D.

I would certainly recommend Millard Chiropractic. When I went over a year ago, I could barely walk. Dr. Sheri adjusted my back like it should be.

I now go once a month for maintenance

-Jan B.

The doctors are very intensitive to their patients needs and listen to them. I have been going to the chiropractor for 11 years now. And feel very comfortable going every time.

-Nick D.



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Employee Highlight

KARA

Hi! I'm Kara, and I've been honored to be part of the Millard Family Chiropractic team for what feels like forever (if you didn't know, I'm Dr. Sheri's daughter) and I wouldn't have it any other way! What I love most about working here is getting to help people every day and witnessing the incredible, life-changing impact that chiropractic care can have on someone's health and well-being.

Outside the office, you'll usually find me in creative mode — whether I'm painting, working with yarn, or diving into a new Cricut project. I also have a heart for service and enjoy volunteering at church camps and retreats whenever I can.

What truly inspires me about chiropractic care is how it supports every part of the body, often in ways people don't even realize. I'm especially passionate about the wide range of therapy options we offer and how each one plays a unique role in helping our patients feel their best.



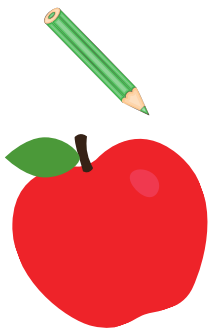
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NO MATTER HOW YOU SLICE IT,
YOU & YOUR REFERRALS ARE THE
CORE OF OUR OFFICE



- Emily B.
- Kaitlyn A.
- Gabby A.
- Carlos C.
- Alex M.



- Justin H.
- Paisley H.
- Greysen H.
- Abe S.
- Sarah B.
- Coleen L.



- Bri K.
- Karen O.
- AnnMarie M.
- Theresa O.
- Shelly R.



Thank You!

*feel better?
refer others*