

December

NEWSLETTER

UPCOMING EVENTS

Neuropathy Seminar

Join us if you or a family member suffers
from Neuropathy...

SUFFER NO MORE!!

T U E S D A Y
DEC 9TH
A T N O O N

T H U R S D A Y
DEC 18TH
A T 6 P M

A NOTE FROM DR. SHERI

As we head into the holiday season and colder weather, it's more important than ever to prioritize your spinal health. This time of year often brings added stress, heavy lifting, travel, and long hours on the go, all of which can take a toll on your body. Regular chiropractic care helps keep your spine aligned, supports your immune system, and improves mobility so you can fully enjoy the season. In this month's newsletter, you'll find helpful reminders about smart ways to use your HSA funds before they expire, simple tips for safe shoveling, and our special Gift of Health. We're honored to support you in staying healthy, strong, and pain-free as we close out the year.

2 0 2 5

INFRARED SUANA



Benefits of Infrared Sauna:

- Detoxification: Promotes sweating to release toxins.
- Improved Circulation: Enhances blood flow and oxygen delivery.
- Pain Relief: Helps relax muscles and reduce inflammation.
- Skin Health: Improves skin tone and unclogs pores.
- Stress Relief: Reduces stress and anxiety by boosting endorphins.
- Better Sleep: Promotes relaxation for deeper, restful sleep.
- Immune Support: Boosts the immune system by improving circulation.
- Flexibility: Loosens muscles to increase flexibility.
- Mental Clarity: Enhances focus and well-being.



DID YOU KNOW

Research shows chiropractic adjustments can boost brain function, balance hormones, and reduce inflammation. While many people think chiropractors only treat backs, they're trained to address a wide range of chronic and acute conditions for patients of all ages. Chiropractic care also helps with more than just spinal issues. It supports overall joint health. With over 70,000 licensed chiropractors in the U.S., the profession is one of the largest drug-free healing systems.

WHY WAS THE CHRISTMAS TREE SEEING A CHIROPRACTOR?

IT HAD TOO MANY STIFF PINES.

Remember to use your HSA before you lose it

Did you know you can use your HSA on many things in our office like....

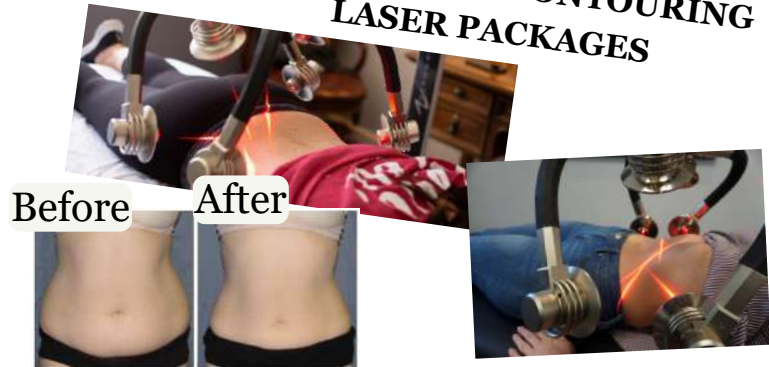
LASER TREATMENTS AND PACKAGES



CUSTOM ORTHOTICS



ZERONA BODY CONTOURING LASER PACKAGES



NUTRITION SUPPORT PROGRAMS SUCH AS....

TRUST YOUR GUT PROGRAM



MOBILITY KIT

WELLNESS KIT

KNEE OR SHOULDER SUPPORT KIT



BE SURE TO WATCH OUR SOCIALS
FOR DEALS THROUGH OUT THIS
MONTH OF DECEMBER AS WELL

ACTIFLEX



ACTIFLEX IS A TOPICAL GEL DESIGNED FOR THE TEMPORARY RELIEF OF LOCALIZED PAIN, INFLAMMATION, AND DISCOMFORT ASSOCIATED WITH CONDITIONS SUCH AS ARTHRITIS, MUSCLE STRAINS, AND JOINT PAIN. ITS NON-GREASY FORMULA INCLUDES MENTHOL, WHICH PROVIDES A DUAL-ACTION HEATING AND COOLING EFFECT TO SOOTHE SORE MUSCLES AND JOINTS. ADDITIONALLY, ACTIFLEX CONTAINS ALOE VERA AND VITAMIN E TO MOISTURIZE AND PROTECT THE SKIN DURING AND AFTER APPLICATION.

KEY BENEFITS:

- DUAL-ACTION RELIEF
- FAST-ACTING
- NON-GREASY FORMULA
- SKIN-FRIENDLY
- VERSATILE USE



TIPS FOR SHOVELING THE SNOW THIS WINTER

WARM UP FIRST

SHOVELING IS EXERCISE! SPEND 5-10 MINUTES WARMING UP WITH LIGHT MOVEMENTS SUCH AS MARCHING IN PLACE, GENTLE TWISTS, OR ARM CIRCLES TO GET MUSCLES READY

LISTEN TO YOUR BODY

IF YOU FEEL SHARP PAIN, DIZZINESS, SHORTNESS OF BREATH, OR UNUSUAL DISCOMFORT, STOP IMMEDIATELY. A LITTLE SORENESS IS NORMAL. SHARP OR RADIATING PAIN IS NOT.

USE YOUR LEGS, NOT YOUR BACK

KEEP YOUR BACK AS STRAIGHT AS POSSIBLE. BEND WITH YOUR HIPS AND KNEES, NOT YOUR WAIST. LET YOUR LEG AND CORE MUSCLES DO THE LIFTING.

STAY HYDRATED

COLD WEATHER REDUCES THIRST, BUT YOUR MUSCLES STILL NEED WATER TO STAY RELAXED AND PREVENT CRAMPS.

TAKE SMALLER LOADS

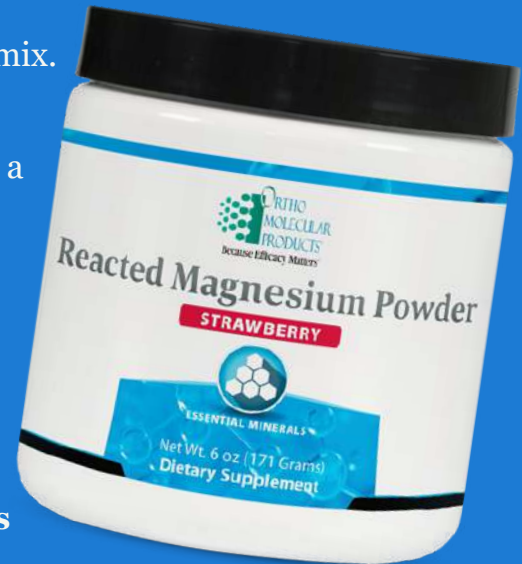
HEAVY, WET SNOW ADDS A LOT OF STRESS ON THE LOW BACK. TAKE SMALLER SCOOPS, EVEN IF IT MEANS MORE REPETITIONS. IT'S SAFER IN THE LONG RUN.

REACTED MAGNESIUM POWDER

Magnesium is essential for every organ in the body—especially the heart, muscles, and kidneys, yet up to 80% of Americans may not get enough. Reacted Magnesium Powder provides 300 mg of highly absorbable, gentle-on-the-stomach magnesium bisglycinate in a tasty strawberry mix. This easy-to-use powder supports muscle relaxation, healthy nerve function, energy production, restful sleep, and overall calm, making it a simple way to add daily magnesium to your wellness routine.

Key Benefits:

- Supports cardiovascular, muscle, and kidney health
- Highly absorbable form for maximum effectiveness
- Helps maintain healthy magnesium levels
- Promotes relaxation and reduces occasional muscle cramps
- Easily mixes into any beverage for convenient daily use



THANK YOU FOR ALL THE AWESOME REVIEWS!!



I love this place. I've been going here for years sometimes on and off but every time I come back, they're kind and welcoming. I always feel better after I leave I would recommend them to anybody who needs an adjustment or help with pain.

-Jennifer F.



Dr. Sheri and team are the best. The passion they have for their purpose is readily on display in every visit!

Would refer ANYONE to this practice.

-Rob R.



Very caring and efficient and flexible for changing appointments and also everyone is very nice!!

- Hector C.



I have only had my first visit and know they will continue. Highly recommended!

-Chris V..

Gift of Health



TAKE A PHOTO OF THE BOX BELOW AND SEND IT TO A FRIEND THAT YOU WOULD LIKE TO SHARE CHIROPRACTIC & OUR OFFICE WITH

Millard *Family*
CHIROPRACTIC
& Wellness

WWW.MILLARDWELLNESS.COM

(402)934-7557

16831 LAKESIDE HILLS

OMAHA, NE 68130

The Gift of Health

THE RECIPIENT OF THIS CAN RECEIVE A FREE
DOCTOR'S CONSULTATION, EXAMINATION,
REPORT OF FINDINGS, AND X-RAYS (IF NECESSARY)



VALID THROUGH
JANUARY 26, 2026

Scan here to schedule or
call (402)934-7557
Mention this card



Offer not available to patients with state or government funded health plans such as Medicaid or Medicare. We comply with applicable federal civil rights laws and do not discriminate on race, color, origin, age, ability, or sex. Cannot be combined with other offers. No cash value.

(402)934-7557

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OH THE WEATHER OUTSIDE IS FRIGHTFUL
BUT OUR PATIENTS ARE SO DELIGHTFUL

THANK YOU FOR YOUR REFERRALS