

June 2025

Newsletter

Millard *Family*
CHIROPRACTIC ©
& Wellness

Summer Health Tips

HYDRATION = HAPPY JOINTS

Your spine needs water too!
Dehydrated discs can lead to discomfort and reduced flexibility. Aim for 8+ glasses a day, especially in the heat.

A NOTE FROM DR. SHERI

Summer is here, and we're feeling the energy! As the weather heats up, it's the perfect time to recharge your health routines—and we've got some exciting tools and tips to help you do just that.

This month, we're spotlighting a few of our favorite wellness boosters, including ActiFlex for joint support and mobility, our amazing Roller Table to help your spine stretch and decompress, and Reacted Magnesium Powder, which is perfect for calming your muscles and your mind.

Let's make June a month of feeling good from the inside out—starting with your spine!

FRESH AIR + MOVEMENT = A MOOD BOOST

Step out for a morning walk, stretch on the porch, or do a quick yoga flow in the yard. Just a few minutes outside can help increase energy, improve focus, and give you a healthy dose of Vitamin D— all while getting your blood flowing and your body moving.

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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



**Thank you for sharing
your experience!**

★★★★★

I have been with Millard Family Practice for approximately 20 years. Dr Sheri and her staff are amazing. You won't regret choosing them.

-Vicki W

★★★★★

Very understanding, great at asking questions to fully understand conditions.

-Keith L

★★★★★

Always great care and attentive service at Millard Wellness. I highly recommend them to my family and friends.

-Sheila S

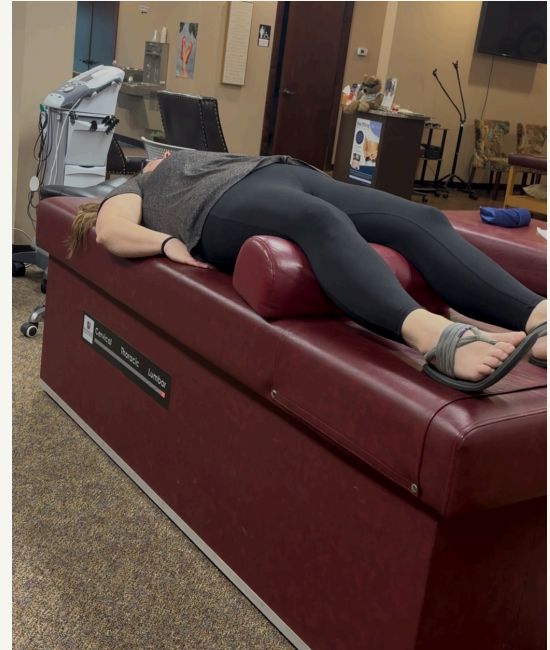
Did you know?

Chiropractors today are the third largest group of healthcare providers, after medical doctors and dentists. There are roughly 100,000 doctors of chiropractic in active practice globally. Over 35 million people a year seek help from chiropractors for various spinal problems. One million chiropractic adjustments are given every day in the USA!

COOL!!

Roller Table

The roller table is a specialized device designed to gently mobilize the spine. It features motorized rollers that move beneath your back while you lie face-up. These rollers apply passive motion to stretch spinal joints and muscles, promoting improved mobility and flexibility. This therapy is often used as a preparatory or complementary treatment to chiropractic adjustments, helping to relax muscles and enhance the effectiveness of manual manipulations.



KEY BENEFITS:

- Enhanced Spinal Mobility
- Improved Circulation
- Muscle Relaxation
- Pain Relief
- Stress Reduction

Employee Highlight

ASHLEY



Hi, I'm Ashley!

I've been with Millard Family Chiropractic for 6 months, and I love that our office feels more like family than work. When I'm not here, you'll probably find me treasure hunting at a thrift store, getting in a good workout, or binging my latest favorite show.

Chiropractic care has been life-changing for me—seriously, I wouldn't be walking without it! I'm so grateful to be part of a team that helps people feel their best every day.

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Reacted Magnesium Powder

Magnesium is essential for every organ, especially the heart, muscles, and kidneys. 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.



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

YOUR REFERRALS ARE 'ONE IN A MELON'

- Vicki W.
- Jim L.
- Jessica S.
- Nicole E.
- Jason M.
- Golden K.
- Gene A.
- Bev S.
- Tiffany K.
- Tracy D.
- Sam N.

THANK YOU!!