

March

Millard Family
CHIROPRACTIC ©
& Wellness

Newsletter

2026

A note from Dr. Sheri Millard

March is a season of momentum, and your health works the same way. Small, consistent actions add up to meaningful results over time.

Chiropractic care focuses on keeping your nervous system functioning well so your body can perform the way it was designed to.

This month we're sharing more about chiropractic principles, including the Safety Pin Cycle and how simple habits, like sitting on your wallet, can affect alignment and overall wellness.

Thank you for trusting us with your care. **Be sure to keep your eyes peeled for some March Madness fun happening this month!**

-Dr. Sheri Millard

Did you know???

THE FIRST CHIROPRACTIC ADJUSTMENT WAS GIVEN IN 1895 BY D.D. PALMER (THE FATHER OF CHIROPRACTIC) WHICH HELPED A JANITOR, HARVEY LILLARD, REGAIN HIS HEARING AFTER A BACK INJURY HE SUFFERED 17 YEARS PRIOR.

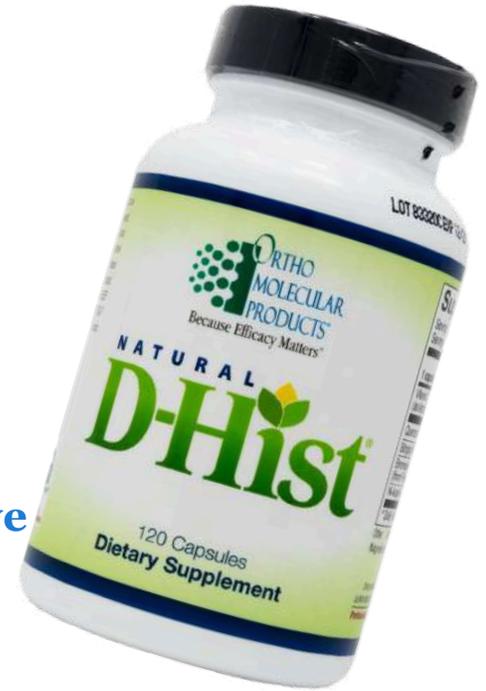


NATURAL D-HIST

Natural D-Hist® is a blend of flavonoids, antioxidants, enzymes, and botanicals designed to support seasonal challenges from environmental allergens. It includes quercetin, bromelain, stinging nettles, and N-acetyl cysteine to promote healthy nasal and sinus passages for those with elevated histamine and respiratory irritation.

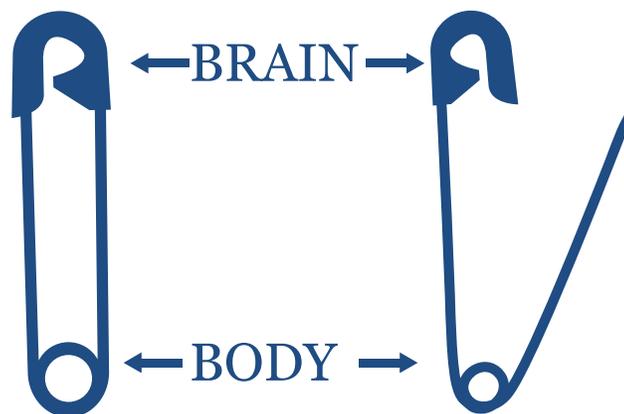
Benefits of D-Hist:

- Supports Immune Balance in Hypersensitive Individuals
- Supports Sinus and Respiratory Health
- Promotes Normal Viscosity of Mucus
- Supports Healthy Nasal Passages



The Safety Pin Cycle

ALIGNMENT
NORMAL
FUNCTION
EASE



MIS-ALIGNMENT
AB-NORMAL
MAL-FUNCTION
DIS-EASE

Health is possible when there is clear nerve communication between the BRAIN & BODY

CHIROFLOW WATER PILLOW

Millard *Family*
CHIROPRACTIC ©
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The ChiroFlow Water Pillow is an adjustable pillow that provides customized neck and spine support. Its water-based core can be filled to your preferred firmness, helping to align the head and neck, reduce neck pain, and improve sleep posture. It's ideal for relieving discomfort and enhancing sleep quality, accommodating all sleep positions.



Benefits of Water Pillow:

- Customizable firmness for personalized support
- Improves neck and spine alignment
- Reduces neck pain and pressure points
- Enhances sleep quality
- Works for all sleep positions

**WHY DID THE COMPUTER
VISIT THE CHIROPRACTOR?**

IT HAD BAD BACK-SPACING



(402)934-7557

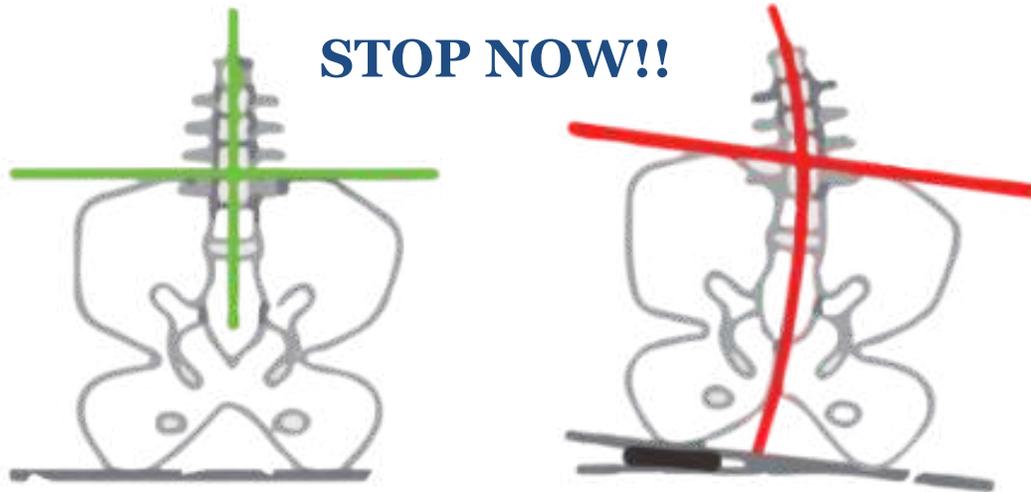


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Do you sit with a wallet in your back pocket???



STOP NOW!!

- Pelvic Tilt: Sitting on a wallet causes one side of your pelvis to rise, leading to an unnatural tilt. This can throw off your spinal alignment.
- Muscle Imbalance: The misalignment forces the muscles on one side of your body to compensate, leading to tightness and potential muscle strain.
- Lower Back Pain: The uneven pressure and posture can strain the lower back muscles, resulting in discomfort or pain.
- Nerve Compression: Prolonged pressure from the wallet can compress nerves, leading to numbness or tingling sensations, particularly in the legs.
- Posture Issues: Over time, habitual sitting with a wallet can contribute to poor posture, such as slouching, which may exacerbate spine-related issues.

★★★★★

This chiropractor is amazing! I've never been to one before and they walked me through their whole process. I learned about spine health and why it's important to keep up with chiropractic care. I have Dr. Kealey who is so sweet and informative. She helped me with a pinch nerve that I know longer have due to being adjusted correctly. I 100% suggest this business.

-Kiley S.

★★★★★

Absolutely amazing! I can't recommend Dr. Sheri and staff enough. I have only been a patient for a month or so and my pain is so much better. I can't recommend them enough.

-Chris V.

★★★★★

I've been visiting Dr. Sheri Millard for over a decade and she never disappoints. :-)
She treats the whole body inside and out. I'm extremely thankful for her.

-Chris S.



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Infrared Sauna

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.



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We are LUCKY to have patients like you!

- Dean C.
- Michael T.
- Geri N.
- Alicia R.
- Monica M.
- Janice B.
- Ruth A.
- Marla S.
- Shelly C.
- Kari N.
- Michaela W.
- Catherine L.
- Brad M.
- Steve T.



Thank you for your referrals

