

NOVEMBER NEWSLETTER

Millard *Family*
CHIROPRACTIC
& Wellness



**DR. KEALEY IS
OFFICIALLY
WEBSTER
TECHNIQUE
CERTIFIED!**



DON'T FALL INTO BAD HABITS THIS FALL

DON'T FALL FOR SLOUCHING

KEEP YOUR SPINE ALIGNED WHETHER YOU'RE
WORKING, DRIVING, OR COZYING UP ON THE COUCH.

RAKE WITHOUT THE ACHE

BEND AT YOUR KNEES, NOT YOUR WAIST!

SCHEDULE A SEASONAL TUNE-UP

JUST LIKE YOUR FURNACE, YOUR SPINE
NEEDS MAINTENANCE TOO!

FUEL FOR FALL

EAT SEASONAL ANTI-INFLAMMATORY FOODS LIKE
PUMPKIN, APPLES, AND SWEET POTATOES TO
SUPPORT YOUR JOINTS AND GUT.

STAY ON YOUR FEET

FALL BRINGS SLIPPERY LEAVES AND EARLY FROST.
WEAR SHOES WITH GOOD TRACTION AND KEEP YOUR
BALANCE STRONG WITH CHIROPRACTIC CARE.



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Omaha, NE 68130



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www.millardwellness.com

WHY WAS THE SCARECROW SUCH A GOOD CHIROPRACTIC PATIENT?

BECAUSE HE WAS OUTSTANDING
IN HIS FIELD OF POSTURE!

Product Highlight

Custom Footlevelers Orthotics

The holidays can be hard on your feet from shopping trips and standing in the kitchen to long days on the go. Foot Levelers Custom Orthotics are designed to give your body the foundation it needs by supporting all three arches of your feet, improving posture, balance, and overall comfort. Unlike store-bought inserts, these orthotics are made specifically for your feet, helping reduce stress on the ankles, knees, hips, and spine. They're an investment in your health and comfort that pays off every step of the way. Plus, it's the perfect time to use your HSA or Flex Spending dollars before they expire. Put that money toward something that keeps you moving and feeling your best well into the new year.

Key Benefits:

- Custom-designed to fit your unique foot structure
- Improve posture, balance, and spinal alignment
- Reduce pain and fatigue in the feet, knees, hips, and back
- Enhance comfort during daily activities and workouts
- Durable, long-lasting support for all shoe types
- Eligible for HSA and FSA spending
 - use your benefits before they expire!



Service Highlight

Ion Detox Foot Bath

The Ion Detox Foot Bath is a gentle and effective way to support your body's natural detox process, especially during the busy holiday season. As we navigate extra stress, rich foods, and colder weather, our bodies can easily become overloaded. This relaxing treatment helps draw toxins out through the 2,000+ pores in your feet, stimulating cell activity, improving metabolism, and restoring balance. You'll leave feeling lighter, refreshed, and ready to fully enjoy the season; with your body continuing to detox for the next 24–48 hours.



Benefits After Just One Session

- Feeling lighter and more relaxed
- Improved sleep that night
- Renewed energy the following day



Benefits After a Series of Treatments

- Improved circulation
- Decreased stiffness in joints
- Enhanced digestion
- Strengthened immune system
- Better liver and kidney function
- Increased metabolism
- Sharper mental clarity and alertness
- Greater overall sense of well-being

Did you know???

STUDIES SHOW THAT CHIROPRACTIC CARE CAN HELP REDUCE STRESS AND TENSION HEADACHES NATURALLY. GENTLE SPINAL ADJUSTMENTS HELP RELEASE BUILT-UP TENSION IN THE NECK AND UPPER BACK, IMPROVE BLOOD FLOW, AND CALM THE NERVOUS SYSTEM. BY RESTORING PROPER ALIGNMENT, YOUR BODY CAN RELAX, MUSCLES LOOSEN, AND THOSE "STRESS HEADACHES" FADE FASTER AND RETURN LESS OFTEN. REGULAR CARE HELPS YOU STAY AHEAD OF PAIN AND KEEP YOUR BODY BALANCED ESPECIALLY DURING BUSY, HIGH-STRESS TIMES LIKE THE HOLIDAYS!



Thank you for the reviews



Both doctors here at Millard Chiropractic are fantastic. I finally started going at about 32 weeks pregnant because of pelvic and back pain. I was able to stop wearing my belly support band! I was in more pain at 28 weeks pregnant than I was at 38! I went in as a skeptic, and left as a believer. My labor was a breeze. My water broke, and my 9lb 6oz baby was born 3 hours later. I attribute this "easy" birth to everything being in alignment. They're also great with children, and have a very friendly staff. It is a little bit of a drive for me, but it doesn't stop me from coming. I highly recommend Millard Chiropractic, and already have to my friends.

-Laur F.



Excellent info and service.

-Sylvia S.



Love Millard Chiropractic!

-Mo J.

Employee Highlight

EMMA

Hi, I'm Emma! I've been part of the Millard Family Chiropractic crew for almost four months now and wow, time really does fly when you're surrounded by people who feel like family!

I've known the Millard family for most of my life and have always admired their genuine care and support for others. What I love most about working here is our incredible teamwork and the way we all come together to make a difference in our patients' lives.

Outside the office, you can usually find me spending time with my family, enjoying dinner or football nights, or writing music in my room. I'm also planning to pursue my Master's in Psychology here in Omaha, with hopes of earning a doctorate focused on trauma response.

Chiropractic care inspires me because it's all about taking action to help others live healthier, happier lives; something that aligns perfectly with my passion for mental and physical wellbeing. I'm so grateful to be learning and growing in such a supportive, purpose-driven environment!



Trust Your Gut program

A Holistic Approach to Reducing Inflammation

You may benefit from the Trust Your Gut Program if you...

- **Struggle with frequent bloating, gas, or digestive upset**
- **Feel tired or foggy even after a full night's sleep**
- **Experience skin issues like eczema, acne, or rashes**
- **Have unexplained weight changes or food cravings**
- **Deal with inflammation, joint pain, or autoimmune flare-ups**
- **Notice frequent sinus congestion or allergies**
- **Battle mood swings, anxiety, or poor concentration**



The Trust Your Gut Program is a three-phase approach designed to heal your digestive system from the inside out. Rather than masking symptoms, it targets the root causes of inflammation, poor digestion, and immune imbalance. Through carefully selected, bioavailable supplements and a structured plan, this program helps repair the gut lining, safely remove toxins, and restore healthy gut bacteria. By rebalancing your microbiome, you can experience better energy, clearer thinking, improved skin, and overall stronger immunity.



Supplement Highlight

Formula 303

The holiday season is full of joy, but it can also bring extra tension, stress, and sleepless nights. Formula 303 is a natural, time-tested solution designed to help your body relax and unwind. With a calming blend of valerian root, passionflower, and magnesium, this non-habit-forming supplement gently eases muscle tightness, supports relaxation, and promotes restful sleep, without grogginess or side effects. Whether it's long shopping days, hectic schedules, or travel stress, Formula 303 helps you stay calm, balanced, and comfortable all season long.

Key Benefits:

- Naturally promotes relaxation and calmness
- Eases muscle tension and spasms
- Supports restful sleep without grogginess
- Non-habit-forming and drug-free
- Trusted by healthcare professionals for over 60 years



• Joanna S
• Dominique E
• Rachel L

• Linda J
• Brad M
• Michelle B
• Kim L
• Angela A
• Audrey G
• Lisa V
• Jacy W

• Mark P
• Joni B
• Laura P
• Gerri K
• Dawn C
• Joy A
• Leann M
• Danielle E
• Jeremy M
• Carlena P

WE ARE SO GRATEFUL
FOR YOUR REFERRALS **Thank You!**



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