

October

Millard Family
CHIROPRACTIC ©
& Wellness

Newsletter

2025

October is National Chiropractic Health Month

This month highlights the vital role chiropractic care plays in supporting healthy movement, reducing pain, and keeping your body in balance. Regular adjustments not only help your spine and joints function at their best but also support your nervous system and natural healing process. It's the perfect time to stay proactive with your health so you can keep moving comfortably and doing what you love.

Upcoming Event

NEUROPATHY SEMINAR

Having tingling and
burning in legs,
feet, or arms?

Feel like you are walking on
pins and needles?

When: Friday, October 17th at 12 PM

Where: Millard Family Chiropractic and Wellness

WHY: Learn about Neuropathy and how our office can best benefit you.

Join us if you or a family member suffers from Neuropathy... suffer no more!

Difficulty sleeping from
arm or hand discomfort?

You have a chance
to WIN a FREE
neuropathy exam!



(402)934-7557



info@millardwellness.com



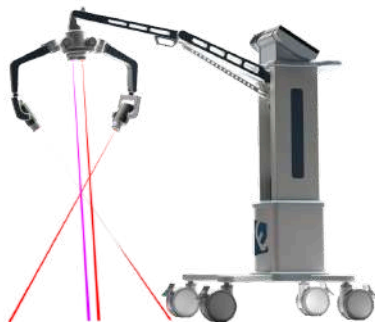
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LOW LEVEL LASER FOR PLANTAR FASCIITIS

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You can relieve your pain and inflammation of the heel associated with plantar fasciitis. Our FDA market cleared laser has been proven in clinical tests to effectively treat this painful condition. The healing powers of this low level laser technology can mend tears in the plantar fascia ligament in only a manner of weeks and return you to an active life once again. FX405 FROM ERCHONIA. THE ONLY FDA MARKET CLEARED LASER FOR THE TREATMENT OF PLANTAR FASCIITIS.



- ✓ Clinically Proven
- ✓ No Side Effects
- ✓ No Pain

Upcoming Event

The Blueprint to Lasting Weight Loss

When: Tuesday Oct. 21st at 6:00 PM

Where: Millard Family Chiropractic and Wellness

Tried diets before that worked... until they didn't? Learn the 8 real reasons your body holds onto fat—and how to reset your metabolism for lasting results without starving, counting calories, or crazy workouts.



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CHIROFLOW WATER PILLOW

Millard *Family*
CHIROPRACTIC & Wellness

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



Did you know?



CHIROPRACTIC CARE IS NON-INVASIVE AND FOCUSES ON THE SPINE AND MUSCULOSKELETAL SYSTEM TO HELP THE BODY HEAL NATURALLY. ADJUSTMENTS CAN EASE HEADACHES, BACK AND NECK PAIN, IMPROVE MOBILITY, SLEEP, MOOD, AND EVEN ATHLETIC PERFORMANCE. THEY ALSO SUPPORT THE NERVOUS SYSTEM, HELPING THE BODY COMMUNICATE AND FUNCTION AT ITS BEST. OVERALL, CHIROPRACTIC CARE REDUCES RELIANCE ON PAIN MEDICATIONS AND ENHANCES OVERALL QUALITY OF LIFE.



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Immune Support Kit

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Is the Immune Support Kit right for you?

You may benefit from extra immune support if you...

- Catch colds, flu, or infections often
- Feel run down, stressed, or low on energy
- Have trouble falling or staying asleep
- Battle seasonal allergies year after year
- Have low vitamin D levels or don't get much sunlight
- Take longer than usual to recover from being sick

This program is designed to help your body defend, recover, and stay strong.

The Immune Support Kit Program is a 30-day plan designed to strengthen and balance your body's natural defenses. Using a powerful combination of Protect, Shield, Immune, and Immuni-D Rest, the program supports antibody production, helps fight off bacteria and viruses, improves sleep quality, and promotes overall wellness. By combining vitamins, immune-boosting herbs, colostrum, and restorative nutrients, this program provides layered support to help your body defend, recover, and thrive.



Protect:

Designed to protect and supercharge your immune system

Immune:

Neutralizing foreign substances

Immuni-D Rest:

Helps provide rest and recovery

Shield:

Kills viral and bacterial microorganisms

**WHAT'S SCARIER THAN
A HAUNTED HOUSE?**

**Ignoring your back pain
until it creeps up on you**



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Thank you for the reviews



Millard Family Chiropractic & Wellness has provided a significant difference in my life for over 10 years. I first came when back issues incapacitated me, and a previous provider did not resolve the pain I experienced. Dr. Sheri helped me return to normal mobility without pain. Now at age 73, I can do my own housework, yard work, and teach students online, which takes many hours of computer work. I have monthly appointments with Dr. Sheri, which manages minor recurring issues. This past week I caused myself additional back pain. I called and Dr. Sheri made time for me that day. I walked away without the pain I came in with. I cannot express my appreciation enough for all Dr. Sheri has done for me.

-Pat C.



Every staff member is very knowledgeable and very understanding. You can definitely tell the staff wants to help make the patient's experience amazing.

-Erin B.



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

-Sheila S.

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.

Key Benefits:

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



Upcoming Events

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Oct. 17th at 12:00 pm Neuropathy Seminar

Oct. 21st at 6:00 pm The Blueprint to Lasting Weight Loss

Oct. 20th - 24th Chiropractic Health Month Spirit Week

We will be having fun all week in the office!!



Scan here to follow us on Facebook!
Thank you for being part of our
Chiropractic family! ♥

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✉ info@millardwellness.com

🌐 www.millardwellness.com

YOUR REFERRALS GIVE US
'PUMPKIN' TO CELEBRATE

- Mark P
- Tiffany K
- Anna H
- Laura F
- Jami D
- Laura O
- Liz H
- Kim S

**Thank
You!**

