

APRIL NEWSLETTER



STRESS AWARENESS MONTH

April is Stress Awareness Month, highlighting the impact stress can have on our health. Chronic stress can lead to issues like headaches, muscle tension, and poor posture. Chiropractic care helps manage stress by addressing spinal misalignments, or subluxations, which can interfere with the nervous system. Through adjustments, chiropractors reduce tension, improve nerve function, and promote relaxation, supporting the body's ability to cope with stress for better overall well-being.

UPCOMING EVENT:

Wellness Open House
June 4th, 5:30- 7:00 PM

Learn, Experience, Save

Get ready for an interactive wellness experience featuring some of the latest in non-invasive therapies and innovative ways to support your health. More details coming soon. STAY TUNED!



Did you know???

MISALIGNMENTS IN THE UPPER CERVICAL SPINE (NECK) CAN CONTRIBUTE TO TENSION HEADACHES OR EVEN MIGRAINES. PROPERLY ALIGNING THOSE VERTEBRAE SOMETIMES ALLEVIATES HEADACHE FREQUENCY AND SEVERITY



Product Highlight

Archies Footwear

Archies Flip Flops look like regular flip flops but offer the same support as orthotics. Their Specialized Closed-Cell Foam and Patented Footbed mold to your foot, supporting your arches and aligning your posture.

This improves lower limb mechanics, reduces energy exertion, boosts walking ease, speeds athletic recovery, and promotes healthier feet.

KEY BENEFITS:

- ELEVATED HEEL
- NO BREAKS OR BLOWOUTS
- MOLDS TO YOUR FEET
- TIGHT, STRECHABLE STRAP
- **REAL ARCH SUPPORT**

WHAT KIND OF MUSIC DO CHIROPRACTORS LISTEN TO?!?!?!?



HIP-POP!!!!

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 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**



BENEFITS AFTER JUST ONE SESSION

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

★★★★★

Dr. Sheri is so helpful with my prenatal chiropractic care!

She takes time to listen and respond to where my body needs support throughout my pregnancy!

-Emily B.

★★★★★

I have been going to MFCW for several years. Even back before they became the new Ruby Tuesday!!! No matter what dumb thing I do to injure myself, they can always get me back up and going. Now if only they could bring back the salad bar!

-Gerrett B.

Thank you for the reviews

★★★★★

I love the laser treatment options for my anxiety and chronic pain flare ups! And the staff is the best!

-Kim L.

★★★★★

Millard Family Chiropractic & Wellness is truly exceptional. The entire team is kind, knowledgeable, and genuinely focused on your overall well-being. Their approach to alignment and wellness—through adjustments and supportive therapies—has been a complete game changer. You feel cared for, supported, and better after every visit.

Highly recommend!

-Courtney M.

Supplement Highlight

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

ARE YOU DEALING WITH SEASONAL ALLERGIES?



Chiropractic care can play an important role in supporting the body during allergy season by helping the nervous and immune systems function at their best. When the spine is properly aligned, communication throughout the body improves, allowing it to better regulate inflammation and respond to environmental allergens like pollen, dust, and mold. In addition to gentle chiropractic adjustments, our office offers targeted supplements and supportive wellness strategies designed to strengthen immune health, reduce inflammation, and promote natural relief from allergy symptoms. By combining chiropractic care with nutritional support and personalized recommendations, we take a whole-body approach to helping patients breathe easier and feel their best throughout allergy season.

Chiropractic Word Search

F	C	K	J	U	O	E	G	R	K	C	A	D	M
P	U	J	Z	Q	W	F	Y	W	R	K	I	E	V
B	J	J	X	S	H	E	L	Y	B	B	F	N	U
W	Q	C	D	Y	B	B	L	K	Z	U	N	I	K
R	S	M	I	C	Q	T	G	L	E	U	U	P	U
T	N	E	M	N	G	I	L	A	N	T	D	S	A
R	B	F	N	X	A	U	D	B	U	E	N	C	U
X	L	X	X	J	P	P	N	A	C	G	S	I	R
R	M	D	W	A	O	K	S	L	S	N	S	S	Q
E	Z	L	Z	S	B	O	U	A	P	C	T	J	E
V	S	B	T	E	N	N	N	N	K	Q	O	N	I
I	J	U	I	Q	N	P	J	C	D	L	Z	T	C
H	R	O	U	T	Y	A	N	E	A	W	B	F	D
E	N	V	L	E	Z	H	E	A	L	T	H	O	E

Can you find these 6 words?

- HEALTH POSTURE BALANCE
ALIGNMENT SPINE WELLNESS

DO YOU FOLLOW US ON
FACEBOOK?!?!?



SCAN THE QR CODE

YOU CAN ALSO FIND US
ON INSTAGRAM
@MILLARDFAMILYCHIRO
AND ON TIKTOK
@MILLARDFAMCHIRO

Kit Highlight

Mobility Kit

Our Mobility Kit is crafted to ease muscle and joint pain, especially during physical stress. Combining premium herbs, minerals, and collagen, it offers a holistic approach to pain management.

KIT INCLUDES:

- **COLLAGEN COMPLETE**
 - BENEFITS HEALTH OF BONES, JOINTS & SKIN
- **MYO COMPLETE**
 - SUPPORTS HEALTHY MUSCLE RELAXATION
- **ARTHO COMPLETE**
 - SUPPORT AND MAINTAIN JOINT HEALTH
- **MOBILE MAX**
 - PROVIDES JOINT SUPPORT, BETTERS RANGE OF MOTION & RELIEVES INFLAMMATION
- **PAIN SHIELD**
 - RELIEVES PAIN AND DISCOMFORT & STIMULATES CIRCULATION

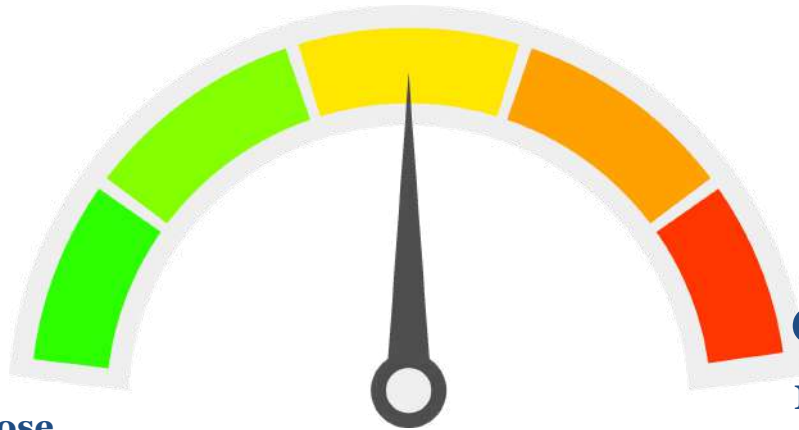
program lasts 30 or 90 days



WHERE'S YOUR STRESS LEVEL TODAY?

Tense Mode

Shoulders creeping toward your ears.



Chill Mode

Feeling relaxed and loose.

Overload Mode

Neck and back feel like concrete.

If you're in Tense or Overload Mode, take a 2-minute "spinal reset" break:

**Stand up, clasp hands behind your back,
gently pull shoulders down and back,
and take 3 deep breaths.**

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Thank you for helping us GROW!!

- Judy N.
- Becca J.
- Monica M.
- Brad M.
- Reagan B.
- Tami W.
- Laurie F.
- Mickey M.
- Bob B.
- Bethany E.
- Edward T.
- Kara M.

Thank you for your referrals

