

# February Newsletter



Millard Family  
CHIROPRACTIC  
& Wellness

**EVEN GEESE  
LOVE THE  
CHIROPRACTOR!**

## UPCOMING EVENT

# Neuropathy Seminar

### Experience these symptoms?

- Numbness or tingling in hands or feet?
- Feel like you are walking on pins and needles?
- Difficulty sleeping from arm or leg discomfort?

**Join us if you or a family member  
suffers from Neuropathy...**

**SUFFER NO MORE!!**

When?

FRIDAY FEB. 20TH

Where? AT 11:00 AM

16831 LAKESIDE HILLS PLZ.  
OMAHA, NE 68130



## A note from Dr. Sheri

February is a great reminder that true health is about more than just feeling “okay”. It’s about caring for your body consistently, intentionally, and with the right support.

During the winter months, many people notice increased aches, stiffness, or nerve-related symptoms that have quietly become part of daily life. This month, we’re focusing on education and awareness around nerve health and helping people understand that there are options beyond simply managing symptoms.

Inside this newsletter, you’ll find highlights designed to support your health, along with a little fun and a lot of gratitude. Thank you for trusting us with your care, for your kind reviews, and for your referrals.

We’re honored to serve you and look forward to supporting your health this February and beyond.

-Dr. Sheri Millard



# Service Highlight

## Spinal Decompression

Spinal decompression therapy is a safe, non-surgical treatment used to relieve pressure on the spine and surrounding nerves. Whether in the lumbar (lower back) or cervical (neck) regions, decompression helps address common conditions like herniated discs, spinal stenosis, and nerve impingement. By gently stretching the spine, we help create space, promote healing, and reduce pain naturally.

### Benefits of Decompression:

- Relieves neck, back, arm, and leg pain
- Improves posture and spinal alignment
- Promotes natural healing through increased circulation
- Enhances mobility and range of motion
- Reduces the need for medications or invasive procedures
- Supports long-term spinal health and wellness

# Did you know???



**YOUR SPINE PROTECTS YOUR SPINAL CORD, WHICH SENDS MESSAGES BETWEEN YOUR BRAIN AND BODY ALL DAY LONG. HEALTHY SPINAL MOVEMENT SUPPORTS POSTURE, MOBILITY, AND OVERALL FUNCTION. CHIROPRACTIC CARE FOCUSES ON IMPROVING SPINAL MOTION SO YOUR BODY CAN MOVE AND FUNCTION AT ITS BEST.**



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# Product Highlight

## Hot /Cold Pack

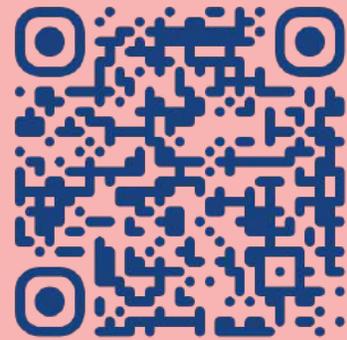
The Hot/Cold Packs offer simple and effective hot or cold therapy. These versatile packs are designed to ease headaches, soothe muscle tension, and reduce inflammation from strains, sprains, bruises, and other soft tissue injuries. These reusable packs can be heated or chilled, making them a versatile tool for both acute injuries and chronic discomfort.

### Benefits of Hot/Cold Packs:

- Provides soothing relief for sore muscles, stiffness, and joint pain
- Freeze for cold therapy or heat in the microwave for hot therapy
- Hot therapy increases circulation and relaxes tight muscles
- Cold therapy reduces inflammation and swelling after activity or injury
- Reusable, durable, and convenient for home use



SCAN THE QR CODE BELOW  
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US ON FACEBOOK!



**WHY DID THE DINOSAUR GO TO  
THE CHIROPRACTOR?**

**HIS BACK WAS ROAR-ING!**



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# Thank you for the reviews



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 started with MFCW a little over a month ago and it's been a lifechanging experience. I am a post cancer/chemo survivor who lived in chronic pain and the chiropractic protocol has improved my quality of life by providing answers and relief with the recommended protocol. I highly recommend them, they are friendly, professional, and extremely supportive

-Rosa K.



Pain is gone I love decompression

-Yas T.



Dr. Millard treats every patient as a person and takes the time to help them feel better physically through adjustments, but mentally through allowing each patient to tell her about their life.

-ErinB.



## 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.**



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# 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



WE *love* YOUR  
FRIENDS & FAMILY AS MUCH AS YOU DO

Justin R.

Emma C.

Jennifer B.

Brad M.

Tracy B.

Deanne R.

Veronica W.

Will S.

Pat T.

Rob R.

Dana K.

Joni R.

THANK YOU FOR YOUR REFERRALS



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