



**Miller Chiropractic Health Center**  
**Live Pain Free and Energized**

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### **\*OFFICE NEWS\***

Dr. Miller will be **out of the office** December 5th-9th on vacation. **Dr. Nick** will be in the office during regular business hours providing care for all patients.

#### Holiday Closings:

The office will be **closed** Friday December 23rd for Christmas  
**and** Friday December 30th for New Years!

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## **A Letter From Dr. Miller and Dr. Nick**

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### **Vitamin D: Not Just For The Bones!**

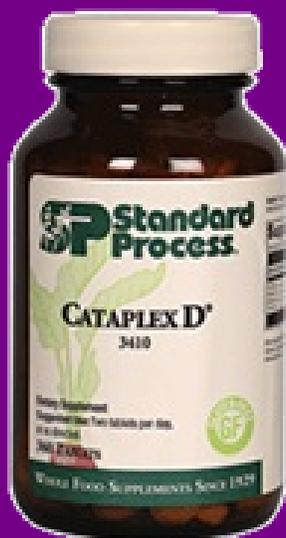
Vitamin D **deficiency** has been shown in many research studies to diminish heart function, distort heart muscle structure, and induce plaque formation. Coronary heart disease is most commonly associated with lifestyle factors such as high sugar diets, high fat diets, smoking, and high alcohol intake. A study analyzing a database of over 250,000 individuals who had heart attacks maintained by the National Registry of Myocardial Infarction, found that infarctions surged to 53% during sun deprived winter months compared to summer. Not only could a Vitamin D deficiency be linked to cardiac function there is new research indicating that there is a link between cognitive/brain function and vitamin D. A study conducted for over 75 years, found that participants who had been diagnosed with dementia had a lower vitamin D average than the other groups tested.

#### **Testing is Key!**

Don't guess about your vitamin D levels. In fact, if you're low in Vitamin D, chances are you're deficient in other nutrients. We are able to order such screenings and various lab tests in office for you and supplement accordingly. Let us guide you down the right path to live pain free and energized.

**Sincerely,**  
*-Dr. Miller and Dr. Nick*

## Supplement of the Month!



### Cataplex D

Supports bone health, mineral absorption, the immune system, and cellular processes.\*

- Encourages healthy calcium absorption from the intestinal tract into the blood
- Supports healthy immune system response
- Supports and maintains healthy bone density
- Provides vitamin D, which is needed by almost every cell in the body for development and transcription.

Contains: Vitamin A 1,000 IU, Vitamin D 1,600 IU, Calcium 40 mg

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Standard Process products are dietary supplements and not intended to diagnose, treat, cure, or prevent any disease.

## Complimentary Foot Scan

### 3D Body View Foot Scan

We are currently offering **complimentary** orthotic scans for all patients! Call 913-782-7260 today to schedule your consultation with Dr. Nick.



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