



*Prosperity Through Unity
Exceptional Care for Idahoans*

March 2025

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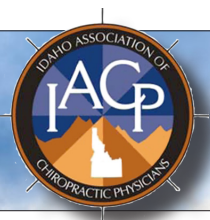
2025 IACP Annual Convention

April 25-27, 2025 at the Grove Hotel, Boise, ID

Join your fellow chiropractic colleagues for the 2025 IACP Annual Convention April 25 - April 27, 2025 at The Grove Hotel in Boise. The event will be filled with innovative presentations, networking opportunities, and discussions on our efforts to grow the chiropractic industry into the future. Our fresh and diverse set of speakers, along with our exhibition of industry partners, will provide you with professional development as well as applicable products and services to benefit your practice. Our CA track will focus on multiple areas of practice management, billing, coding, documentation, and audit protection.

[Click here](#) for more information, your badge is waiting.





IACP

The mission of the Idaho Association of Chiropractic Physicians (IACP) is to act as the unified voice, leader and stalwart supporter of the individual licensed doctors of chiropractic and supporting associates who provide exceptional health care and wellness to the patients and communities of Idaho. In supporting our Idaho chiropractic physicians, the IACP will work diligently to protect, enhance and build opportunities for the chiropractic industry and increase public access to chiropractic care.

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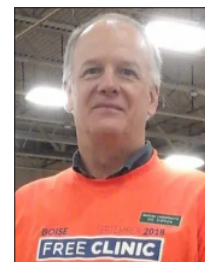
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Join the Pack

The IACP acts as a resource, representative and leading advocate for the chiropractic industry in Idaho. We cannot continue to properly serve the chiropractic profession without the commitment and support of exceptional industry leaders, such as yourself. The IACP Board and its members believe that membership in the Association is and should be mutually beneficial to both the Doctor and the IACP, which makes it a perfect cooperative relationship. As a member, you will have multiple opportunities to obtain learning and marketing opportunities, at a discounted rate, through membership, as well as, have an opportunity to utilize the services of the IACP team and its Board. You will also have an opportunity to get involved in important issues, from the center, along with other industry leaders and spokespeople. At the same time, the Association continues to grow and provide broader services to the industry with your support. Join now and be a part of the “pack” that will lead us into the future!



We publish news and articles of interest to the chiropractic community without charge. If you have a press release, news article or event to publicize, email your info to:
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Doctor Of The Year honors awarded to Dr. Joseph Betz

Chiropractic BioPhysics® (CBP®) Nonprofit, a leading organization dedicated to advancing the science and practice of chiropractic care through research and education, proudly announced Dr. Joseph Betz as the recipient of its prestigious Doctor of the Year Award for 2024. This honor recognizes Dr. Betz's unwavering commitment to excellence in chiropractic care, his groundbreaking contributions to spinal health research, and his dedication to improving patient outcomes worldwide.

Dr. Betz's award acknowledges his exceptional leadership and transformative impact on the chiropractic profession. With over two decades of clinical experience, Dr. Betz has become a luminary in the field, blending evidence-based practice with patient-centered care. His alignment with CBP® Nonprofit's mission-to promote the highest standards in chiropractic science-has propelled him to the forefront of advancements in spinal health and rehabilitation.

As a certified CBP® practitioner, Dr. Betz has integrated the method's principles into his clinical practice, offering patients personalized care plans grounded in rigorous scientific research. His innovative use of CBP® techniques has helped countless individuals achieve long-term spinal correction and enhanced quality of life. The Doctor of the Year Award celebrates his exceptional ability to translate complex biomechanical principles into actionable, effective care strategies for patients.

Throughout his career, Dr. Betz has championed a patient-centered approach to chiropractic care, emphasizing the importance of individualized treatment plans and measurable outcomes. His practice is renowned for its compassionate care model, which prioritizes patient education and empowerment. By integrating CBP® techniques with cutting-edge diagnostic tools and technologies, Dr. Betz ensures that each patient receives the most effective and personalized care possible.

Patients frequently commend Dr. Betz for his ability to listen deeply to their concerns, educate them about their condition, and provide practical solutions for long-term health. This holistic approach has garnered him a reputation as not only a skilled practitioner but also a trusted advocate for his patients' well-being.

CBP® Nonprofit's Doctor of the Year Award also recognizes



Dr. Betz's role as a catalyst for change within the chiropractic profession. His forward-thinking initiatives have helped elevate the credibility and visibility of chiropractic care in the broader healthcare community. By advocating for rigorous scientific standards and promoting interdisciplinary collaboration, Dr. Betz has contributed to a more integrated approach to spinal health care.

Dr. Betz's efforts have also extended to public education, where he has worked tirelessly to raise awareness about the importance of spinal alignment and its impact on overall health. His outreach initiatives have empowered countless individuals to take proactive steps toward better health through chiropractic care.

As the recipient of CBP® Nonprofit's Doctor of the Year Award, Dr. Betz's legacy continues to grow. He remains steadfast in his commitment to advancing chiropractic care, with plans to expand his research initiatives and further refine clinical protocols. By sharing his expertise with colleagues and mentoring the next generation of practitioners, Dr. Betz ensures that his contributions will resonate for years to come.

This prestigious recognition not only celebrates Dr. Betz's past achievements but also underscores the transformative potential of chiropractic science. As CBP® Nonprofit and its members continue to push the boundaries of what is possible in spinal health care, Dr. Betz's visionary leadership will undoubtedly remain a guiding force.

A fresh look at strength training and nonspecific low back pain

A recent systematic review and meta-analysis of the impact of isolated lumbar extension strength training on reducing nonspecific low back pain, disability, and improving function was published in *Springer Nature Limited* (<https://doi.org/10.1038/s41598-025-90699-5>) by Trybulski, R., Michał, W., Małgorzata, S. et al. The Introduction of that research said:

“Nonspecific low back pain (LBP) is a common condition that affects a significant portion of the population, with a lifetime prevalence of up to 84%. Key concerns associated with LBP include the intensity of pain localized between the costal margin and the inferior gluteal folds, which may occur

with or without accompanying leg pain. This pain can cause substantial functional impairments, negatively impacting daily activities, work capacity, and contributing to a decline in quality of life. Epidemiological studies indicate that chronic LBP is widespread across all age groups, although it is most frequently reported in adults aged 40 to 50 years. Despite its high prevalence, nonspecific LBP generally lacks identifiable structural abnormalities, which complicates both diagnosis and treatment strategies.

While previous studies have suggested that passive treatments—such as ultrasound, heat and cold therapy, and massage—are generally ineffective in reducing pain in



The bird dog exercise strengthens the core, hips, and back muscles, helps relieve low back pain, and promotes proper posture. It targets the whole body for an increased range of motion. This exercise is suitable for people of all levels, including older adults, and it can be used to prevent injury, align your spine, and recover from low back pain.

adults with LBP, guideline-endorsed long-term therapeutic approaches emphasize the importance of physical rehabilitation.

Exercise and resistance-based training are particularly effective strategies. Evidence indicates that regular physical exercise, encompassing both aerobic and resistance training, significantly alleviates pain and enhances function in individuals with chronic LBP. Notably, resistance training, which focuses on strengthening the core and back muscles, is associated with greater functional improvements and pain relief compared to other therapeutic modalities.

While a recent network meta-analysis has highlighted the specific benefits of Pilates for pain relief, it appears that resistance training, along with stabilization and motor control exercises, is also particularly effective. Furthermore, consistent participation in structured exercise programs is linked to decreased healthcare utilization and reduced reliance on medications.

Among the resistance training, isolated lumbar extension (ILEX) training has gained attention as a targeted approach to low back pain therapy, particularly due to its unique method of restraining the pelvis. This technique focuses on isolating the lumbar spine's movement while stabilizing the pelvis, which allows for a more controlled activation of the erector spinae and other paravertebral muscles.

Research indicates that ILEX can effectively enhance lumbar strength and stability without placing excessive strain on the intervertebral discs, making it a suitable option for

individuals with LBP. Studies have shown that ILEX not only improves muscle endurance but also reduces pain and disability levels among chronic low back pain patients. Compared to conventional resistance training methods that engage multiple muscle groups, ILEX provides a more specific strengthening stimulus to the lumbar region. This focused approach aligns with current rehabilitation guidelines advocating for individualized exercise interventions tailored to the specific needs of patients suffering from LBP.

The Conclusion noted that ILEX was found to significantly reduce pain intensity, highlighting its potential as an effective intervention for alleviating pain. However, the evidence regarding ILEX's impact on disability and physical functionality outcomes is less robust.

While some studies indicated improvements in disability scores, the overall meta-analysis suggested no significant differences compared to control groups, implying a limited effect of ILEX on these outcomes. Furthermore, while ILEX showed moderate effects on maximal strength, this was not unanimously supported across all studies.

Clinically, the significant pain reduction associated with ILEX underscores its value in rehabilitation programs, particularly when combined with a focus on pelvic stabilization to enhance lumbar muscle engagement. Overall, while ILEX shows promise in managing pain in individuals with LBP, clinicians should approach its application with an awareness of its limited effects on disability and functional strength compared to other exercise modalities.

ACCRAC 2025 Conference

ACCRAC leads the way in demonstrating a commitment to excellence in chiropractic education

[Register now](#) March 20 - 22, San Diego CA

Transformative Trends in Healthcare

ACCRAC 2025 will engage in an exploration of emerging technologies, innovation and best practices that will impact chiropractic. It will provide a forum for attendees to investigate these transformative trends in healthcare such as AI, a shift towards value-based care, digital health literacy, personalization of treatment, treating the whole person, interdisciplinary collaboration, ethical and legal considerations and wellness.

How to hire the right team members for your chiropractic office

By Dr. Ray Foxworth, DC, FICC, ChiroHealthUSA

Hiring the right team can make or break your chiropractic practice. Whether you're just opening your doors, or looking to expand, finding the perfect fit for your clinic isn't just about skills and experience—it's about culture, attitude, and commitment to patient care. So, how do you build a rockstar team that keeps your office running smoothly while making patients feel at home? Let's dive in.

1. Define Your Ideal Team Member

Before you even post a job listing, be crystal clear on what you're looking for. Do you need a front desk superstar who can juggle phone calls, scheduling, and patient interactions with a smile? Or are you looking for an experienced chiropractic assistant who understands patient care and therapy modalities? Write down the skills, personality traits, and values that align with your practice.

2. Hire for Attitude, Train for Skill

You can teach someone how to use your EHR system, but you can't teach them to be kind, empathetic, or reliable. Look for candidates who have a great attitude, are eager to learn, and genuinely care about helping people. A positive team culture starts with hiring the right personalities.

3. Use the Right Hiring Channels

Posting on Indeed or Facebook Jobs is a great start, but don't underestimate the power of referrals. Your best hires might come from recommendations from other chiropractors, colleagues, or even your current team. If someone great comes your way but you don't have an open position, keep their resume on file—you never know when you'll need them!

4. Ask the Right Interview Questions

Skip the generic "Tell me about yourself" and ask questions that reveal real insights about the candidate. Try:

- "Tell me about a time you had to handle a difficult patient situation. How did you manage it?"
- "What do you love about working in a healthcare setting?"
- "How do you stay organized and prioritize tasks in a busy office?"

Their answers will tell you a lot about their experience, work ethic, and problem-solving skills.

5. Test the Waters with a Working Interview

Resumes and interviews are helpful, but seeing a candidate in action is even better. A working interview—where they spend a few hours in your office—can help you assess how they interact with patients, handle tasks, and fit with your team. Just be sure you aren't allowing them to view patient health information.

6. Make Onboarding a Priority

Hiring doesn't end when the contract is signed. A strong onboarding process helps new employees feel welcomed, understand expectations, and integrate into your practice smoothly. Provide hands-on training, clear office protocols, and regular check-ins to set them up for success.

7. Keep Your Team Engaged

Hiring the right people is just the beginning. Keeping them engaged is the secret sauce to a thriving office. Show appreciation, offer professional development opportunities, and create a supportive environment where your team feels valued.

Final Thoughts

Your chiropractic office is only as strong as the people running it. Taking the time to hire thoughtfully and invest in your team will pay off in patient satisfaction, office efficiency, and long-term success. So, take a deep breath, trust your instincts, and build the dream team your practice deserves! Download a copy of 5 Easy Steps to Run a More Efficient Practice to get a copy of a sample training plan and employee job description [here](#).

Dr. Ray Foxworth, DC, FICC, is the visionary behind ChiroHealthUSA, serving as its esteemed founder and CEO. With over 39 years of dedicated service in chiropractic care, Dr. Foxworth has navigated the complexities of billing, coding, documentation, and compliance firsthand. His rich experience includes roles as the former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Chiropractic Summit and Mississippi Department of Health. Dr. Foxworth is deeply committed to advancing the chiropractic profession, which is evident through his leadership roles. He is an at-large board member of the Chiropractic Future Strategic Plan and holds an executive board position with the Foundation for Chiropractic Progress.

"Patient Satisfaction. Financial Stability. Practice Growth. —WITHOUT COMPROMISING MY PRACTICE INTEGRITY."

"ChiroHealthUSA has proven to be a game-changer for my practice. It allows my patients to receive consistent, affordable care while ensuring a steady and predictable cash flow for my business.

This has not only helped retain patients but also attract new ones who appreciate the cost-effective options. Moreover, ChiroHealthUSA has provided invaluable support in navigating the complexities of compliance with insurance regulations, which has given me peace of mind and allowed me to focus more on providing quality care rather than administrative tasks.

I wholeheartedly recommend ChiroHealthUSA to any chiropractic practice looking for a trusted partner to enhance their operations, improve patient retention, and maintain compliance.

They have significantly improved and supported my chiropractic practice."

Dr. Collin Precour
Precour Chiropractic
Phillips, WI

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Protect your practice from hackers

We all need to take internet security seriously. With cybercriminals stalking the internet and social engineering attacks on the rise, it's prudent to keep ourselves safe and guarded on the web.

Without doubt, the risk of cyberattacks has increased substantially in recent years. The exact numbers vary depending on how an attack is defined. For instance, one report claims there are around 5.5 billion malware attacks each year, and 6.3 trillion intrusion attempts. The Identity Theft Resource Center (ITRC) Annual Data Breach Report recorded 2,365 cyberattacks leading to data compromises in 2023.

Phishing and pretexting are the most commonly used kinds of cyberattack. 50% of all phishing and pretexting attacks target user credentials. This is especially troubling as almost 8 in 10 web users reuse passwords for multiple accounts.

And while everyone knows that they shouldn't use the same password for every website, more than 70% of us use the same password for multiple logins.

It's certainly tempting to use the same password again and again — who really has the capacity to remember different passwords for all of the sites and apps you use? But while it's certainly easier in the short-term to use the same passwords all the time, it poses some serious security risks in long run, because using the same password again and again makes it easy for hackers to access multiple accounts.

If just one site, somewhere, is breached and data stolen, hackers can collect username and password info and then try those username and password combos on other sites. This could put your banking sites, airline frequent flyer sites, email accounts, social media pages and more at risk.

Best Practice: When creating passwords, make them long and complicated.

Use strong, complex passwords for all sites and apps (or for your password manager, if you use one). First, it should be long — think around 20 or so characters. To create a long password you'll actually remember, try using phrases instead of a single word and characters, like song lyrics, for example. If it is too much to use a complicated, unique password for every site, at least do that for the most important accounts like email and banking, as well as for your password manager.

Cyberattack Statistics

- Someone falls victim to a cyberattack roughly once every 11 seconds.
- Almost 6 in 10 businesses have suffered a ransomware attack this year.
- North America has seen a 15% increase in ransomware attacks this year.
- The average cost of a successful attack is more than \$330,000.
- Data breaches from phishing attacks cost companies an average of \$4.88 million.
- The largest recorded data breach compromised more than 3 billion user accounts.

The single best way to prevent one data breach from having a domino effect is to use a strong, unique password for every single online account you have.

Creating a unique and strong password for every account is not a great job for a human. That is why many prefer to use the random password generator built into your password manager. Several very good password managers are free, and it takes only a little time to start using one. For-pay password managers generally offer more features.



Worldwide, life expectancy sharply declining

Research suggests England is the unhealthiest country in the whole of Europe

Europe's life expectancy is stalling and it's not just a number on a chart. From the UK to the rest of the continent, the latest research reveals a troubling slowdown in how long we're expected to live.

According to the latest Administration figures, Americans born this year can expect to live, on average, 77.5 years. Not great.

The culprits? A mixture of poor diets, lack of physical activity and an ever-growing obesity epidemic. And England is experiencing the biggest slowdown.

A groundbreaking new [study](#) in *The Lancet Public Health* shows that the average increase in life expectancy across Europe has slowed dramatically since 2011. Between 1990 and 2011, life expectancy grew by 0.23 years every year. But from 2011 to 2019, that rate dropped to just 0.15 years. The research, titled, *Changing life expectancy in European countries 1990–2021: a subanalysis of causes and risk factors from the Global Burden of Disease Study 2021*, states in the Introduction:

“Life expectancy is an important summary measure of the health of populations and has been increasing in high-income countries since at least 1900, interrupted only by periods of high mortality during both world wars and the 1918 influenza pandemic. The increase has been due to sustained and progressive improvements in infant mortality, nutrition, living standards, and the control of major infectious diseases such as tuberculosis and cholera. In recent decades, increases in life expectancy among high-income countries have been due to reducing death rates from non-communicable diseases, especially cardiovascular diseases and some cancers, with reductions in risk factors such as smoking and raised blood pressure. The rise in life expectancy has slowed down since 2011, and further slowed in many countries when the COVID-19 pandemic occurred in 2020. The COVID-19 pandemic itself led to exceptionally high mortality rates and corresponding decreases in life expectancy due to COVID-19 in many countries. These falls in life expectancy are not yet recovering as consistently as they did in 2014–15 after a severe influenza season, and there remains substantial heterogeneity across countries with some locations continuing to have substantial excess mortality post-2021. There could still be a continuing impact on life expectancy due to the COVID-19 pandemic,

for example from continued disruption to health services as a result of work postponed during the pandemic, and from post-COVID-19 condition and effects on multiple organ systems.

While most of Europe is slipping, Norway has bucked the trend. The Scandinavian nation – along with Iceland, Sweden, Denmark, and Belgium – has successfully maintained or even improved life expectancy.

Their secret? Strong public health policies focusing on reducing heart disease and cancer risks, combined with a healthier approach to diet and exercise.

The study concluded by saying: “Gains in life expectancy have slowed and in most cases life expectancy has decreased across the included European countries between 1990 and 2021. These findings show that the stalled progress in reducing deaths from the major causes of cardiovascular diseases and cancer is attributable to changes in population exposure to common risk factors, including high BMI, and continued high exposure to dietary risks. Trends in life expectancy at the national level are associated with major long-term policy interventions, implying that governments can substantially influence the longevity of their population through policy choices that should include addressing the commercial determinants of health, reducing dietary risks, improving physical activity levels, and ensuring access to effective health care for prevention and treatment. Further development of long-term national and international cross-sectoral strategies, involving governments, communities, schools, and employers, is urgently needed to reverse the slowdown in life expectancy improvements and worsening life expectancy over the past 15 years in European nations.”

It's never too late to reverse the trend in your own life, or the lives of your patients. By making better food choices and keeping active, it's still within our power to live healthier, longer lives.

If you want to live long enough to enjoy your golden years it might be time to rethink your lifestyle and start making manageable changes. You can take charge of your health by eating a varied diet, getting more active and committing to long-term wellbeing.

One possible starting point on the road to a better, healthier

you might be ‘Longevity Stew’ - some of the world’s longest-living people, living in the so-called ‘Blue Zone’ swear by this recipe. ‘Blue Zones’ are the handful of locations around the world where people regularly live to see 100 - several decades longer than the average American!

The secrets to their longevity? Well, the research supporting the widespread claims about these populations is far from perfect and unverified claims abound, but one thing’s for sure: these people eat well. Their local foods are nutritional powerhouses, helping them stay fit and healthy – well into old age. Now, Blue Zone experts are recommending one meal in particular: Ikarian ‘longevity stew’. Named after the small Greek island where this dish is typically made, it’s a classic Mediterranean staple that’s packed with goodness.

The stew is made by frying off onions, garlic and fennel in olive oil, before adding black-eyed peas, tomato paste and chopped tomatoes. It’s flavoured with salt, bay leaves and dill. On a basic level, it’s made of complete wholefoods, with no additives, preservatives or ultra-processed foods. It’s rich in plant-based ingredients and a variety of vegetables.

Onions are a great source of antioxidants, particularly quercetin, which has been linked to reducing inflammation and supporting heart health. They also contain compounds that could boost immune function and improve digestion by promoting healthy gut bacteria.

Garlic is famed for its potential heart-health benefits. Rich in allicin, a sulfur compound, it can help lower blood pressure and cholesterol levels. Studies also show garlic also has antimicrobial and immune-boosting properties.

Fennel is rich in vitamins and minerals like vitamin C, potassium, and manganese. Its fibre content promotes



digestive health, while its plant compounds, such as anethole, have anti-inflammatory and antioxidant effects.

Olive Oil is a cornerstone of the Mediterranean diet – officially the healthiest diet for 2025 – olive oil is packed with monounsaturated fats, which are great for heart health. It’s also rich in antioxidants, like vitamin E, and anti-inflammatory compounds, making it a healthier fat choice compared to saturated alternatives.

Black-eyed peas provide a good amount of protein and fibre [13 grams and 11 grams per cup, respectively], which are essential for maintaining a healthy digestive system and keeping you full for longer... Plus, they’re rich in important vitamins and minerals like folate and iron.

Once you’ve got the ingredients, the recipe involves frying the onion, fennel and garlic until soft, before adding the black-eyed peas. Next, add the tomato paste and chopped tomatoes, along with enough water to just cover the beans. Chuck some bay leaves in, then let the whole thing simmer for 40-60 minutes. Season to taste and enjoy.

Sadly, eating this stew probably won’t add years to your life – at least not in isolation. Does it contain plenty of good stuff? Sure. But there are plenty of other factors contributing to the long lives of Blue Zone populations. A broadly plant-based diet is definitely one of them, but sleep quality, low stress, strong social connections and agreeable climate all play their part too.

Chiropractic News

American Chiropractic Association elects new leadership team

The American Chiropractic Association (ACA) installed new leadership during its annual meeting in Washington, D.C. The ACA Board elected **Marcus Nynas**, DC, of Billings, Mont., as president and **Kris Anderson**, DC, MS, of Grand Forks, N.D., as vice president for the 2025-2026 term. In addition, the ACA House of Delegates elected three members to join the Board.

Dr. Nynas is a staff chiropractor with the Montana Veterans Administration (VA). He has been a member of the Board since 2023 and served as vice president for the past two years. Previously, he was ACA's Montana delegate and chaired committees focusing on key policy areas such as payment equity, payer relations and Medicare. Dr. Nynas has also held appointments in the Montana Department of Labor and Industry, including president of the state's Board of Chiropractic.

Dr. Anderson works at a federally qualified community health center (FQHC) in addition to running a private practice. He has served on the Board since 2024. He is chair of the ACA Health Policy and Advocacy Committee and deeply involved in work on code development/valuation and Medicare. Dr. Anderson is also an ACA advisor to the American Medical Association RVS Update Committee (RUC) Health Care Professionals Advisory Committee (HCPAC).

Can AI assist doctors of chiropractic?

A complex problem that took microbiologists a decade to get to the bottom of has been solved in just two days by a new artificial intelligence (AI) tool. Professor José R Penadés and his team at Imperial College London had spent years working out and proving why some superbugs are immune to antibiotics. He gave "co-scientist" - a tool made by Google - a short prompt asking it about the core problem he had been investigating and it reached the same conclusion in 48 hours.

The researchers have been trying to find out how some superbugs - dangerous germs that are resistant to antibiotics - get created. Their hypothesis is that the superbugs can form a tail from different viruses which allows them to spread

between species. Prof Penadés likened it to the superbugs having "keys" which enabled them to move from home to home, or host species to host species. Just two days later, the AI returned a few hypotheses - and its first thought, the top answer provided, suggested superbugs may take tails in exactly the way his research described.

In Memoriam James M. Cox DC, DACBR, FICC, HonDLitt, DIANM(H)

With heavy hearts at the loss of a cherished husband, father, brother, chiropractic mind, leader, colleague, and friend, the team of Cox® Technic announces the passing of Dr. James M. Cox on March 3, 2025.



Dr. Cox started writing at the urging of Joseph Howe DC DACBR, his mentor in chiropractic radiology, with whom he'd shared his care of back pain patients with his "new" approach in the 1960's. Dr. Cox found that sharing his clinical findings in peer-reviewed journals helped him share with his colleagues his methods and outcomes. Eventually, he started writing his "Low Back Pain: Mechanism, Diagnosis, Treatment" textbook through 3 editions privately published when Lippincott Williams and Wilkins (today's Wolter Kluwers Health) invited him to write for them. His 4th, 5th, 6th, and 7th editions were written for LWW/WK. He donated all author royalties to chiropractic research at National, Palmer, and currently Keiser University College of Chiropractic Medicine. His "Neck, Shoulder and Arm Pain: Mechanism, Diagnosis, Treatment" textbook is in its 4th edition and privately published. For his beloved patients and his Cox® Technic colleagues, he wrote patient booklets on spinal conditions to help them understand their issues and brochures to give hope in the care they were receiving, all based on research and science. He recently completed a second draft of a book for the patient that is in the hands of his editor. We will follow the course for its publication in the future. His desire to make sure there was science behind chiropractic care became a passion.

Chiro Match

The Chiropractic Residency Match for Positions

Chiro Match is an application service and matching program offered by the Association of Chiropractic Colleges (ACC). The new service provides an orderly process to help applicants obtain positions of their choice, and to help programs obtain applicants of their choice. For many years, health care training sites throughout North America have used a similar match in the annual recruitment of medical residents, pharmacy residents, psychology interns, dentistry and others.

Completing a residency in chiropractic provides recent graduates with additional competencies beyond those attained in their professional degree programs. A resident gains invaluable experience from a year of advanced clinical training in an integrated hospital setting. It increases career opportunities and enhances the level of confidence a resident has when beginning their post-residency career.

The Council on Chiropractic Education (CCE), the accrediting body for chiropractic degree and residency programs, defines a chiropractic residency as a post-doctoral education program centered on clinical training that results in the residents' attainment of advanced competencies. Specific to the area of training, the residency expands and builds on the competencies attained through completion of the doctor of chiropractic degree program. A residency must be a minimum of twelve months, full-time, in-person training involving actual patients and following a coherent, integrated, and progressive educational program with evidence of increasing professional responsibility.

Various chiropractic residency programs exist, but our focus is on residencies that are accredited by the Council on Chiropractic Education or have met the eligibility requirements for initial application for such accreditation. To date, these are the Integrated Clinical Practice programs. These chiropractic residency programs focus on the provision of chiropractic care in integrated healthcare systems, collaborating with primary care, specialty care, and other medical and associated health providers and trainees. The residencies provide advanced clinical training in multimorbid case management, allowing recent graduates to increase their scope and depth of clinical knowledge, experience and acumen. Residents are mentored by senior chiropractors who are national leaders in integrated chiropractic practice. These clinicians share their expertise in patient care and scholarship to provide a robust educational experience.

Residency graduates are highly sought after by decision-makers in medical systems. The completion of a residency serves as a mark of distinction unlike any other in the chiropractic profession. Over 97% of graduates have excelled in career placement in hospitals and medical facilities and are on trajectories to become future leaders in healthcare. In the VA system, the starting salary for DCs with 1 year of experience would be over \$20,000 higher for those who completed residencies compared to those who did not.

Chiro Match is sponsored by and operating within ACC's structure. ACC is working with National Matching Services Inc. (NMS) to administer the program with policy guidance and oversight from ACC's Chiro Match Task Force. Chiropractic residency programs that are accredited by Council on Chiropractic Education (CCE) or have met the eligibility requirements for initial application and are approved by the Association of Chiropractic Colleges may participate in the Chiro Match.

Visit [Chiro Match](#) for more detailed information, how to register and apply. Applicants must apply online, and the application period opens the first week of January each year.

The Association of Chiropractic Colleges (ACC) is a collaborative member network of accredited chiropractic educational programs across North America that is dedicated to excellence in chiropractic education with open attendance to chiropractic programs worldwide.



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Chiropractic College News

Life U offers special chiropractic-focused series

In September 2024, Life University (Life U) and its Alumni & Friends Department expanded the popular “Living Life at Life U” podcast with an exciting new series titled “Thriving Chiro.” This special chiropractic-focused series offers the Life U community engaging conversations and practical advice from successful chiropractic alumni and friends of the University. The much-anticipated Season 2 of this long-term series is dedicated to getting into the nitty gritty of why Chiropractic matters and how determined individuals break the mold outside the four walls of the chiropractic office.

Season 2 of Thriving Chiro will publish on an every other Thursday schedule, as follows:

- Thursday, March 20: “Balancing Family Life and a Chiropractic Business,” featuring Dr. Laura Froese
- Thursday, April 3: “Shaping and Marketing Your Personal Approach to Chiropractic,” featuring Dr. Aryn Gabai

The podcast will be available at the main podcast [website](https://www.living.life.edu/living-life-podcast), [living.life.edu/living-life-podcast](https://www.living.life.edu/living-life-podcast), as well as Apple Podcasts, Spotify and Google Podcasts. Social media teasers will also be published on Life University channels. Tune in for brand-new episodes of Thriving Chiro!

Symposium 2025 back at Logan University

Chiropractors and health science professionals are invited back to Logan University’s campus this spring for the [Symposium 2025](#). Taking place May 1 to May 3, this year’s Symposium offers engaging learning opportunities, exciting social events and the chance to connect with peers and



industry professionals. This is the university’s tenth year hosting Symposium.

“We are thrilled to welcome attendees back on campus for Logan’s Symposium 2025,” said Amber Henry, M.Ed, Ed.S., Ed.D., Logan’s director of continuing education. “This year’s event offers the opportunity to experience our beautiful campus while engaging with exceptional speakers. We have a wide variety of topics and several opportunities for participants to connect with peers and exhibitors. This year’s symposium will be both educational and inspiring.”

With 40 concurrent sessions and seven main speakers, participants will have the opportunity to earn a total of 19 hours of continuing education credit (17 hours offered in-person and two hours offered online after the event). Office staff, chiropractic assistants and office managers are invited to attend a six-hour training course with Evan Gwilliam, DC, MBA, QMCC, CPC, CCPC, CPMA, CPCO, AAPC Fellow. Dr. Gwilliam will share insights and advice regarding healthcare compliance, coding and documentation.

Additionally, we look forward to welcoming Dr. Garrett Thompson, DC, PhD as the eighth president of Logan University with an investiture ceremony.

Parker Seminars presents: Innovate, Empower and Transform

Join Parker Seminars at the brand-new Caesars Forum Event Center in Las Vegas for an extraordinary three-day experience that redefines possibilities. Featuring a world-class lineup of visionary speakers in business, human performance, healthcare, technology, and leadership, Parker Seminars bridges its rich chiropractic heritage with a forward-thinking approach to empower innovators and leaders across industries.

If you’re looking to level up in sports chiropractic, this is your chance. The ICSC Lower Extremity Course is happening at Parker Seminars Las Vegas, giving you a direct path to certification and opportunities at major sporting events—including the LA2028 Olympics.

Parker Seminars and BioMolecular Premier Track: This is where science meets real-world results. Andy Galpin and

Dan Garner are bringing advanced training on exercise technique, hypertrophy, speed, power, and strength to Parker Seminars Las Vegas. Whether you're dialing in movement mechanics or fine-tuning programming, these sessions will change the way you train and coach.

[More info](#)

Seminar Dates: March 20-22, 2025: 8:30am - 6:30pm

[Click here to register](#)

**In Memoriam
Elizabeth Louise Fields**

Cleveland University-Kansas City announces the passing of Elizabeth Louise Fields Cleveland, former Executive Director of the Cleveland College Foundation, and wife of CUKC President Dr. Carl S. Cleveland III, on February 15, 2025.



It is with great sadness that we announce the passing of Elizabeth Cleveland, former Executive Director of the Cleveland College Foundation, wife of Dr. Carl S. Cleveland III, and an irreplaceable friend and colleague.

SACA honors Parker students

Parker University is proud to share that its Student American Chiropractic Association (SACA) chapter has recently been nationally recognized with the prestigious Student Chapter of the Year Award for outstanding achievements.

This January, more than 25 Parker University SACA students traveled to Washington, D.C., to participate in the American Chiropractic Association's (ACA) Engage 2025 Conference! This annual event positions members for success by offering cutting-edge education, networking, leadership development, and participation in Chiropractic's



Day on Capitol Hill. Representing the university and the future of chiropractic, Parker University students met with congressional members and staff to advocate for the Chiropractic Medicare Coverage Modernization Act (H.R. 539/S. 106). Students shared the importance of expanding access to evidence-based chiropractic care for Medicare patients. These valuable experiences help strengthen the Parker University SACA chapter's commitment to advancing healthcare and serve as a reminder about how advocacy is essential in the chiropractic profession.

Parker University's SACA group was awarded Student Chapter of the Year for 2025 during the conference. The honor highlights the dedication, hard work, and excellence demonstrated by everyone involved. The award recognizes a chapter that demonstrates extraordinary teamwork, collaboration, and commitment to further the ACA's mission, vision, and values, and is a positive, visible force on national and campus levels. Parker University celebrates this accomplishment as a testament to the strength and impact of its SACA chapter.

**Health grants cuts will cost
universities and colleges millions**

The University of Iowa is in danger of losing more than \$33.5 million in research funding if National Institutes of Health funding cuts are approved. NIH announced it would cap how much money universities and research institutions receive for what's called "indirect" or "Facilities and Administration" costs at 15%.

Interim Vice President for Research Lois Geist, in a campus update, said the cap would impact hiring support personnel and maintenance staff, maintaining patient safety protocols, ensuring radiation safety measures and hazardous waste disposal practices are in place, data processing and national security protections.

"Simply put, the federal government provides reimbursement for real costs that are incurred in the process of safely and securely conducting high-impact research. This research has tangible benefits for the lives of Iowans," Geist wrote.

According to the NIH-funded project database, the University of Iowa is receiving more than \$223 million in funding for 460 active NIH-funded projects. University of Iowa is the top NIH-funded institution in the state, according to United for Medical Research. That same NIH database shows Palmer College is receiving nearly \$2 million in funding for two active projects, which may also be cut.

Continued on next page

Chiropractic College News

Continued from last page

Ambassador Spotlight: Celebrating Excellence at Sherman College



At Sherman College, our student ambassadors exemplify leadership, professionalism, and a passion for chiropractic care. Today, we recognize Maddie DiLorenzo, whose dedication to serving our community and guiding prospective students embodies our mission.

"I chose Chiropractic because it provides me with the opportunity

to serve others while honoring the beautiful design of the body. It is so important to reconnect people with their body so they can understand their God-given ability to adapt, function, thrive and live a vibrant life!"

Through their commitment, Maddie strengthens our community and inspires future chiropractors. We are grateful for their impact and proud to celebrate their achievements!

UB Athletics mourns loss of esteemed chiropractor

Dr. Daniel C. Minocchi, a cherished chiropractor for the UB athletics department and former Bulls football player, passed away on Feb. 3 after a battle with cancer. He was 42. UB Athletics announced his death in an Instagram post this past Wednesday afternoon.

A native of Clarence, New York, Minocchi had strong ties to UB. He graduated in 2004 with a bachelor's degree in exercise science and nutrition before earning his doctorate in chiropractic medicine from Northeast College of Health Sciences. A four-year letterwinner on UB's football team, he also competed in shot put for the track & field team and was a member of Mortar Board, an honor society recognizing scholarly leadership.



Before his passing, Minocchi coached Little League baseball in his hometown and ran a chiropractic practice in Williamsville.

Minocchi's post-graduation contributions to the university go far beyond his role as a chiropractor. His care and compassion left a positive mark on everyone who knew him. Fifth-year nickel Jalen McNair, who worked closely with Minocchi during his recovery from a season-ending injury in 2023, reflected on his impact.

Dr. Andrew Galpin promotes Parker University and chiropractic

Last year Parker University welcomed Dr. Andrew Galpin as its new Executive Director of the Human Performance Center (Center of Excellence). Known as a renowned expert in human performance, Dr. Galpin leads the center's mission to revolutionize how athletes and individuals achieve peak physical and mental performance. With more than two decades of experience in human performance research and application, Dr. Galpin brings a wealth of knowledge and a proven track record of success. In his new role at Parker University, Dr. Galpin oversees cutting-edge initiatives, including advanced research, specialized training programs, and community outreach.

Dr. Galpin was recently featured on "Good Morning Texas" to share how his critical career studies and work with professional athletes will help bring firsthand knowledge and experience to this new role. He also provided viewers with more information and an introduction to Parker University's new campus Human Performance Center (currently under construction).

Northeast College highlights role of chiropractic care in elite sports

With the Big Game just days away, Northeast College of Health Sciences is spotlighting the growing role chiropractors play in the performance and health of elite athletes, including those in the NFL. Every team in the league now has at least one chiropractor on staff, underscoring the increasing prominence of chiropractic care in professional sports.

According to the Professional Football Chiropractic Society,

NFL chiropractors provide 30 to 50 treatments weekly during the season, collectively administering nearly 29,000 adjustments over four months. These treatments aim to optimize players' performance, aid in recovery, and reduce injury risk.

Northeast College has become a leader in training sports chiropractors. Through its Doctor of Chiropractic (D.C.) and applied clinical nutrition (ACN) programs, students develop expertise in movement assessment, rehabilitation, and personalized nutrition—key components of athletic care. Alumni of the college, like Dr. Jose Balseca, have excelled in the field, working with athletes on global stages such as the World Games and international sports competitions.

“Athletes are realizing that chiropractors offer a proactive, whole-body approach to healthcare,” said Balseca, who has treated athletes from over 30 countries. Balseca holds multiple advanced certifications and serves as an assistant professor at Northeast College, sharing his experiences with

students by organizing events such as a tour of the U.S. Olympic & Paralympic Training Center.

Northeast graduates have also made headlines in professional sports. Buffalo Bills team chiropractor Zachary Musial was nationally recognized in 2023 for being part of the medical staff that saved player Damar Hamlin's life after a cardiac arrest. Other alumni, such as Joshua Kollman and Nevin Markel, serve with the Carolina Panthers, while Brad Klueber collaborates with the Pittsburgh Steelers and the Penguins.

Beyond football, chiropractors support teams in the NBA, NHL, MLB, and even extreme sports events. Dr. Balseca, for example, has served as the event medical manager for Nitro Circus motocross competitions and has worked with soccer and basketball teams near his Pittsford, N.Y., practice. Curtis Bell, another Northeast alumnus, leveraged his applied clinical nutrition degree in his role as athletic director for the Vancouver Canucks after serving with multiple NHL teams.



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Posted 3/2/2025



Office Posters



We have created a FREE [printable PDF](#) of the

Benefits of the Blue Zones diet

poster on the following page, and

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Please feel free to print out and use any or all of the flyers.

Or, make them available as handouts to your patients.

They are available on the website,

www.IACPnews.com in an easy to print format.

Each has the following tagline:



***This healthy living information is provided by
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Idaho Association of Chiropractic Physicians (IACP) .***

Benefits of the Blue Zones Diet

Researchers have identified five places, designated the blue zones, where people live longer and have lower rates of chronic disease than in the rest of the world. Inhabitants of these places — Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece; and Loma Linda, California — are 10 times more likely to blow out 100 birthday candles than the average person in the United States.

Strong evidence supports following a blue zones diet, regardless of where you live, to reap a variety of potential health benefits that reduce your risk of many chronic diseases. Incorporating some or all these dietary practices and other lifestyle changes into your routine can help you live a longer, healthier, and happier life.

1. The Blue Zones Diet May Help You Live Longer

The idea of a blue zones diet came about because researchers were studying the people around the world who live the longest, healthiest lives. Those people tend to eat a lot of plant-based foods, which contain compounds known as polyphenols that have been linked to a number of health benefits. One of those benefits may be increased longevity, which researchers believe may occur as a result of slowing the onset of age-related diseases that can shorten your life span.

2. May Help You Lose Weight

While the blue zones diet isn't designed to be a weight loss plan, its emphasis on plant-based foods may lead to weight loss. Plant foods are really filling because they have more fiber. Not only do plant-based foods make you feel fuller, but they can pass through your digestive system without being fully absorbed, contributing to weight loss, according to one study. The blue zones' 80 percent rule, or eating until you are no longer hungry rather than until you are full, could also support weight loss. One study found that people who were more mindful about what they were eating had fewer cravings, didn't overeat as much, and lost weight.

3. May Reduce Your Risk of Heart Problems

A good diet is crucial for heart and cardiovascular system health, and choosing more plant-based foods and fewer animal foods helps. In addition, people in the blue zones frequently snack on nuts, and research has found that doing so may lower your risk of a heart attack. Plus, another study found that U.S. adults with diets higher in fiber had a lower risk of high blood pressure, and high blood pressure is a key risk factor for developing heart disease, according to the Centers for Disease Control and Prevention (CDC).

4. May Reduce Your Risk of Some Types of Cancer

The blue zones diet is similar to the Mediterranean diet, and a study of that diet found it may lower your risk of breast cancer. The focus on whole grains you get with the blue zones diet could also lower your risk of pancreatic cancer, according to a study published in the *Journal of Nutrition* in February 2021. And a meta-analysis found that high-fiber diets can reduce the risk of ovarian cancer.

5. May Reduce Your Risk of Type 2 Diabetes

The health benefits of fiber is a recurring theme when it comes to the blue zones diet. "From a chronic disease standpoint, fiber helps regulate blood sugar," says Selvi Rajagopal, MD, MPH, an internal medicine and obesity specialist with Johns Hopkins Medicine. An umbrella review published in *Nutrients* found that the high fiber content of plants and whole foods could reduce the risk of type 2 diabetes.



*This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP).*

The Idaho Association of Chiropractic Physicians

The IACP News

Display Advertising Policy, Rates and Information

The Idaho Association of Chiropractic Physician's *IACP News* is a full-color digital newsletter, published monthly and distributed to member doctors of chiropractic across Idaho as well as out-of-state members and student members.

Format: *The IACP News* is produced in a state-of-the-art digital format. It can be opened and viewed online from both the IACP website at <https://iacp.wildapricot.org/> and also from the publication site: www.IACPnews.com. The publication site has both current and back issues of *The IACP News*. Questions about the digital format, the website, or display advertising should be directed to C&S Publishing at CandSpublishing@gmail.com.

Classified Ads: IACP accepts classified ads. They are published without cost for IACP members, but can also be purchased for \$100 by non-members. For additional information about placing a classified ad, contact Caroline Merritt, IACP Executive Director at (208) 515-6263 or caroline@idahotrueorth.com.

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One Sixth	3 5/8" wide by 2 7/8" tall	\$105	\$97	\$88	\$75

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