



*Prosperity Through Unity  
Exceptional Care for Idahoans*

September 2025

*The IACP News, Vol. 9, No. 9*

## National Chiropractic Health Month will be here in a few short weeks!

The American Chiropractic Association (ACA) and doctors of chiropractic nationwide will celebrate National Chiropractic Health Month (NCHM) 2025 in October with the theme "Get Started with Chiropractic." The campaign will focus on the benefits of starting with a non-drug approach to pain management.

Doctors of Chiropractic can help raise awareness of the many benefits of chiropractic by [obtaining a state or local proclamation](#). Start planning now and get started soon; the process can take a few weeks.

### Why proclamations?

Obtaining a proclamation in your state, city or local community is one way to raise awareness of chiropractic's

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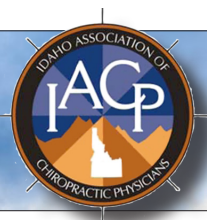


## Register now for ACA Engage 2026!



Engage brings together doctors of chiropractic and chiropractic students from all over the country, giving everyone the opportunity to connect with colleagues, meet with members of Congress on Capitol Hill and participate in professional development through panel discussions, lectures and presentations from respected industry leaders.

**REGISTER  
HERE**



# 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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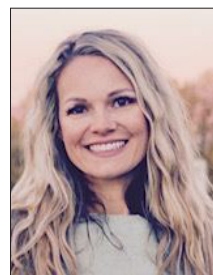
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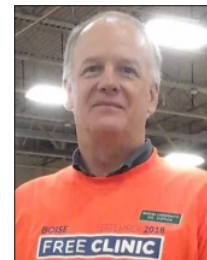
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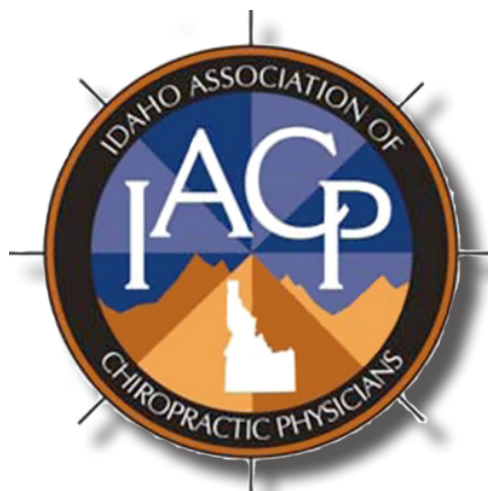
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# National Chiropractic Health Month will be here in a few short weeks!

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evidence-based, non-drug approach to pain management, health, and wellness. Step-by-step instructions on how to reach out to government offices are included on the [NCHM sample proclamation webpage](#). According to DCs who have obtained proclamations in the past, the application process takes several weeks to complete, so get started soon so you are ready to announce your proclamation in October!

Be sure to ask if you can have a photo taken standing next to your elected official(s) and holding the proclamation (see examples in this post). These photo opportunities not only raise awareness that doctors of chiropractic elevate the health of their communities, they also provide a casual way to meet or strengthen relationships with elected officials.

When it comes to common musculoskeletal conditions such as back, neck and joint pain and tension headaches, getting started with chiropractic — compared with starting with other types of treatments — may help patients reduce or avoid the need for prescription pain medications down the line. Research shows that people who start with chiropractic treatment for back pain have a significantly lower risk of requiring an opioid prescription later.

While opioid prescriptions are down nationwide, opioid overuse disorder remains a serious public health problem in the United States. That's why starting with non-drug therapies for musculoskeletal pain is a strategy supported by evidence-based clinical guidelines from the American College of Physicians, the Centers for Disease Control and Prevention, and many others.

"Patients today want the option of non-drug treatments to manage their pain, and research and guidelines support that approach," said ACA President Marc Nynas, DC.

A Get Started with Chiropractic campaign toolkit, with resources and ideas on how to participate, will be available later this year at [acatoday.org/NCHM](http://acatoday.org/NCHM).

## About National Chiropractic Health Month

National Chiropractic Health Month (NCHM) is a nationwide observance held each October. The event helps to raise public awareness of the benefits of chiropractic care and its natural, patient-centered and drug-free approach to health and wellness. Learn more at [handsdownbetter.org](http://handsdownbetter.org).



# Chiropractic Health Month is just in time

By Dr. R. A. Foxworth, FICC, MCS-P  
ChiroHealth USA

You know how it is. Mention “health insurance coverage for chiropractic” to your member doctors and they don’t know whether to laugh or cry.

We don’t have to tell you that coverage for chiropractic is woefully inadequate. Despite numerous studies that demonstrate the effectiveness of chiropractic, particularly for pain management, insurers can seem blind to this information. In fact, that’s the focus by the American Chiropractic Association for October’s National Chiropractic Month. Many private insurers offer some degree of coverage but cap the number of visits per year, often at a ridiculously small number. Medicare will pay for chiropractic as long as the care meets its guidelines for medical necessity.

In the meantime, the debate over whether to improve health insurance coverage for chiropractic, and how, rages on. A study published by the National Institutes of Health sums it up. “Information is needed to inform the decisions of chiropractic leaders and Medicare policymakers who want to provide better care, improve health, and lower costs for the growing population of Medicare beneficiaries with spinal pain disorders.”

It’s great that all this is being examined, but what are patients and providers to do in the meantime? Here we are, at the beginning of the fourth quarter, and many chiropractic patients have exhausted their health insurance benefits for the year. Are they simply supposed to suffer until 2017’s benefits kick in?

Your members know that when health insurance coverage runs out, most patients run out the door. But what if your member doctors could tell patients that they can pay the same amount as their co-pays or less, even after their insurance benefits hit a wall? What if you could tell your members that they could not only make that possible, but offer legal discounts without worrying about violations associated with inducements, dual fee schedules, or improper time-of-service discounts?

ChiroHealthUSA is a provider-owned network that allows providers to charge patients the same or even less than their insurance co-pays year-round, regardless of whether



or not those insurance benefits have been exhausted for the year. Designed with doctors in mind, our network model works in conjunction with a Discount Medical Plan Organization (DMPO) so your association members can offer legal, network-based discounts to not just the under-insured, but also to cash and “out of network” patients who become members.

It’s easy for your members to join as a provider. There’s no cost to the chiropractor or the practice and it’s easy for your association members to explain to their patients. Patients quickly learn how paying an annual membership fee of \$49 for ChiroHealthUSA entitles them to network discounts on their services. It’s a win for them, because the cost of their memberships is usually more than made up in the very first visit. And it’s a win for you, because you have a way to offer legal discounts to patients in need.

Urge your members to take action instead of waiting for policymakers and legislation to work things out. Invite them to visit [chirohealthusa.com](http://chirohealthusa.com), where they can find out more about how becoming a ChiroHealthUSA provider allows them to help patients pay for the care they need and deserve.

*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 F4CP.*



# Shaping the Future of Chiropractic – One student at a time

Each year, ChiroHealthUSA proudly awards the Foxworth Family Scholarship to a chiropractic student who embodies the values of service, dedication, and a vision for advancing patient care. This year, we are thrilled to honor Dorian Achaval as the 2025 recipient.

The Foxworth Family Scholarship, established in honor of Dr. Ray Foxworth's parents, Dr. Betty Pace Mathews and Dr. Charles Vernon Mathews, provides \$10,000 to a deserving chiropractic student, \$5,000 for personal expenses, and an additional \$10,000 to the recipient's chiropractic college. More than just financial support, the scholarship represents an investment in the future of chiropractic care and the communities these students will serve.

For Dorian, receiving the scholarship is both a personal milestone and a professional springboard. "To me, this scholarship means an opportunity to make a lasting change in the field of chiropractic as well as for my future patients," he shares. "Student loans are brutal, and now I can sleep with greater peace of mind knowing that they are becoming much more manageable. It also means I can dedicate more resources to learning new skills outside of school."

## A Passion for Integrative Care

Currently a chiropractic student at Southern California University of Health Sciences (SCUHS), entering clinic full-time, Dorian is eager to immerse himself in hands-on learning experiences. He is especially excited about unique clinical rotations, including opportunities with the VA and the University of California education system, where he can refine his skills and deepen his understanding of physical medicine and rehabilitation.

But Dorian's aspirations go far beyond the classroom. Upon graduating, he plans to return to Las Vegas with his wife and young son to join his father, also a chiropractor, in practice. Together, they envision building a multidisciplinary clinic that unites chiropractors, nutritionists, strength and conditioning coaches, massage therapists, and pelvic floor specialists working collaboratively under one roof to help patients achieve optimal health.

"Our philosophy will be simple," Dorian explains. "We want to make patients stronger, healthier, and more capable than they were when they walked in."



## A Commitment to Education and Growth

Dorian's journey in chiropractic has been shaped by remarkable mentors who have guided his clinical identity. Inspired by their example, he hopes to give back by becoming involved in clinical education and research, helping future students gain the same opportunities he has been afforded.

His drive to grow as both a professional and an individual extends beyond chiropractic. An avid martial artist, Dorian is also cultivating interests in classical literature, fantasy, and music—most recently learning to play the cello. These pursuits, he believes, not only enrich his life but also help him become a more compassionate and well-rounded provider.

## Looking Ahead

This year marked another step in Dorian's journey, as he attended the FCA National Convention in Orlando in August to be recognized for his achievements. More importantly, it's a moment to celebrate the potential of chiropractic students like him—future doctors committed to elevating patient care and strengthening the profession.

"It's inspiring to see students like Dorian carrying forward a legacy of giving and service," said Dr. Ray Foxworth, president of ChiroHealthUSA. "Supporting their dreams is a way to ensure the future of chiropractic remains strong."

*Kristi Hudson is a certified professional compliance officer (CPCO) and VP of Business Relationships for ChiroHealthUSA, where she has helped educate DCs and CAs on establishing simple and compliant financial policies. She also serves as the Chair of the Chiropractic Future Strategic Plan. You can contact Kristi at [Kristi@chirohealthusa.com](mailto:Kristi@chirohealthusa.com), or you can visit ChiroHealthUSA.*



# Skipping breakfast may weaken bones

Everyone has heard it before: *breakfast is the most important meal of the day*. Now, new research suggests that skipping breakfast or eating late dinners may not just affect energy levels—it could also weaken bones and raise the risk of osteoporosis.

Osteoporosis, often called the “silent disease,” weakens bones gradually until even a minor fall can cause painful fractures. For years, scientists have known that habits like smoking, heavy drinking, and lack of exercise increase the risk. But until now, the role of meal timing and eating patterns has been less clear.

A [new study](#) published in the *Journal of the Endocrine Society* titled *Dietary Habits and Osteoporotic Fracture Risk: Retrospective Cohort Study Using Large-Scale Claims Data*, is expanding our knowledge base.

## What the Research Found

Researchers in Japan, led by Dr. Hiroki Nakajima of Nara Medical University, examined lifestyle data from 927,130 adults. This large-scale analysis revealed something striking: people who regularly skipped breakfast or ate late at night had a higher risk of osteoporosis and fractures, including hip, forearm, vertebral, and humeral fractures.

But the findings didn’t stop there. These eating habits often clustered with other unhealthy behaviors, such as smoking, physical inactivity, insufficient sleep, and daily alcohol consumption. In other words, people who skipped breakfast or ate late were also more likely to live lifestyles that already strained their health—and their bones paid the price.

## Why Timing Matters for Bone Health

At first glance, it may not be obvious why eating late dinners

## IACP 2026 Annual Convention

Save the Date: April 24-26, 2026, The Grove Hotel - Boise, ID

Join your fellow chiropractic colleagues for the IACP Annual Convention 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.



or missing breakfast would affect bone strength. But scientists believe the body's circadian rhythm, or internal clock, may be the missing link. Our bones, like the rest of our bodies, operate on a daily rhythm. Hormones that regulate bone formation and breakdown fluctuate across the day, influenced by sleep and meal timing. Skipping meals or eating too late may disrupt these rhythms, leading to imbalances in bone metabolism over time.

On top of that, people who skip breakfast often miss out on important nutrients such as calcium, vitamin D, and protein—nutrients essential for bone repair and strength. Late-night meals can also interfere with sleep, another factor tied to bone health.

### **The Bigger Picture: Lifestyle and Osteoporosis**

The study's findings highlight an important truth: osteoporosis prevention is about more than calcium supplements or occasional exercise. It's about the bigger picture of daily habits.


Poor sleep, inactivity, alcohol, smoking, and unhealthy meal patterns form a web of risks that slowly weaken the skeleton. Conversely, small but consistent choices—like having a balanced breakfast, enjoying regular exercise, and getting enough rest—can make a powerful difference over time.

Dr. Nakajima put it clearly: “Preventing osteoporosis and fractures requires not only healthy eating habits but also a broader effort to improve overall lifestyle behaviors.”

### **What This Means**

This study is both a warning and a guide. The warning is that everyday habits, which often feel harmless, can quietly shape your risk of osteoporosis. The guide is that changes don't have to be complicated. Making time for a nutritious breakfast, setting earlier mealtimes, moving your body daily, and getting restorative sleep may feel like small steps—but together, they build stronger bones and a healthier future. ■

# 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!

# How to stave off inflammaging *the aging side effect few talk about*

It may sound like a made-up word, but “inflammaging” is a medical term coined more than 20 years ago to describe the chronic inflammation that happens in our bodies as we get older. “It’s a word that combines ‘aging’ and ‘inflammation’ to describe a low-level inflammatory process,” says Linda Herrmann, Ph.D., a clinical associate professor and aging expert in the Division of Advanced Nursing Practice at Rutgers, the State University of New Jersey. “It’s systemic throughout the body, but occurs in the absence of an acute illness or injury.”

The concept has been a hot research topic for the past two decades. “We’re looking for what leads to age-related changes in the body. The question is how and why do we age, and is there anything we can do about it?” says Ian Neel, M.D., an associate clinical professor of medicine and member of the UC San Diego, Division of Geriatrics, Gerontology and Palliative Care team. “We know that people with multiple medical problems have higher blood markers for inflammation, and that higher inflammation levels tends to be correlated to higher disease levels.”

Inflammation has been found to be a player in nearly every chronic disease, which affects about 133 million Americans or more than 40% of the U.S. population.

It turns out that inflammaging is a risk factor for cardiovascular diseases, kidney disease, diabetes, cancer, depression and dementia. “The rise in rates of these conditions are the by-products of a longer life span,” says Nicole Ehrhart, V.M.D., the director of Colorado State University’s Columbine Health Systems Center for Healthy Aging, which coordinates the university’s interdisciplinary research teams focused on aging. “But health span, or the number of years we spend living without the burden of chronic disease, has not kept pace.”

Researchers seek to pinpoint key factors that affect our biological ages rather than our chronological ages. “Aging is the highest risk factor for disease on the rise globally,” says Ehrhart. “Our aging cells don’t recover and repair from the wear and tear of everyday function or damage later in life. If aging is the common thread linking all chronic disease of older age, perhaps we could think of cellular aging as a ‘disease’ that we could ‘treat.’”

Aging is a complex process, and research about inflammaging

is still in its early stages. “There are many theories being explored about the causes of inflammaging, but we don’t have certainty about it yet,” says Herrmann. Potential triggers may include genetic susceptibility, obesity, changes in the microbiome and chronic infections.

Another cause seems to be cellular senescence, which is when cells stop replicating, but they don’t die. “Instead, they go into a sort of ‘undead’ state, secreting inflammatory factors and inducing neighbor cells to do the same,” says Ehrhart. These cells can accumulate as we age, causing the immune system not to function as efficiently as we get older. How is inflammation different from inflammaging?

Chronic inflammation may also be caused by imbalances in the immune system. Your acquired immune system develops over time in response to exposure to our environment. The more successes it has, the stronger it becomes. Additional causes include certain lifestyles and foods, not getting enough restful sleep, and too much stress. Chronic inflammation can also be a result of the body’s inability to eliminate the cause of acute inflammation or an autoimmune response where the immune system is unable to differentiate between unhealthy pathogens and healthy tissue.

Of course, not all inflammation is bad, and your body’s ability to launch an acute inflammatory response to invaders is essential. “We need inflammation to help our bodies fight off infections caused by viruses or bacteria or to help an injury, such as a cut, heal,” says Neel.

However, “as we age, our immune system gets less specific to what it’s reacting to. After a while, this cumulative sort of chronic response actually becomes this low-grade chronic inflammation,” says Ehrhart. “It doesn’t function like it used to when we were younger.” The result is inflammaging. How can you prevent inflammaging?

## Chiropractic Techniques to Reduce Inflammation

- **Spinal Adjustments:** Realigning the spine can improve nerve function and reduce the stress on surrounding tissues, alleviating inflammation and pain.
- **Soft Tissue Therapy:** Techniques such as myofascial release and trigger point therapy can enhance blood flow to injured areas, facilitating faster healing and reducing inflammation.
- **Electrical Stimulation:** Modalities like TENS

(Transcutaneous Electrical Nerve Stimulation) can help reduce pain and inflammation by stimulating muscles and nerves.

- **Cold Laser Therapy:** This non-invasive treatment stimulates cell repair and reduces inflammation in soft tissues and joints.
- **Lifestyle Counseling:** Chiropractors often provide guidance on posture, ergonomics, and exercise, all of which play a role in managing inflammation.

## Dietary Changes to Combat Inflammation

Diet plays a critical role in controlling inflammation. Chiropractors may recommend incorporating anti-inflammatory foods, such as:

- **Fatty Fish:** Rich in omega-3 fatty acids that help reduce inflammatory markers.
- **Fruits and Vegetables:** Packed with antioxidants that combat oxidative stress.
- **Nuts and Seeds:** Sources of healthy fats and anti-inflammatory compounds.
- **Spices:** Turmeric and ginger are known for their potent anti-inflammatory properties.

At the same time, it's important to avoid inflammatory triggers like processed foods, sugary beverages, and excessive alcohol.

## Exercises and Stretches

Regular physical activity improves circulation, promotes healing, and reduces inflammation. Chiropractors often recommend low-impact exercises like:



- **Yoga and Pilates:** Improve flexibility and reduce muscle tension.
- **Swimming or Water Aerobics:** Provide gentle resistance without putting stress on joints.
- **Targeted Stretches:** Focus on affected areas to improve mobility and alleviate pain.

## Importance of Rest and Recovery

Adequate rest is vital for managing inflammation. Overworking injured muscles can worsen inflammation and delay recovery. Chiropractors often emphasize:

- **Sleep Hygiene:** Ensuring quality sleep to allow the body to repair itself.
- **Scheduled Breaks:** Incorporating rest periods during the day to avoid overuse of muscles.

## Stress Management

Stress can exacerbate inflammation through the release of cortisol. Chiropractors may suggest stress-reducing practices such as:

- **Mindfulness and Meditation:** Encourage relaxation and mental well-being.
- **Breathing Exercises:** Help reduce stress and promote relaxation.

## The Role of Supplements

Certain supplements can aid in reducing inflammation. Common recommendations include:

- **Omega-3 Fatty Acids:** Found in fish oil supplements.
- **Vitamin D:** Supports immune function and reduces inflammation.
- **Magnesium:** Helps relax muscles and reduce pain.

We can't turn back the clock, but there are many things we can do to minimize chronic inflammation.

Studies show that chiropractic adjustments can help reduce the production of two inflammatory cytokines, thus reducing inflammation in the body. Along with adjustments, anti-inflammatory diets, certain supplements, and treatments such as hyperbaric oxygen therapy can help with inflammation.

Chiropractic adjustments may also help reduce the production of cytokines, proteins that regulate the cells of the immune system. When cytokines build up, they can cause a severe inflammatory response. Preliminary studies suggest that chiropractic may help not only the affected areas but other parts of the body as well.



# Chiropractic News

## Spizz & Spa Retreat November 7-8

Join the League of Chiropractic Women Board Members — collectively bringing over 250 years of wisdom and heart — for a rejuvenating weekend filled with purpose, presence, and connection. Whether you're looking to refine your practice, relax with friends, or reignite your inner spark, this retreat is designed with you in mind.

A Weekend to Refresh and Recharge, Friday, November 7, 2025 - Saturday, November 8, 2025 at the Hotel Valley Ho, Scottsdale, AZ.

This is more than an event—it's a sacred space for women in chiropractic to gather, celebrate one another, share insights, and embrace the joy of being supported by a like-minded community.

[Click here](#) for more information or to register.

## Nurturing the Future - ICA Council on Pediatrics Conference October 17-19, 2025 - Salt Lake City

The ICA Council on Pediatrics Conference, is dedicated to advancing pediatric chiropractic care. Over three enriching days, you will gain in-depth knowledge and practical skills from leading experts in the field, all focused on addressing the unique needs of pediatric patients. Whether you're looking to expand your expertise, stay informed on the latest research, or enhance your clinical approach, the ICA 2025 Pediatrics Conference promises to deliver unparalleled value and inspiration. [Registration is now open.](#)

The 2025 Annual Pediatric Conference is carefully curated



to meet the needs of both seasoned practitioners and those pursuing advanced credentials like the Diplomate in Clinical Chiropractic Pediatrics (DCCIP). This event is the perfect opportunity for DCCIP candidates and postgraduate attendees to deepen their expertise, gain practical tools, and engage with the latest research shaping pediatric care today.

Here's what you can look forward to:

- Specialized techniques for all ages: From chiropractic adjustments for pregnant patients to practical applications in toddler and school-age wellness.
- Advanced, research-based topics: Neuroplasticity in children, infant skull deformities, and dynamic sports injury assessments in pediatric patients.
- Holistic approaches: Explore trauma-informed care, pelvic floor dynamics, and whole-being chiropractic pillars designed to elevate your practice.
- Professional growth: Strengthen your communication, documentation, ethics, and professional boundaries to better serve your patients.
- Meaningful connections: Network with like-minded doctors and leaders in pediatric chiropractic, including a book signing and evening reception.

Whether you're actively working toward your DCCIP, newly certified, or a dedicated practitioner seeking to stay at the forefront, this conference is exactly where you need to be.

[Click here](#) for more info or to register.

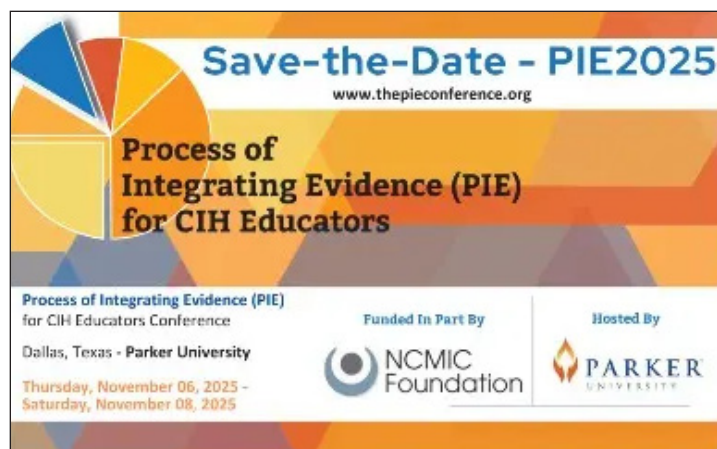
## Process of Integrating Evidence (PIE) Conference

The Association of Chiropractic Colleges (ACC) invites doctors of chiropractic, CIH educators and administrators to the Process of Integrating Evidence (PIE) for Complementary and Integrative Health (CIH) Educators, held for the first time, in-person in Dallas, Texas, USA, on November 6-8, 2025, at Parker University.

The PIE conference, held every two years, brings together CIH educators and administrators for a highly engaging and interactive experience with multidisciplinary experts and peers. This event is your chance to gain valuable skills to effectively implement and sustain evidence-based practice strategies in your classroom, teaching clinic, residency

environment, or curriculum administration. This program is being considered for 18 CE hours at select jurisdictions. [Registration is now OPEN.](#)

To assist with travel costs to PIE2025, the Planning Committee through sponsorship from the NCMIC Foundation will award a limited number of travel stipends in the amount of \$1,000 each. The intention is to award a chiropractic faculty member applicant from each accredited North American chiropractic education institute. Application submissions will close on August 18, 2025.



### **ACA Engage 2026 featured speakers to focus on leadership, AI**

The American Chiropractic Association (ACA) is excited to announce that Dr. Bradley Beira of the World Federation of Chiropractic (WFC) and AI expert Dr. Brian Coleman will be featured speakers in January at ACA's annual conference, Engage 2026, January 22-24, 2026.

Dr. Beira, who will deliver the McAndrew's Leadership Lecture, is WFC's recently appointed secretary-general as well as a director for World Spine Care Africa. He is a seasoned clinician, educator, and medico-legal advisor who has worked extensively across clinical practice, executive leadership, and global health strategy. His presentation, "Think Global, Act Local: The Politics of Health Systems," will include an overview of the global history of chiropractic and touch on its progression through education, regulation, and legislation. He will also discuss maintaining professional credentials in the evolving health system ecosystem and local leadership within practices, communities, and associations.

Dr. Coleman, who will give the Engage Closing Keynote address, is an assistant professor of emergency medicine, biomedical informatics and data science, and biostatistics (health informatics) at the Yale School of Medicine. He is a clinician-scientist with a primary interest in the application

of clinical informatics in pain research. His presentation, "Artificial Intelligence in Chiropractic: Shaping the Future of Care," will explore the multifaceted integration of Artificial Intelligence (AI) into chiropractic research, education, and practice – including the use of AI to streamline clinical documentation and optimize professional workflows.

Engage 2026 will take place Jan. 22-24, 2026, at the Crystal Gateway Marriott Hotel in Arlington, Va. In addition to presentations from chiropractic thought leaders and clinical experts, the event features continuing education (CE) programs, professional and leadership development, networking opportunities and the profession's only federal lobbying day, Chiropractic's Day on the Hill.

For more information, visit [acatoday.org/engage](https://acatoday.org/engage).

### **300-Hour Diplomate Education Program *Take Your Education to the Next Level!***

Caring for the pediatric population requires extra training and study. After completing the ACA Council on Chiropractic Pediatrics post-graduate program Diplomate program, Doctors of Chiropractic will be able to identify normal developmental milestones of all systems within the pediatric population – from birth to age 16. Successful candidates will take away knowledge and skills to effectively treat their youngest patients, both in chiropractic and integrative care settings.

- Complete 250 of the 300 hours online, at your pace, with support every step of the way.
- Finish the coursework in an estimated 17-20 months; with 15-20 hours of online content added monthly.
- Attend quarterly, virtual grand rounds with ACA Council on Chiropractic Pediatric instructors and fellow Diplomate program students to examine case studies and ask questions.
- Complete 2 in-person classes administered by the ACA Chiropractic Council on Pediatrics to get a hands-on learning experience and practice skills
- Enjoy minimal travel costs and impact on your schedule with 250-hours of online learning.
- Qualify for the American Board of Chiropractic Pediatrics Diplomate Examination by completing the 300-hour program.

[Click here to register.](#)

# Chiropractic College News

## Cleveland College Annual Conference and Expo

For 2025, the Cleveland University-Kansas City (CUKC) Annual Conference and Expo (ACE) event will be at the Sheraton Hotel in Overland Park, Kansas, Sept. 11-13. The Sheraton is adjacent to the Overland Park Convention Center.

First presented at the CUKC Centennial in 2022, the Annual Conference and Expo has become a premier continuing education and networking event for the profession.

Doctors of chiropractic can earn up to 20 Continuing Education Units (CEUs) at the ACE event. New for 2025 is a four-hour session for chiropractic assistants (CAs) and front-office personnel hosted by Kim Klapp. The session covers team-building and best practices in chiropractic offices.

Continuing education topics include neuroscience, sports chiropractic, posture, pediatrics, compliance, regulatory compliance, women's health, and chiropractic technique. On Sept. 12, there's a four-hour session for chiropractic assistants and office personnel, hosted by Kim Klapp.

The plenary speaker for 2025 is Dr. Sherry McAllister, M.S. (Ed) CCSP, FACC. She serves as president of the Foundation for Chiropractic Progress (F4CP), a nonprofit organization that showcases the benefits of chiropractic care.

Those who register for ACE 2025 by Aug. 15 will have access to bonus CE content featuring Dr. Heidi Haavik, vice president of research and dean of research at the New Zealand College of Chiropractic. This 1-hour CE course, "Heidi Haavik Special Presentation," is only available through this early registration offer, according to ACE representatives. The promo code for this bonus content is ACE2025, which can be entered at the ACE 2025 website.

[Click here](#) for more info or to register.



## Northeast College and York College partner to guarantee admission to Chiropractic Program

Northeast College of Health Sciences and York College, a senior college in the City University of New York system (CUNY), have announced a new educational articulation agreement creating a seamless 4+3 pathway for students pursuing a degree in chiropractic.

Under the agreement, York students pursuing a bachelor's degree in Exercise Science or a program of emphasis (POE), while also meeting specific requirements, will be automatically accepted into the three-year Doctor of Chiropractic program at Northeast.

"This finalized agreement reflects York College's dedication to creating pathways of opportunity for students to obtain their higher education goals," said Derrick Brazill, Ph.D., senior vice president for academic affairs and provost at the college. "By establishing an easy transition and clear pathway, we help students feel supported and understand their journey to success. This partnership is the perfect example of these efforts."

Extra benefits of the 4+3 articulation partnership include:

- Career continuity: The sequential pathway supports educational and professional development from day one
- Collaborative advising: Both institutions will offer joint support to ensure smooth transitions for students
- Access to cutting-edge programs: Students will benefit from Northeast's contemporary chiropractic curriculum and clinical training opportunities

## Northeast College mourns Dr. John LaFalce, D.C.

It is with deep sadness that Northeast College of Health Sciences mourns the passing of Dr. John LaFalce, D.C., M.Ed., beloved faculty clinician, mentor and colleague.

A 2006 graduate of Northeast College (then New York Chiropractic College), Dr. LaFalce also earned a master's degree in health science from Springfield College. Before embarking on his chiropractic career, he worked extensively with college-





level athletes, minor league soccer teams, and in athletic training education. He was a Certified Athletic Trainer through the National Athletic Trainers Association and in 2023 was inducted as a Fellow into the American College of Chiropractors (ACC).

Dr. LaFalce joined the Levittown Health Center in 2008, where he served as a faculty clinician, mentoring future doctors of chiropractic through their clinical clerkships. He also taught continuing education courses, reflecting his commitment to lifelong learning and professional development. Dr. LaFalce played an instrumental role in advancing the College's clinical partnerships, including spearheading efforts at Stony Brook University, and his leadership was pivotal in the planning, creation and launch of Northeast College's Long Island branch campus.

You may read Dr. LaFalce's full obituary [here](#).

### **NUHS Celebrates Spring 2025 Graduates in Commencement Ceremony**

On August 15, National University of Health Sciences (NUHS) celebrated the hard work and accomplishments of the Summer 2025 graduating class. Graduates received diplomas in chiropractic medicine and other fields.

Co-valedictorians for the chiropractic medicine program, Michaela Slater and Savannah Ewing, reflected on their time at NUHS and recognized the dedication of fellow graduates.

Slater reflected on the moments that shaped her journey, like tutoring, ortho games, walks around Lake Janse and morning Starbucks runs. "What stands out to me most isn't just one moment, but a collection of memories that have shaped who I've become. These were the moments that stitched this journey together. The laughs, the lessons and the bonds we formed along the way."



Ewing spoke about the support system behind every graduate. "This moment is much bigger than me. It's shared by every person graduating today who held on to a dream, showed up when it was hard and believed in something greater than themselves. What we've done together is nothing short of remarkable. We're an extraordinary group of people united not just by a curriculum, but by a calling, a shared goal and purpose beyond ourselves, and that, more than anything, is what makes today so meaningful."

### **Texas Chiropractic College welcomes new Dean of Academics, Dr. Saleh**

Texas Chiropractic College (TCC) is proud to announce the appointment of Dr. Saleh Saleh as the institution's new Dean of Academics. Dr. Saleh joins the TCC leadership team today, August 11, 2025, bringing 15 years of experience in clinical practice and academic leadership and a global perspective to academic affairs.

"We are delighted to welcome Dr. Saleh as our new Dean of Academics," said current TCC President Dr. Sandra Hughes. "His visionary leadership, dedication to academic excellence, and proven track record of advancing educational initiatives will propel our institution to new heights of scholarly achievement."

Dr. Saleh led the department to four WFC World Spine Day Championships, and he worked with a team to develop and implement Malaysia's first 5-year MGA-accredited chiropractic curriculum. Additionally, he previously served as the Head of the Chiropractic Department and Senior Lecturer at International Medical University, where he played a pivotal role in advancing chiropractic education and research and published extensively on topics centered around the future of chiropractic education. His scholarly work includes the supervision of student thesis projects, many of which explore innovative and technology-driven approaches to teaching and learning.

"I am very much student-focused," said Dr. Saleh. "I want to make sure the students are getting all the support they can possibly get, because at the end of the day, that's what we are here to do. We are supposed to help out the students as much as possible because by the time that they finish, they are going to be reflections of what the institution has put into them."

Dr. Saleh's appointment reflects TCC's ongoing commitment to innovation, global collaboration, and the advancement of chiropractic education. As he steps into his position, he

*Continued on next page*

# Chiropractic College News

*Continued from last page*

will begin his contributions to strategic planning efforts for the upcoming academic year, bringing a dynamic blend of insight, leadership, and collaboration to the college's ongoing mission.

## **Logan University to host ACA Sixth Annual Symposium on Women's Health**

Logan University is proud to once again partner with the American Chiropractic Association (ACA) Council on Women's Health and the ACA Council on Chiropractic Pediatrics to present the sixth annual Symposium on Women's Health, October 4-5, 2025, on Logan's campus in Chesterfield, Missouri.

This year's theme, The Fourth Trimester: Post-Partum and Neonatal Health, shines a much-needed spotlight on one of the most overlooked phases of maternal and infant care. Over two impactful days, participants will explore essential topics such as postpartum recovery, breastfeeding, maternal mental health, neurological development in infants and more, led by a powerhouse lineup of speakers at the forefront of their fields.

"We are so excited for the symposium and thrilled to be back at Logan," said Sarah Radabaugh, DC, vice president of the ACA Council on Women's Health. "Our speaker lineup is the best of the best, and all chiropractors and chiropractic students who treat women and infants will thoroughly enjoy this event."

"Logan is honored to collaborate with both the ACA Council on Women's Health and the ACA Council on Chiropractic Pediatrics to bring experts in the field from across the



country," said Amber Henry, M.Ed, Ed.S., Ed.D., Logan's director of continuing education. "This event isn't just for women practitioners – it's for every provider who cares for women and infants. Together, we are creating a meaningful learning experience focused on advancing post-partum and neonatal care."

Open to all healthcare professionals who work with female patients, the symposium offers up to 12 hours of continuing education credit and provides the unique opportunity to connect, collaborate and advance clinical excellence in women's and pediatric health. [Click here](#) for more info.

## **Logan University welcomes Jana Holwick, Ph.D., as Provost and Chief Academic Officer**

Logan University announces the appointment of Jana Holwick, Ph.D., as its new Provost and Chief Academic Officer. A seasoned higher education leader, Dr. Holwick brings more than 30 years of experience and a proven track record of driving academic innovation and excellence.

"We're thrilled to welcome Dr. Holwick to Logan University. Her wealth of experience and deep expertise will be a tremendous asset to the institution and those we serve," said Logan President H. Garrett Thompson, DC, Ph.D. "In her new role, Dr. Holwick will champion our academic programs and lead efforts to develop and deliver rigorous, high-quality curricula that align with the evolving needs of our students."

Dr. Holwick began her career in academia as chief financial officer and vice president of finance, later transitioning into academic leadership where she has spent the past 12 years working closely with faculty and administrators to advance student success and institutional growth. She has served in prominent leadership positions at institutions, such as Lake Erie College and Life University, bringing extensive expertise in institutional planning, resource development, program evaluation and higher education policy.

"I'm excited to join Logan University at such an important time in health care education," said Dr. Holwick. "Students need to be prepared for a vastly different world of health care than has historically been present and Logan is positioned to help students become adept at understanding the changing landscape of health care delivery. I'm looking forward to working with faculty, staff and students at Logan."

# Chiropractic Founders Day:

## *Honoring chiropractic history and practice*

On Sept. 18, celebrate Chiropractic Founders Day — a day that evolved healthcare and provided a different perspective into the art of healing. 120 years ago, this day marked the beginning of a discipline that changed the lives of millions of people who have now healed and are leading better lives with the help of doctors of chiropractic.

From a single adjustment in Davenport, Iowa, to millions of visits every year, the story of chiropractic is one of resilience, determination, and growth. It is the story of doctors who faced jail cells, propaganda campaigns, and courtroom battles, yet never abandoned their patients or their philosophy. It is the story of a practice that fought for survival and ultimately secured its place as an essential part of modern healthcare.

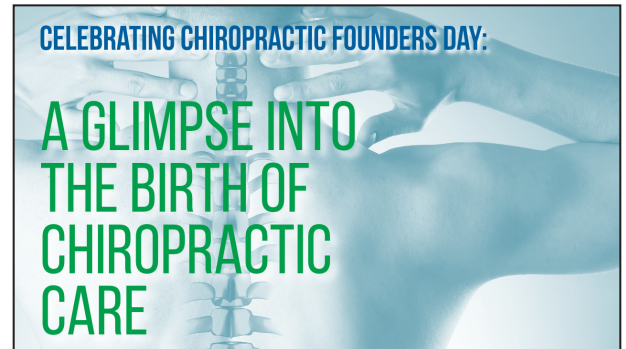
As we celebrate the 130th anniversary of chiropractic, we honor D.D. Palmer for sparking a movement, and B.J. Palmer for carrying it forward. We honor the countless chiropractors who sacrificed their freedom and their comfort to keep the practice alive. Most importantly, we honor the patients who stood by their doctors, trusted their care, and demanded their right to access it.

Chiropractic Founders Day is about recognizing the progress of today and imagining the possibilities of tomorrow. With research continuing to grow, the future is brighter than ever.

### **The birth of chiropractic care**

As chiropractic began to spread in the early 20th century, it quickly drew sharp opposition from the established medical community. The American Medical Association (AMA) viewed chiropractors not as colleagues but as competitors. At a time when medicine itself was still struggling to earn public trust, the idea that another branch of healthcare could win over patients so quickly was seen as a threat. The AMA began working aggressively to suppress the young profession.

In 1906, D.D. Palmer himself was arrested and jailed for practicing medicine without a license. His charge was not fraud or malpractice. His “crime” was simply adjusting patients outside the framework of traditional medicine. Palmer’s case set a precedent, and in the decades that followed, many other chiropractors found themselves behind bars for doing the very same thing.



The 1920s and 1930s were particularly fraught. Across the country, chiropractors were targeted, fined, and imprisoned. Entire communities sometimes lost access to their chiropractors overnight. But the patients were not silent. They gathered outside jailhouses carrying hand-painted signs that read, “We want our doctor.” The message was simple: chiropractic care was not a novelty or a sideshow. It was real, it was effective, and it was valued.

The battle between the chiropractic profession and organized medicine reached its climax in the landmark case *Wilk v. AMA*. For decades, the American Medical Association had worked to marginalize and suppress chiropractic. Through the Committee on Quackery, the AMA’s policies instructed its members to avoid any association with chiropractors, to discourage patients from seeking chiropractic care, and to publicly label the practice as fraudulent. The intent was not subtle. The stated goal was to “contain and eliminate” chiropractic.

By the 1970s, several chiropractors, including Dr. Chester Wilk, decided that the time had come to fight back. They filed a lawsuit alleging that the AMA and other medical groups were violating antitrust laws by conspiring to restrain trade and monopolize healthcare. In 1987, the U.S. Supreme Court upheld a ruling that the AMA had indeed engaged in an unlawful conspiracy against chiropractic. The decision was groundbreaking. It confirmed that chiropractors had the right to exist as part of the healthcare system.

Chiropractic is thriving today, thanks to Dr. Wilks and other pioneers, and the future is bright, particularly as prestigious organizations like the [Palmer Center for Chiropractic Research](#) (PCCR) advances knowledge through clinical research. Celebrate on Sept. 18 and join the IACP Board in acknowledging the benefits of ongoing research, and consider supporting chiropractic research.



# IACP Marketplace

## *The IACP News,*

this monthly newsletter of the Idaho  
Association of Chiropractic Physicians,  
reaches chiropractors across Idaho every month.

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### Tables for Sale

4 treatment tables/resting beds for sale (see pictures for dimensions/brand, etc.). Asking \$200 each. Contact Grayson Blom - [specificchiropractor@gmail.com](mailto:specificchiropractor@gmail.com). Posted 7/9/25



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For virtual tour <https://bit.ly/3Yva31g> Posted 6/26/2025

# Office Posters



We have created a FREE [printable PDF](#) of the  
***Doctors of Chiropractic work to extend your healthspan***  
poster on the following page, and  
the following posters are available online:

***The drug-free approach to pain reduction***

***Get up and move!***

***STRETCHING for better joint health***

***Easy exercises to keep your neck healthy***

***Were you pain free this morning when you got out of bed?***

***Tips for safe stretches***

***Don't let pain keep you from enjoying life***

***Walking now touted as "a wonder drug"***

***Four ways to avoid pain and injury when starting an exercise regime***

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](http://www.IACPnews.com) in an easy to print format.

Each has the following tagline:



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



# Doctors of Chiropractic work to extend your healthspan

Your Doctor of Chiropractic strives to help you gain a longer, healthier life. Living longer is only ideal if your health is good and you are able to get out and enjoy your “golden years.”

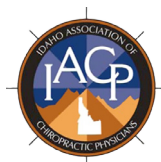
Old age and good health often appear to be mutually exclusive paradigms. In Greek mythology, Tithonus was granted immortality by Zeus, but not eternal youth. As he ages, Tithonus laments his progressively frail body and eventually craves his own death. What Tithonus shows us, aside from being careful what we wish for, is the difference between lifespan and healthspan. That is, not just the number of years we live, but how many of those we are healthy for. The key is optimizing for both, and the power is in our hands more than we realize.

To support the work of your Chiropractor, here are some surprisingly easy health behaviors to incorporate into your daily life which will help give you that vim and vigor you desire:

Good health often lies in what we ingest daily. We all know fruit and vegetables — especially those free from pesticides — are best, and that a Mediterranean or plant-predominant diet is preferable. Synthetic additives, artificial flavorings, and indecipherable configurations of numbers serving as filler ingredients very likely contribute to poor health outcomes. Eating ultra-processed foods (UPFs) is associated with several cancers, in addition to the known cardiovascular risks of consuming UPFs packed with hidden sugars and fats.

It's not just the ingredients in our food that we need to scrutinize. Some personal care products contain chemicals called xenoestrogens, such as parabens and phthalates. Few of us are immune to the old marketing ruse of displaying cute models with luscious lips or soft, hairless armpits to flog their latest product. Sadly, opting for renowned higher-end brands carrying heftier price tags does not assure healthier ingredients. We know that oestrogenic overstimulation plays a role in breast carcinogenesis. A 2023 study demonstrated that substituting these products with items free of parabens and phthalates reversed pro-carcinogenic gene expression within 28 days, though whether this translates to long-term health benefits remains to be seen. Choosing products without xenoestrogens should lower exposure to hormone-disrupting chemicals — a small step that could support long-term health.

Finally, more good news is that cognitive stimulation can be completely unintentional, yet still beneficial to your brain's health. Reading has an association with reduced depressive and chronic pain symptoms, as well as combating cognitive impairment. Your job can also prove important. Adjusting for confounding factors, a recent study found that higher cognitive stimulation at work resulted in lower levels of proteins known to be associated with an increased risk of dementia. What you do for a living might make you live longer. Engaging with word or number games daily has been linked to increased energy and reduced depression, and some studies suggest that regular cognitive challenges may even be associated with lower overall mortality risk. Even if you can only bring yourself to do a Sudoku on the odd occasion, it is still prospectively associated with reduced cognitive impairment.



*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](http://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](mailto: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@idahotruenorth.com](mailto:caroline@idahotruenorth.com).

**Ad Sizes and Rates:** IACP reserves the right to determine position and placement of all advertising. Special positioning may be purchased for an additional 20% if space is available. Inside Cover and Back Cover are charged additional 20% for special positioning. **15% off these rates for IACP Members.**

Ad Type	Ad Size	1 run	3 runs	6 runs	12 runs
Full page (bleed)	8 5/8" wide by 11 1/4" tall	\$450	\$414	\$378	\$330
Full page (boxed)	8" wide by 9 3/4" tall	\$450	\$414	\$378	\$330
Half page	8" wide by 4 3/4" tall	\$267	\$264	\$224	\$190
One Third (V)	2 3/8" wide by 9 3/4" tall	\$190	\$174	\$159	\$140
One Third (H)	8" wide by 3 1/8" tall	\$190	\$174	\$159	\$140
Quarter Page	3 7/8" wide by 4 3/4" tall	\$160	\$146	\$134	\$115
One Sixth	3 5/8" wide by 2 7/8" tall	\$105	\$97	\$88	\$75

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