



## A Natural Path to Relief

Back pain is one of the most common medical complaints worldwide, affecting people of all ages. Whether caused by poor posture, an injury, or the wear and tear of daily life, it can be debilitating and affect your quality of life. One form of treatment that has gained widespread popularity is chiropractic care. Chiropractors offer a natural, non-invasive approach to managing back pain that focuses on spinal alignment and overall body health.

Understanding Back Pain

**Back pain can originate from a variety of causes:**

**Muscle strain:** Often from lifting heavy objects, improper movements, or prolonged sitting.

**Herniated discs:** When the cushioning discs between the vertebrae in the spine rupture or bulge, they can press on nerves, leading to significant pain.

**Spinal misalignment:** Misaligned vertebrae can put pressure on nerves, leading to discomfort and pain.

**Degenerative conditions:** Conditions like arthritis and degenerative disc disease can cause chronic back pain.

**Injuries:** Trauma from falls, accidents, or sports can cause injury to the spine, muscles, or other structures in the back.

**Chiropractic Care: A Holistic Approach**

Chiropractic care is centered around the idea that proper alignment of the spine is key to overall health. Chiropractors are trained to diagnose and treat musculoskeletal issues, particularly those related to the spine.

**Key components of chiropractic care for back pain include:**

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## Understanding Neck Pain: Causes, Symptoms, and Treatment

Neck pain is a common complaint that can range from a minor discomfort to severe, debilitating pain. It affects millions of people around the world, with many factors contributing to its occurrence. While neck pain often results from poor posture or strain, it can also be a symptom of more serious underlying health conditions. Understanding the causes, symptoms, and treatment options for neck pain is crucial in managing this common issue effectively.

Causes of Neck Pain

There are numerous potential causes of neck pain, some of which are related to lifestyle choices, while others are due to injury or medical conditions:

One of the leading causes of neck pain is poor posture, particularly from prolonged sitting or hunching over electronic devices. This is commonly referred to as “tech

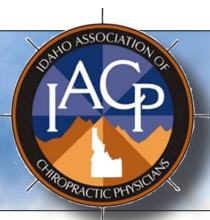
neck” or “text neck,” and it results from straining the muscles and ligaments of the neck.

Overusing the muscles of the neck or shoulders, particularly during activities like heavy lifting or exercise, can lead to muscle strain. Even something as simple as sleeping in the wrong position can cause muscle soreness or stiffness.

Trauma, such as whiplash from a car accident, can lead to severe neck pain. Whiplash occurs when the neck is forcefully jerked backward and forward, straining the muscles and ligaments in the neck.

Conditions such as osteoarthritis or degenerative disc disease can affect the cervical spine, causing chronic neck pain. These

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# 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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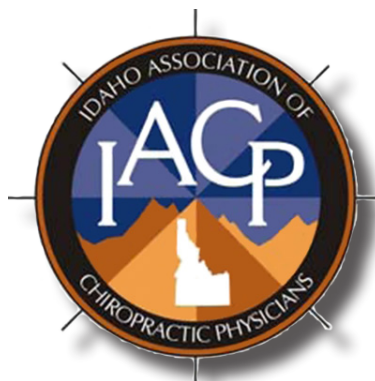
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# A Natural Path to Relief

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**Spinal Adjustments:** This is the hallmark of chiropractic treatment. A spinal adjustment involves the application of controlled force to joints that have become misaligned. The goal is to restore mobility and relieve pain.

**Posture Correction:** Poor posture, especially from prolonged sitting or improper lifting, can contribute to back pain. Chiropractors provide advice on ergonomics and posture to prevent further strain on the spine.

**Exercise and Rehabilitation:** Chiropractors often recommend specific exercises to strengthen the muscles surrounding the spine. Strengthening these muscles helps support spinal alignment and reduces the likelihood of future pain.

**Lifestyle and Nutritional Advice:** Chiropractors take a holistic approach, which may include advice on diet, hydration, and stress management to promote healing and reduce inflammation.

## **Benefits of Chiropractic Care for Back Pain**

**Non-Invasive:** Unlike surgery or certain medical treatments, chiropractic care does not involve invasive procedures. This makes it an attractive option for those looking to avoid surgery.

**Drug-Free:** Many patients seek chiropractic care to avoid the use of pain medications, which can have side effects or lead to dependency.

**Personalized Treatment:** Chiropractic care is often tailored to the individual, taking into account the patient's lifestyle, specific symptoms, and overall health.

**Improved Function and Mobility:** Chiropractic adjustments can help restore proper spinal alignment, which improves mobility and overall function, allowing patients to return to daily activities.

**Preventative Care:** Regular chiropractic adjustments can prevent future issues by maintaining spinal health and function, making it a proactive approach to managing back pain.

## **What to Expect During a Chiropractic Visit**

A typical visit to a chiropractor begins with a thorough assessment. This includes discussing your medical history, lifestyle, and any specific concerns you may have. Chiropractors often perform physical exams, and in some cases, may use diagnostic tools such as X-rays to get a clearer

picture of your spinal health.

Once a diagnosis is made, the chiropractor will develop a treatment plan tailored to your needs. Treatment may involve a combination of spinal adjustments, physical therapy exercises, and lifestyle modifications.

## **Chiropractic Care: Complementary or Standalone?**

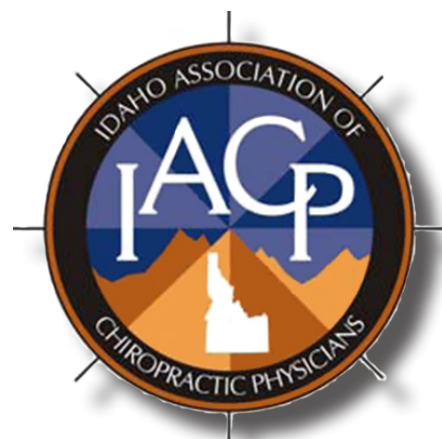
Chiropractic care can be used in conjunction with other forms of treatment. For example, patients who see chiropractors may also undergo physical therapy or use other pain management techniques. It's important to communicate with all healthcare providers to ensure a cohesive treatment plan.

## **The Evidence for Chiropractic Care**

Numerous studies support the effectiveness of chiropractic care for treating back pain. Research has shown that spinal manipulation can be effective for both acute and chronic lower back pain. A study published in the *Journal of the American Medical Association (JAMA)* found that spinal manipulation was associated with improved function and decreased pain intensity in patients with acute lower back pain.

For those seeking a natural, non-invasive approach to treating back pain, chiropractic care offers a viable option. By focusing on spinal alignment, posture, and overall health, chiropractic care not only addresses the immediate pain but also helps prevent future problems. If you're suffering from back pain, consulting with a chiropractor might be the first step toward relief and improved quality of life.

As with any form of healthcare, it's essential to work with a licensed and experienced professional who can properly assess your condition and create a safe, effective treatment plan tailored to your needs.



# Understanding Neck Pain: Causes, Symptoms, and Treatment

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conditions often develop with age as the cartilage between the vertebrae wears down.

**Pinched Nerve:** A pinched nerve in the neck can cause sharp, radiating pain, often accompanied by muscle weakness or numbness in the arms or hands.

**Stress:** Emotional stress can cause tension in the neck and shoulder muscles, leading to pain or tightness. This type of pain often comes in waves, coinciding with periods of high stress.

## Symptoms of Neck Pain

The symptoms of neck pain can vary depending on the underlying cause. Common symptoms include:

**Stiffness:** A sensation of tightness or difficulty moving the neck.

**Sharp Pain:** A localized, sharp pain in the neck area.

**Radiating Pain:** Pain that travels from the neck to the shoulders, arms, or hands.

**Headaches:** Pain or tension in the neck that can trigger tension headaches.

**Muscle Spasms:** Sudden tightening or twitching of the neck muscles.

**Limited Range of Motion:** Difficulty turning the head due to stiffness or pain.

**Numbness or Tingling:** Sensations that may occur if a nerve is compressed, often extending to the arms or fingers.

## When to Seek Medical Attention

While neck pain is often temporary and resolves on its own, there are instances when it requires medical evaluation.

Seek medical attention if you experience:

Severe pain that persists for more than a few days.

Pain after an injury such as a car accident or fall.

Weakness or numbness in your arms or hands.

Loss of bladder or bowel control, which may indicate a serious spinal condition.

Neck pain accompanied by fever, which could suggest an infection or inflammation.

## Treatment for Neck Pain

The treatment for neck pain varies depending on the cause and severity. Here are some common treatment options:

**Rest and Ice/Heat Therapy:** For acute neck pain, resting the

muscles and applying ice or heat to the affected area can help reduce inflammation and alleviate discomfort.

**Physical Therapy:** A physical therapist can guide patients through exercises that strengthen the neck and improve posture. This is especially useful for chronic neck pain or pain related to injury.

**Chiropractic Care:** Chiropractors specialize in diagnosing and treating musculoskeletal problems. Spinal adjustments can help realign the cervical spine, reducing pain and improving mobility.

**Massage Therapy:** Massage can help release tension in the neck and shoulder muscles, reducing pain and stiffness. It is particularly useful for neck pain related to stress or poor posture.

**Posture Correction:** Making adjustments to posture, especially for people who work long hours at desks, can significantly reduce neck pain. Ergonomic workstations and conscious posture habits are key preventive measures.

**Injections:** For more severe or persistent cases, corticosteroid injections may be recommended to reduce inflammation and provide pain relief.

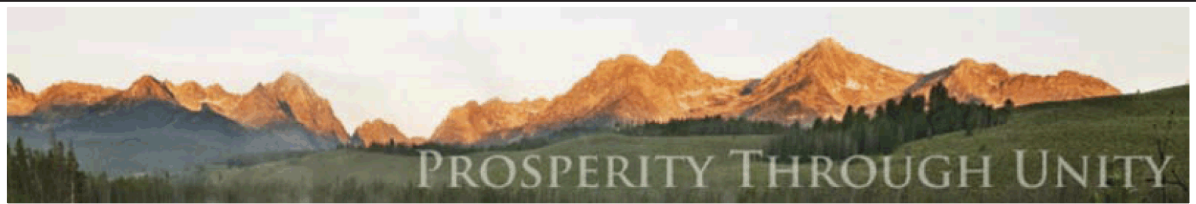
## Preventing Neck Pain

Preventing neck pain often involves making lifestyle changes and being mindful of posture:

**Maintain Good Posture:** Whether sitting at a desk or using a smartphone, maintain a neutral spine position to avoid straining the neck.

**Exercise Regularly:** Regular exercise helps keep the muscles around the neck and shoulders strong, reducing the risk of injury or strain.

Neck pain is a common condition that can arise from a variety of factors, ranging from muscle strain to serious spinal issues. By understanding the causes and taking preventive measures, many cases of neck pain can be avoided. For those already experiencing neck pain, a variety of treatment options are available, from simple home remedies to professional care, ensuring relief and a return to normal function. Always consult with a healthcare professional if your neck pain is severe or persistent to ensure proper diagnosis and treatment.



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# The Significant Impact of Health Behaviors on Well-being

Health behaviors significantly influence health and well-being, making them a primary focus of public health policy. Evidence robustly supports that healthy lifestyle behaviors, such as a nutritious diet, regular exercise, and smoking abstinence, markedly reduce morbidity and mortality . A report on the burden of disease in the United States identified diet as the leading risk factor for death and disability . The most common causes of death in the U.S. are both preventable and nutrition-related, with four out of the top seven chronic disease risk factors (diabetes, high cholesterol, high blood pressure, and obesity) being linked to dietary behavior and nutrition .

## Current Health Trends and Challenges

Despite the well-documented benefits of a healthy diet and exercise, the health of Americans is declining. As of recent data, 73.6% of adults aged 20 and over are overweight or obese . The prevalence of diabetes has dramatically increased from 108 million people over 40 years ago to 422 million in 2014, with projections estimating 783 million adults will have diabetes by 2045 . Heart disease continues to be the leading cause of death in the U.S., responsible for 1 in every 4 deaths . Engaging in healthy behaviors such as refraining from smoking, maintaining a healthy diet, and exercising regularly can significantly reduce the risk of these diseases and early death . The mortality rate of chronic diseases can also be reduced through prevention, which is closely linked to health behaviors .

## The Overlooked Role of Stress

While the importance of diet and exercise is heavily emphasized, stress is often underrepresented in public health recommendations. Stress, a complex and multifactorial phenomenon, is the body's response to mental, emotional, or physical disturbances. It can be both a symptom and a significant risk factor for conditions such as anxiety, migraines, substance abuse, obesity, and heart disease . College students, in particular, experience higher levels of stress, anxiety, and depression compared to the general population . Over 80% of medical students report psychological distress, which can adversely affect their quality of life .

## Health Behaviors Among College Students

Traditionally seen as a period of optimal health, recent data suggests otherwise for college students. Less than 10% of college students meet the recommended intake of fruits, vegetables, and fiber , and they average only 2.8 days of aerobic exercise per week . Older students are even less likely to engage in regular exercise . Research on chiropractic

students' health behaviors is limited, but a study found that 72% of Canadian chiropractic students met the 2012 Canadian Physical Activity Guidelines . A survey also indicated positive attitudes towards preventive services and health promotion among chiropractic students, faculty, and practitioners . However, unhealthy behaviors persist among college students, increasing their risk of future health problems .

## Defining Wellness

Wellness is often used interchangeably with well-being and quality of life. The World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" . This definition includes wellness but does not capture all multidimensional aspects such as intellectual, spiritual, emotional, and occupational wellness . Within chiropractic, wellness is seen as a patient-centered process focusing on health promotion, disease prevention, and overall well-being, with an emphasis on spinal health .

## Importance of Wellness Education in Chiropractic

Supporting student wellness is crucial in chiropractic education, a focus increasingly emphasized. The World Federation of Chiropractic (WFC) supports WHO initiatives, including the Global Strategy on Diet, Physical Activity, and Health, and promotes chiropractors' role in health promotion activities . Wellness education can raise awareness about the importance of health and disease prevention, positioning physicians as key proponents of wellness.

## Knowledge, Attitudes, and Behavior (KAB) Model

The KAB Model is an effective approach for implementing wellness education. As knowledge is acquired, attitudes change, increasing the likelihood of behavior change . The objective of this study was to examine the relationships between wellness knowledge, attitudes, and behaviors in chiropractic students using the Wellness Knowledge, Attitude, and Behavior Instrument (WKABI) .

## Methods

The study received approval from the Institutional Review Board (IRB) of Palmer College of Chiropractic. Students from quarters 1 through 13 at Palmer College of Chiropractic, Florida campus, participated by completing the WKABI. The questionnaire, distributed via email and the college's learning platform, included 72 items on a 5-point Likert scale and multiple-choice formats. The minimum required sample size was 263, with 271 students participating.

# Chiropractic Care and Its Role in Disease Management: An Integrative Approach to Health

Chiropractic care, a healthcare discipline focused on diagnosing and treating musculoskeletal disorders, especially those related to the spine, has gained widespread recognition for its non-invasive approach. While it is often associated with back and neck pain, chiropractic care can play a broader role in managing and even preventing certain diseases and conditions. By focusing on spinal health and the nervous system, chiropractors aim to promote overall body function and well-being.

## The Chiropractic Philosophy

The foundational principle of chiropractic care is that the body has the inherent ability to heal itself when the spine and nervous system are in optimal condition. Chiropractors believe that misalignments in the spine, called subluxations, can interfere with the nervous system's communication with the rest of the body, leading to a range of health issues. By correcting these misalignments through spinal adjustments, chiropractic care seeks to restore balance and proper function to the body.

While chiropractic care does not claim to treat specific diseases directly, it is often used as a complementary therapy to enhance the body's ability to heal and to support overall health.

## Diseases and Conditions Benefited by Chiropractic Care

### Musculoskeletal Disorders:

**Osteoarthritis:** Chiropractic adjustments can help improve joint mobility and reduce pain and stiffness associated with osteoarthritis. By improving spinal alignment, chiropractic care may reduce the wear and tear on joints, helping to manage the condition more effectively.

**Sciatica:** Sciatica occurs when the sciatic nerve, which runs from the lower back down the legs, becomes compressed. Chiropractic adjustments can relieve the pressure on this nerve, reducing pain and improving mobility.

### Headaches and Migraines:

Many headaches, including tension headaches and migraines, are linked to issues in the cervical spine. Chiropractic adjustments, along with posture corrections, can help alleviate these conditions by reducing muscle tension and improving spinal function.

### Neurological Disorders:

**Multiple Sclerosis (MS):** Chiropractic care is sometimes used as a supportive treatment for neurological conditions like MS. While it does not cure the disease, spinal adjustments may help manage symptoms such as muscle stiffness, balance issues, and discomfort by optimizing nervous system function.

**Parkinson's Disease:** Some studies suggest that chiropractic care may help alleviate symptoms such as muscle stiffness and posture issues in Parkinson's patients. Regular spinal adjustments may improve mobility and reduce discomfort, contributing to better quality of life.

### Digestive Disorders:

The nervous system controls many of the body's functions, including digestion. Subluxations in the thoracic and lumbar regions of the spine can disrupt nerve signals that regulate digestion, potentially leading to conditions like acid reflux, irritable bowel syndrome (IBS), and constipation. Chiropractic adjustments may help restore normal nerve function and improve digestive health.

### Asthma and Respiratory Issues:

Chiropractic care may benefit individuals with asthma or other respiratory conditions by improving the function of the nervous system, which controls the muscles involved in breathing. By relieving tension in the thoracic spine, where the nerves that control the lungs are located, chiropractic care may help optimize respiratory function and reduce asthma symptoms.

### High Blood Pressure (Hypertension):

Some studies have suggested that specific chiropractic adjustments, particularly to the upper cervical spine, may have a positive effect on blood pressure. By realigning the spine and improving nervous system function, chiropractic care could help regulate blood pressure levels in some individuals.

### Immune System Support:

The nervous system and immune system are closely interconnected, meaning that spinal misalignments can potentially affect immune function. Some proponents of chiropractic care argue that by optimizing nervous system



health, chiropractic adjustments can boost immune response and improve the body's ability to fight off infections and diseases.

#### Chiropractic Care as a Complementary Therapy

Chiropractic care is often used in conjunction with other forms of treatment to provide a holistic approach to managing diseases and conditions. It complements traditional medical treatments by:

**Reducing Pain and Inflammation:** Chiropractic adjustments can help reduce chronic pain and inflammation, making it easier for individuals to manage symptoms of various conditions. This can decrease the need for pain medications, which often come with side effects or risks of dependency.

**Stress Reduction:** Chiropractic care often includes lifestyle recommendations, such as stress management techniques, exercises, and nutritional advice, which can improve overall well-being and reduce the risk of stress-related health issues.

**Enhanced Nervous System Function:** By keeping the nervous system functioning at its best, chiropractic care may help the body respond more effectively to infections, injuries, and other stressors, potentially leading to fewer health problems.

**The Evidence Behind Chiropractic Care and Disease**  
While chiropractic care is widely accepted for treating musculoskeletal pain, the evidence supporting its role in

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*“The foundational principle of chiropractic care is that the body has the inherent ability to heal itself when the spine and nervous system are in optimal condition.”*

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**Improving Mobility and Function:** For patients with degenerative diseases like arthritis, chiropractic care can improve joint mobility, making everyday activities more manageable. This can contribute to better physical function and overall quality of life.

**Supporting Mental Health:** Chronic pain and illness often take a toll on mental health, leading to issues such as anxiety or depression. Chiropractic care's focus on holistic well-being, along with its ability to alleviate physical pain, may have a positive impact on mental health as well.

#### Preventative Health through Chiropractic Care

Chiropractic care is not only about managing existing diseases; it can also play a preventative role. Regular spinal adjustments, posture corrections, and lifestyle advice can help keep the spine and nervous system functioning properly, potentially reducing the likelihood of developing certain health problems.

**Posture and Spinal Health:** Maintaining good posture and spinal alignment reduces stress on the body's musculoskeletal and nervous systems. This can prevent conditions like chronic back pain, joint issues, and even contribute to better overall health.

managing other diseases is still emerging. Some studies suggest benefits in areas like hypertension and asthma, while more research is needed to fully understand the extent of chiropractic care's impact on various health conditions.

It's important for patients to consult with their healthcare providers before incorporating chiropractic care into their treatment plan, especially if they are managing a serious or chronic illness. Chiropractic care can be an effective part of an integrative health approach, but it should be combined with appropriate medical treatment for optimal results.

Chiropractic care offers a natural, non-invasive approach to managing a variety of health conditions by focusing on spinal health and its relationship to the nervous system. While it is most commonly used for musculoskeletal pain, research and patient experiences suggest that it can also support the management of other diseases such as asthma, digestive issues, and even neurological disorders. By improving spinal alignment and nervous system function, chiropractic care promotes overall health and well-being, often serving as a valuable complement to conventional medical treatments.

# Grit, Motivation, and Resilience: Meet Julie Ludovici Ward the 2024 CHUSA Scholar

ChiroHealthUSA is thrilled to announce Julie Ludovici Ward as the 2024 Foxworth Family Scholarship recipient. Julie's journey, marked by significant personal challenges, is a testament to her resilience. She became an emancipated minor in high school following her mother's battle with brain cancer and the subsequent loss of her father to a mental health battle. Despite these hardships, Julie has remained steadfast in her pursuit of education and her dream of serving others through chiropractic care. Her story is an inspiration to us all. "To be in the position of being awarded this scholarship is unquestionably a 'pinch me' experience," Julie shared. "Little Julie, who sat worried and full of doubt about the future, would be proud that we made it."

Julie looks forward to her final year as a student at Sherman College of Chiropractic in Spartanburg, South Carolina, eager to see the impact she and her peers can make in the college's Chiropractic Center student clinic. "We have the opportunity to directly impact someone's quality of life and change the trajectory of their health through our humble involvement and direct care," she said. Julie is inspired by her peers, professors, mentors, and support system, who have helped her reach this point.

After graduating from Sherman in September 2025, Julie plans to move to coastal North Carolina to become an associate in a practice, where she will continue to learn and work as a principled Doctor of Chiropractic. Her long-term goals include opening her clinic and contributing to chiropractic research and education. Julie's passion for helping others and her dedication to holistic care indicate the positive impact she will have on the profession.

At the FCA National Convention in Orlando, Florida, where Julie was recognized as this year's CHUSA Scholar, we announced that the 2025 Scholarship would be named in memory of Dr. Chris Anderson. A beloved friend of the CHUSA family, Dr. Anderson brought his passion and energy for the chiropractic profession to everything he did. His unique style for educating others on billing, coding, compliance and documentation brought a lot of laughs and left a lasting impression on his audience.

Dr. Chris's dedication extended beyond his practice. He was an active member of various organizations, including the Reedsburg Rotary Club, Boy Scout Troop #44, and the Reedsburg Chamber of Commerce. His commitment to service

was reflected in his involvement with community initiatives and international outreach through the Palmer Clinic Abroad Program, where he provided care to underprivileged patients in several countries.

Dr. Anderson's legacy of kindness and dedication is not just a memory but a living influence that continues to inspire us all. It is reflected in Julie's commitment to making a difference in the lives of her future patients. His positive energy and can-do spirit left a lasting impact on everyone who knew him, and his influence will continue to inspire generations of chiropractors.

Dr. Ray Foxworth, President of ChiroHealthUSA, expressed his admiration for Julie's journey and the significance of this year's scholarship. "Julie's resilience and commitment to chiropractic care embody the spirit of my parents, in whose honor this scholarship was established, as well as the remarkable legacy of Dr. Chris Anderson, a young and enthusiastic leader in the profession."

The 2025 scholarship is a beacon of hope for aspiring chiropractors, offering a unique opportunity to further their education and make a significant difference in the field. Students may begin submitting applications on September 1, 2024. The deadline for submissions is March 30, 2025, with the recipient announced during the National Convention in Orlando in August 2025. For more information, visit [www.chusascholar.com](http://www.chusascholar.com).

Kristi Hudson is a certified professional compliance officer (CPCO) and is Vice President of Business Relationships at ChiroHealthUSA. For 15 years, she has been educating chiropractors (DCs) and chiropractic assistants (CAs) on establishing straightforward and compliant financial policies.

Beyond her responsibilities at ChiroHealthUSA, Kristi serves as the Vice Chair of the Chiropractic Future Strategic Plan, contributing her expertise to shape the future of the chiropractic profession. She also serves as a dedicated board member for ChiroCongress Cares, demonstrating her commitment to the chiropractic community's well-being.

For inquiries or further information, Kristi can be reached at [Kristi@chirohealthusa.com](mailto:Kristi@chirohealthusa.com). To explore the services offered by ChiroHealthUSA, visit their website at [www.chirohealthusa.com](http://www.chirohealthusa.com).



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# The Significant Impact of Health Behaviors on Well-being

Health behaviors play a pivotal role in shaping overall health and well-being, making them a central focus of public health policy. A wealth of evidence underscores the positive effects of healthy lifestyle choices—such as maintaining a nutritious diet, engaging in regular physical activity, and abstaining from smoking—in significantly reducing morbidity and mortality rates. In fact, a report on the disease burden in the United States identified diet as the leading risk factor for both death and disability. The most common causes of death in the U.S. are preventable and closely tied to nutrition, with four of the top seven chronic disease risk factors—diabetes, high cholesterol, high blood pressure, and obesity—being directly linked to dietary habits.

## Current Health Trends and Challenges

Despite the well-known benefits of a healthy diet and regular exercise, the health of Americans is declining. Recent data shows that 73.6% of adults aged 20 and older are classified as overweight or obese. The prevalence of diabetes has skyrocketed, increasing from 108 million people worldwide more than 40 years ago to 422 million in 2014, with projections estimating that 783 million adults will have diabetes by 2045. In the U.S., heart disease remains the leading cause of death, accounting for 1 in every 4 deaths. Engaging in healthy behaviors—such as refraining from smoking, eating a balanced diet, and exercising regularly—can drastically reduce the risk of these diseases and premature death. Preventing chronic diseases, closely tied to health behaviors, can also significantly reduce their associated mortality rates.

## The Underappreciated Role of Stress

While diet and exercise receive significant attention in public health discussions, stress is often overlooked despite its critical impact. Stress, a complex physiological and emotional response to various disturbances, is both a symptom and a significant risk factor for conditions such as anxiety, migraines, substance abuse, obesity, and heart disease. College students, in particular, experience heightened levels of stress, anxiety, and depression compared to the general population. Over 80% of medical students report psychological distress, which adversely impacts their quality of life.

## Health Behaviors in College Students

Although college is traditionally viewed as a period of

peak health, recent data suggests otherwise for many students. Fewer than 10% of college students meet the recommended intake of fruits, vegetables, and fiber, and they average only 2.8 days of aerobic exercise per week. Older students are even less likely to engage in regular physical activity. Although research on the health behaviors of chiropractic students is limited, one study found that 72% of Canadian chiropractic students met the 2012 Canadian Physical Activity Guidelines. Additionally, a survey revealed that chiropractic students, faculty, and practitioners hold positive attitudes toward preventive services and health promotion. However, unhealthy habits remain prevalent among college students, increasing their risk for future health issues.

## Defining Wellness

Wellness is often equated with well-being and quality of life. The World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” This definition encompasses wellness but does not capture all its dimensions, including intellectual, spiritual, emotional, and occupational wellness. In chiropractic care, wellness is viewed as a patient-centered process focused on health promotion, disease prevention, and overall well-being, with a particular emphasis on spinal health.

The Importance of Wellness Education in Chiropractic  
Supporting wellness in chiropractic education is crucial and increasingly emphasized. The World Federation of Chiropractic (WFC) supports WHO initiatives, such as the Global Strategy on Diet, Physical Activity, and Health, and promotes the chiropractor’s role in health promotion activities. Educating chiropractic students about wellness can raise awareness about disease prevention and position future practitioners as advocates of health and well-being. Knowledge, Attitudes, and Behavior (KAB) Model

The KAB Model is an effective framework for promoting wellness education. As students acquire knowledge, their attitudes shift, making them more likely to adopt healthier behaviors. The aim of this study was to explore the relationships between wellness knowledge, attitudes, and behaviors among chiropractic students using the Wellness Knowledge, Attitude, and Behavior Instrument (WKABI).

## Methods

This study was approved by the Institutional Review Board (IRB) at Palmer College of Chiropractic. Participants included students from quarters 1 through 13 at the Palmer College of Chiropractic, Florida campus. The WKABI survey was

distributed via email and the college's learning platform. The questionnaire consisted of 72 items using a 5-point Likert scale and multiple-choice formats. A minimum sample size of 263 was required, and 271 students participated in the study.

# The Future of Chiropractic: Advancements and Opportunities in Healthcare

Chiropractic care, which focuses on the diagnosis and treatment of musculoskeletal disorders, particularly those related to spinal health, has steadily gained recognition as an integral part of healthcare. With its non-invasive, drug-free approach, chiropractic care addresses not only pain management but also overall wellness. As healthcare evolves, so does chiropractic, adapting to new research, technologies, and patient needs. The future of chiropractic holds great promise as the profession embraces innovation, expands its role in integrative care, and continues to improve public health outcomes.

## The Rise of Integrative and Holistic Healthcare

One of the most significant trends shaping the future of chiropractic is the shift toward integrative and holistic healthcare models. As more patients and providers seek non-invasive treatments for chronic pain, stress management, and wellness, chiropractic care is becoming an essential component of multidisciplinary care teams. Chiropractors are increasingly working alongside medical doctors, physical therapists, nutritionists, and mental health professionals to provide comprehensive care for patients.

This integrative approach allows chiropractors to address not only musculoskeletal issues but also to contribute to broader healthcare goals such as improving mobility, reducing the use of prescription medications, and enhancing the overall quality of life. By collaborating with other healthcare professionals, chiropractors can help patients manage complex conditions like chronic pain, arthritis, and even neurological disorders through a more comprehensive, patient-centered approach.

## Advances in Technology and Techniques

The future of chiropractic care will be shaped by advancements in technology and treatment techniques that improve patient outcomes. Emerging technologies such as artificial intelligence (AI), wearable devices, and digital health platforms are enabling chiropractors to deliver more precise, personalized care.

**Wearable Health Tech:** Wearable devices that track posture, spinal alignment, and activity levels provide chiropractors with real-time data on patient health. This information allows for more targeted interventions and ongoing monitoring to prevent injuries and improve treatment plans.

**Telemedicine and Virtual Care:** Telehealth has become a vital tool in healthcare, and chiropractic care is no exception. Virtual consultations, remote monitoring, and digital health platforms allow patients to access chiropractic care more easily, especially in underserved areas or for those with mobility issues. Telehealth options will continue to expand, making chiropractic services more accessible to a broader range of patients.

**Robotic-Assisted Adjustments:** In some clinics, robotic-assisted tools are being used to perform spinal adjustments with precision and consistency. This technology has the potential to enhance chiropractic care by reducing human error and providing more consistent results, particularly in complex cases.

**Laser Therapy and Other Modalities:** The use of low-level laser therapy (LLLT) and other non-invasive modalities, such as shockwave therapy and electrical stimulation, is growing within chiropractic. These tools can complement traditional manual adjustments, helping to reduce inflammation, promote healing, and enhance patient recovery times.

## Evidence-Based Practice and Research

As chiropractic care moves into the future, there is an increasing emphasis on evidence-based practice. More clinical research is being conducted to evaluate the effectiveness of chiropractic treatments for a variety of conditions, including back pain, neck pain, headaches, and sports injuries. By building a robust body of scientific evidence, chiropractors can further legitimize their role within mainstream healthcare and gain wider acceptance from the medical community and insurance providers.

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# The Future of Chiropractic: Advancements and Opportunities in Healthcare

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Studies demonstrating the benefits of chiropractic care in reducing opioid use for pain management have already attracted attention. With the ongoing opioid crisis, chiropractic care offers a promising alternative for managing pain without relying on addictive medications. This shift toward non-pharmacological treatments is expected to boost the role of chiropractic care in addressing chronic pain management on a larger scale.

## Expanding Chiropractic's Scope of Practice

The future of chiropractic care may also see an expanded scope of practice, allowing chiropractors to play a more active role in preventive care, wellness promotion, and even public health initiatives. In some regions, chiropractors are already involved in prescribing exercise, offering nutritional advice, and providing lifestyle counseling. This trend is expected to grow as chiropractors become more integrated into primary care settings and wellness programs.

Chiropractors are uniquely positioned to promote preventive care, particularly in areas such as posture correction, ergonomic training, and stress management. By focusing on spinal health and the nervous system, chiropractic care can help patients maintain overall wellness and reduce the risk of developing chronic conditions associated with poor posture, sedentary lifestyles, and stress.

## The Role of Chiropractic in Addressing Global Health Challenges

As the world faces growing health challenges, such as aging populations, increasing rates of chronic diseases, and a heightened demand for non-invasive treatments, chiropractic care is poised to make a significant contribution to global health. For example, in regions where access to healthcare is limited, chiropractic care can provide an affordable, effective means of treating common

musculoskeletal issues, improving quality of life without the need for costly surgeries or medications.

Chiropractors are also well-positioned to address issues related to aging populations, such as mobility problems, arthritis, and balance disorders. As people live longer, there will be an increasing need for non-invasive treatments that help maintain mobility and independence, making chiropractic care a valuable asset in senior healthcare.

## Future Challenges and Opportunities

While the future of chiropractic care looks promising, the profession will need to address certain challenges to fully realize its potential. Education and standardization of chiropractic training across different countries is one area that requires attention. Establishing consistent guidelines for chiropractic education, licensure, and practice standards will help maintain the credibility and professionalism of the field.

Another challenge is the public perception of chiropractic care. Despite its growing acceptance, misconceptions about chiropractic persist, and more public education is needed to communicate the full range of benefits that chiropractic care can offer. This includes helping patients understand that chiropractic is not just about spinal adjustments but also plays a role in promoting holistic health and wellness.

The future of chiropractic care is bright, with advancements in technology, research, and integrative healthcare opening new doors for the profession. As chiropractic continues to evolve and adapt to the changing landscape of healthcare, it will play an increasingly important role in addressing musculoskeletal issues, managing pain, and promoting overall wellness. By embracing innovation and expanding its scope, chiropractic care is well-positioned to meet the growing demands of patients and contribute to a healthier future for all.

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- ★ Plymouth, MI - November 16, 2024 - CE's
- ★ Philadelphia, PA - November 16, 2024

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# Chiropractic News

## Chiropractic Care and Opioid Crisis

A recent study highlights the role of chiropractic care in addressing the opioid crisis. Researchers found that patients receiving chiropractic treatments for back and neck pain were less likely to use opioids for pain management. This non-pharmacological approach is gaining traction as a safer alternative to traditional pain relief, particularly in light of the opioid epidemic.

## Wearable Technology in Chiropractic

Wearable devices are making their way into chiropractic care, helping patients and chiropractors monitor posture, movement, and spinal health in real-time. These devices offer data-driven insights that improve treatment plans and enhance patient outcomes, marking a new frontier in personalized chiropractic care.

## Chiropractors Collaborating with Primary Care Physicians

Chiropractors are increasingly becoming part of multidisciplinary care teams, working alongside primary care physicians to offer integrative healthcare solutions. This collaboration aims to provide comprehensive care, particularly for patients dealing with chronic pain, musculoskeletal disorders, and lifestyle-related conditions.

## New Research on Chiropractic and Sports Injuries

A recent study shows that chiropractic care can significantly reduce recovery times for athletes with sports-related injuries. Focusing on spinal alignment and musculoskeletal health, chiropractors help athletes improve performance, prevent injuries, and recover more quickly, making chiropractic care a growing field in sports medicine.

## Telehealth Expands Chiropractic Access

Telehealth is now offering patients virtual chiropractic consultations, especially in rural or underserved areas. While hands-on adjustments are limited, chiropractors can provide advice on posture, exercises, and pain management,

ensuring continuous care for patients who can't access in-person visits.

## Gas prices at three-year low

GasBuddy projects the national average price for regular gas will hover at \$3.49 a gallon. That's a penny shy of the price a year ago and down sharply from \$4.79 two years ago when oil prices spiked after Russia invaded Ukraine.

Adjusted for inflation, US gas prices are almost exactly where they were in July 2018, according to federal data.

According to GasBuddy, the average price for regular gas is down by 71 cents from a year ago in the state of Washington, 60 cents in Oregon, 44 cents in Utah and 42 cents in Colorado.

The drop in gas prices comes despite what's expected to be strong demand for fuel. A record of nearly 61 million people are expected to be on the roads this Fourth of July, according to AAA. That would be 5% more than a year ago and 10% more than July 2019 before Covid-19.

Although gas prices are down from April, hurricane season could change that. Analysts blamed Hurricane Beryl — the earliest Category 5 storm on record — for helping to boost US oil prices above \$84 a barrel on Tuesday for the first time since late April.

## Weight loss drugs may cause stomach paralysis

Injected medications that treat diabetes and obesity increase the risk of a rare but serious side effect: stomach paralysis, according to new data on the real-world use of the drugs.

At least three new studies based on large collections of patient records show that the risk of being diagnosed with stomach paralysis, or gastroparesis, is higher for people who take GLP-1 agonists than for those who don't.

The studies have not been scrutinized by outside experts or published in medical journals, so the data is considered preliminary. Two were presented recently at the medical conference Digestive Disease Week 2024 in Washington.



Injected medications called GLP-1 agonists are in high demand because they have proved to be so effective for weight loss. In clinical trials, some of the stronger medications like Wegovy and Zepbound have been found to help people lose at least 10% of their starting weight. Studies have also concluded that they have benefits for the heart as well as the waistline. Drugmaker Novo Nordisk said 25,000 people are starting Wegovy every week in the US alone.

The drugs curb hunger by slowing passage of food through the stomach. They also help the body release more insulin and help send signals to the brain that turn down cravings.

In some people, however, these medications can also cause unpleasant-to-severe bouts of vomiting, which may require medical attention. They can also slow the stomach so much that medical tests show a condition called gastroparesis.

Most of the time, doctors say, gastroparesis will improve after stopping the medication. But some people say that their condition did not get better even months after coming off the drug, with life-altering consequences.

### **Annual Student Leadership Conference**

The American Chiropractic Association (ACA) annual Student Leadership Conference is an important weekend of education, networking, and collaboration for the Student American Chiropractic Association (SACA). This year it will be held in Dallas, Texas, Sept. 27-29, 2024.

The Leadership Conference is a gathering of student leaders from multiple SACA chapters who are eager to learn from the chiropractic profession's top minds. Attendees will leave the conference inspired to make a difference within the healthcare system, the chiropractic profession, and their student groups on each respective campus.

### **Dr. Selina Sigafoose-Jackson ICA Chiropractor of the Year**

The International Chiropractors Association (ICA) is proud to name Dr. Selina Sigafoose-Jackson as the recipient of the Chiropractor of the Year Award for 2024. This award is the highest recognition bestowed upon a chiropractor each year and is voted on by the Fellows of the ICA. Dr. Sigafoose-Jackson was honored at the ICA 98th Annual Convention in Dallas, Texas.

Dr. Selina is a pillar of the profession. She has run a high-volume practice in York, Pennsylvania with her husband, Dr. Kevin Jackson, for more than 30 years. She graduated from

Life University's College of Chiropractic in 1989. Dr. Selina is the daughter of famed lecturer, Dr. James Sigafoose, who was one of the founders of Life University. Dr. Selina follows in her father's footsteps as a leader in chiropractic, having served in the ICA Representative Assembly (RA) and ICA Board of Directors. And for the last three years, she has served as the President of the ICA. She is the first woman to hold that position. She also serves in the leadership of the League of Chiropractic Women.

In accepting the award, Dr. Selina expressed a feeling of connection with her father through receiving Chiropractor of the Year. "It means I've been around a while," she joked. "It also means I am included amongst some amazing servants to our profession, including my father. This award was the last award he received, two weeks before he passed away."

Dr. Selina always prioritizes people and caring for them. "The biggest thing about chiropractic that keeps me motivated is the love of people," said Dr. Selina. "Spreading the truth of health, life, and God's amazing creation of the human body and how chiropractic helps to promote this amazing design."

Dr. Selina has been a member of the ICA for more than 30 years and she recognizes its role in the history and future of chiropractic. "I just love that the ICA loves chiropractic," she said. "That the ICA is the oldest chiropractic organization – it is a privilege and an honor to support and participate in the ICA. There is such a huge connection to our past and history through the ICA and it is the connection to our future as well."

Looking ahead, Dr. Selina is excited for the potential of chiropractic to change the lives of even more people. "I am looking forward to chiropractic being the leading, number one healthcare profession over ALL professions – and I believe it will be," she said. "I look forward to schools filling up and more schools being opened. I look forward to the human race understanding more and more the importance of maintaining nervous system health and how it relates to all organs, structures and functions of the human body."



# Chiropractic College News

## Palmer College Launches New Research Initiative

Palmer College of Chiropractic has announced a new research initiative focused on the impact of chiropractic care on chronic pain management. The program will explore alternative treatments to opioids and examine how chiropractic interventions can reduce dependency on medications, positioning the college as a leader in chiropractic research.

## Life University Expands Online Learning Options

Life University, a leader in chiropractic education, has expanded its online course offerings to accommodate students seeking more flexible learning options. The new programs include hybrid models combining online theory with hands-on clinical training, making chiropractic education more accessible to a wider audience.

## Logan University Partners with Local Hospitals

Logan University has formed partnerships with local hospitals to offer chiropractic students hands-on clinical experience in integrated healthcare settings. This collaboration allows students to work alongside other healthcare professionals, gaining experience in multidisciplinary care and better preparing them for real-world practice.

## New Wellness Center at Sherman College of Chiropractic

Sherman College of Chiropractic recently opened a state-of-the-art wellness center on campus. The center provides chiropractic students with practical training opportunities while serving the local community with affordable care, emphasizing the college's commitment to both education and community health.

## National University of Health Sciences Hosts Chiropractic Research Symposium

The National University of Health Sciences held its annual Chiropractic Research Symposium, bringing together students, faculty, and industry experts to present the latest research in chiropractic care. The event highlighted

innovative studies on spinal health, pain management, and new treatment techniques, encouraging academic excellence in the field.

## Palmer College Wins 2024 Circle of Excellence Award

The Council for Advancement and Support of Education (CASE) recently announced the recipients of its 2024 Circle of Excellence Awards. Palmer College of Chiropractic, headquartered in Davenport, Iowa, received the Silver Circle of Excellence Award for its multi-year campaign "Daring and Driven: The Campaign for Palmer College."

"It's an incredibly meaningful honor," says Barbara Melbourne, J.D., Palmer's vice chancellor for institutional advancement. "The award speaks to the countless hours of committed work carried out by Palmer staff and the boundless generosity of our alumni and friends."

Daring and Driven: The Campaign for Palmer College – the largest campaign ever undertaken by a chiropractic college – was an unmitigated success, shattering records and energizing the College's more than 31,000 alumni. The multi-year campaign concluded with \$30.2 million raised and nearly 1,200 new donors reached.

"What a success story for Palmer College, which, before the campaign, had .8% alumni participation, a deficient database, and no fundraising staff," explained one of the competition judges. "How can we not all be reminded of what can be accomplished through a systematic approach, strategic advanced planning, sheer optimism, and unrelenting effort?"

CASE's Circle of Excellence Awards are the premier recognition program for educational advancement. These peer-selected and adjudicated awards celebrate colleges, universities and schools worldwide whose talented staff have advanced their institutions with resourcefulness and ingenuity.

This year, volunteer judges from CASE's membership reviewed more than 4,200 entries from 28 countries and selected 486 exemplary entries for bronze, silver, gold and

grand gold recognition across multiple categories. Winners are chosen for overall quality, innovation, use of resources, and the impact on the institution or its communities, such as alumni, parents, students, faculty and staff.

### **HBCU Alumna Recognized as Chiropractor of the Year**

Magen Henry, an undergraduate alumna of historically Black Florida A&M University, has been named the 2024 Chiropractor of the Year by the American Black Chiropractic Association. She was honored for her commitment to the association and her work in advancing health outcomes for Black communities.

Based in Atlanta, Georgia, Dr. Henry's practice focuses on improving prenatal and pregnancy care through chiropractic methods. She is the founder of ChiroJunky, which contains the "Black Chiropractors Near Me" directory. The directory, the largest of its kind across the globe, aims to connect Black patients with Black chiropractors and promote the chiropractic field among Black communities.

Dr. Henry received her bachelor's degree in cellular and molecular biology from Florida A&M University and her doctor of chiropractic degree from Life University in Marietta, Georgia.

### **Steve Agocs from CUKU accepted to Fellowship in Pain Sciences**

Dr. Steve Agocs, assistant dean of chiropractic education at Cleveland University-Kansas City (CUKC), was accepted to the summer 2024 Fellowship in Pain Sciences, through Evidence in Motion (EIM). The two-year program focuses on interdisciplinary models of pain care, with an emphasis on first-in-class, non-pharmacological options for people suffering with complex and chronic pain. The new cohort will commence on July 8, 2024.

According to the EIM website, participants will "gain exceptional understanding of pain mechanisms and their impact on the pain experience, and enhance their clinical decision making through thorough consideration of biopsychosocial factors." The hybrid program blends online and hands-on instruction, which allows clinicians to pursue the training without disrupting their professional lives.

Agocs began attending postgraduate seminars on pain neuroscience in 2016. He completed EIM's Therapeutic Neuroscience Education course, and in 2022, he earned EIM's Therapeutic Pain Specialist certification in conjunction

with Purdue University. This fellowship provides yet another opportunity for professional development, and is the final step offered by EIM in their pain sciences training.

The Fellowship in Pain Science is part of that ongoing learning commitment for Agocs, and he is eager to bring new information back to the chiropractic community at CUKC. He believes that chiropractic will soon experience an expanded role in the healthcare landscape. His participation in the fellowship will serve him well as he prepares students for the future of their profession.

"Chiropractors are poised to have the greatest potential to be a "first stop" for many of these patients, and while complex cases require interdisciplinary approaches to treatment, chiropractors can and should be coordinating and managing that care," Agocs said. "My personal vision would be a series of required courses and/or electives that Cleveland students can take that gets them firmly in this mindset and teaches them the tools required to apply this science with patients, how to communicate with other providers, etc., and open up more opportunities for more new graduates than I ever had."

### **Life University grads to compete in 2024 Summer Olympics**

Life University is thrilled to announce that Orrin Bizer, an esteemed alumnus of the Men's Rugby program, has been named to Team USA for the Men's Rugby 7s team in the 2024 Summer Olympics, set to take place in Paris, France, from July 26 through August 11. Bizer joins the rank of Life U alumni recently announced to compete this summer in the Olympic Games, which include D.C. alumnus CJ Allen (Track and Field, 400m Hurdles) and B.S. Biopsychology alumna Alexandria "Spiff" Sedrick (Women's Rugby 7s).

**Orrin Bizer:** A 2023 graduate with a B.S. degree in Exercise Science from Life U, Bizer has been a pivotal figure in the success of the Life U Men's Rugby team. His contributions were instrumental in securing back-to-back 7s national championships, and he demonstrated exceptional leadership as the captain during the latter tournament. In recognition of his outstanding performance and skill, Bizer was awarded the prestigious Prusmack Award in 2023, which honors the best collegiate men's 7s player in the country. In Paris, Bizer will be one of four forwards on the Team USA squad, bringing his expertise and determination to the international stage.

**CJ Allen:** An alumnus of Life U's M.S. Sport Health Science and Doctor of Chiropractic programs, CJ Allen has qualified

*Continued on next page*

# Chiropractic College News

*Continued from last page*

for the Men's 400m Hurdles event. Allen secured his spot on Team USA with a stellar second-place finish at the Olympic Trials on June 30. This achievement marks a significant milestone in his career, as it is his first time making the Olympic team after a decade of competing in the Olympic Trials.

**Alexandria "Spiff" Sedrick:** A standout former student-athlete from Life University's Women's Rugby team, Alexandria "Spiff" Sedrick will compete as a center on the Team USA Women's Rugby 7s squad. Sedrick earned her B.S. Biopsychology degree from Life U in 2020. During her time at Life U, she garnered numerous accolades, including the prestigious MA Sorensen Award in 2020, which is awarded to the top women's collegiate rugby player in the United States. Additionally, Sedrick was honored with Life U's Athlete of the Year Award in 2018 and Lifetime Achievement Award in 2020.

## **The annual Life Vision Extravaganza (LVE), to be held Oct. 3-5, 2024 at Life University**

Life University is excited to host the Life Vision Extravaganza (LVE) from October 3-5, 2024, at the Cobb Galleria Centre. This premier event, celebrating Life U's 50th Anniversary, will feature keynote speaker Dr. Joe Dispenza and other notable presenters like Dr. Allesandra Colón.

### **Highlights include:**

**Thirsty Thursday:** Networking and vendor exhibits on October 3, 6:00-8:00 p.m.

**50th Anniversary Gala:** A celebration on October 4, 6:00-10:30 p.m.

**Lasting Purpose Luncheon:** Awards ceremony on October 5, 12:30-2:00 p.m.

**Life U Athletics Festival:** Sports and entertainment on October 5, 6:30-9:30 p.m.

Register early for a discount rate of \$129. For more information and to register, visit [LVE.life.edu](https://lve.life.edu).

## **Dr. Karen Erickson: pioneering pediatric chiropractic integration and education**

Karen Erickson, DC, FACC has been in practice for more than 30 years. One of her dreams at the beginning of her career was to see chiropractic integrated into a medical care team. She was able to not only watch it come true, but also contribute to the endeavor.

"More than 20 years ago, I was invited to join an integrated practice in New York City, and it was the first chiropractic credentialed teaching hospital in the country: the Center for Health and Healing at Beth Israel Medical Center," she said. "This hospital played a historic role in integrating chiropractic into the mainstream at a teaching hospital. We did mini grand rounds with medical doctors and other health care practitioners, such as internists, pediatricians, acupuncturists and massage therapists. We had the opportunity to educate a whole class of providers about chiropractic and the benefits for patients."

As a family practitioner, Dr. Erickson has worked with many children and quickly saw the benefits of chiropractic for pediatric patients as well. "Not only could we help children with musculoskeletal issues, but we realized some of our treatment could help their entire nervous and organ systems work better," she said. It was rewarding to see the progress in children as she treated newborns with difficult births, babies struggling to latch and nurse, and conditions such as torticollis and flat craniums. She worked closely with obstetricians and pediatricians as well as doulas and lactation specialists on referrals for pediatric patients.

Originally from New York City, Dr. Erickson now lives in New Jersey but still practices in the city. She attended Northeast College of Health Sciences where she earned her Doctor of Chiropractic degree in 1988 and went straight into practicing. She is an American College of Chiropractic fellow and a spokeswoman for the American Chiropractic Association.

When Logan University began the Master of Science in Chiropractic Pediatrics (MS-CP) program, Dr. Erickson was asked to teach courses in craniosacral therapy for pediatrics, which she believes is very effective in children. "Craniosacral therapy is extremely gentle, uses low pressure and is very

relaxing for babies and children,” she said. “It can help with a wide range of issues such as colic, reflux and nursing difficulties. For older children, it can help with postural problems, respiratory issues and recovery from injuries.”

Incorporating these types of courses into the curriculum is just one thing that sets Logan’s MS-CP apart. This program is offered online, allowing for maximum flexibility for students, but also includes a hands-on portion on campus for technique courses. “Up until this degree, there were no master-level programs in pediatric chiropractic, and this is an important step in this specialization,” said Dr. Erickson. “A big part of the community benefits from chiropractic care, and this degree makes specialized chiropractors stand out.”

## Dr. Stephen Foster receives William D. Harper Award

Texas Chiropractic College (TCC) is proud to announce that Dr. Stephen Foster, president of TCC, has been awarded the William D. Harper Award. The award recognizes individuals who exemplify a deep commitment to the college while embracing the role of science in chiropractic.

“Dr. Foster has been instrumental in instilling a culture of academic excellence and scientific advancement at Texas Chiropractic College,” said Dawn Schwab, chairman of the TCC Board of Regents. “His commitment to the institution and his advocacy for the integration of science and chiropractic make him a deserving recipient.”

## Logan University announces the opening of The Foot Levelers Women’s Health Clinic

Logan University proudly opened the new Foot Levelers Women’s Health Clinic at the Montgomery Health Center on the University’s campus. Logan is the first university worldwide to house a women’s health clinic on its premises, showcasing Logan’s commitment to excellence in health, education and service.

The clinic offers a comprehensive approach to care, including chiropractic services, diagnostic imaging and nutritional counseling, conveniently accessible for a flat fee of \$20, with acupuncture available for an additional \$20. The new clinic is led by Emily Kliethermes, DC, who brings more than 25 years of experience in women’s health as a practicing chiropractor and higher education instructor.

“Women’s health is at the forefront of health care and we are beyond excited to be a leader in this area,” said Dr. Kliethermes. “It’s vital that women feel heard and that their symptoms are taken seriously by healthcare professionals. I am honored to help women in our area live their best lives and help their bodies work at optimal levels by offering chiropractic care, along with nutritional and lifestyle modifications.”

Jamie Greenawalt, on behalf of Foot Levelers, Inc., presented a \$50,000 gift to Logan which will be divided into two purposes: \$25,000 to directly support the services of the new clinic in providing comprehensive care tailored to the needs of women and \$25,000 to foster the next generation of female chiropractic professionals through the Women’s Endowed Scholarship.

“The Foot Levelers Women’s Health Clinic at Logan is not just a facility; it will become a place of hope and healing, offering the best of what chiropractic care can offer women across the community and beyond,” said Ms. Greenawalt. “The hope is that this scholarship will ease the burden for female students who aspire to excel in the field of chiropractic, ensuring that financial constraints do not hinder their aspirations.”

[Click here](#) for more information about supporting the Foot Levelers Women’s Health Clinic through a donation.



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this monthly newsletter of the Idaho Association of Chiropractic Physicians, reaches 600-800 chiropractors across Idaho every month.

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*Posted 6/21/2024*

**Boise, Idaho: Amazing Opportunity to Become an Associate Chiropractor.** Become an associate chiropractor at a fast-paced and well-established Boise chiropractic office. This is a minimum 3-year commitment. Our practice has been seeing patients for 20 years in the Boise area. We are looking to add another full-time doctor to our team ASAP. Benefits include retirement 401K program with corporate matching, group health insurance, dental, vision, paid vacation time, malpractice insurance, reimbursement for up to 18 CE's/year and reimbursement for your membership to the IACP. We have 2 locations and are planning on opening others in the future. If ownership of your own office interests you, you could run your own office location in 2-3 years, with the contractual potential to own the office in the future (no-risk start-up!). Applicants should be high-energy and thrive in a busy clinic setting. Must work well with a team environment. We have minimal marketing requirements for our doctors. Applicants MUST be willing to learn and adopt the same adjusting technique methods as the other doctors in the office. We manage our patients as a TEAM...No one has "their own" patients. This allows doctors to take time off easier and makes scheduling for patients more convenient. Interested applicants should reply to [shelly@modernchiropracticcenter.com](mailto:shelly@modernchiropracticcenter.com) with a Letter of Interest, resume/Curriculum Vitae and any other relevant information.  
*Posted 5/22/2024*

**For Sale: BridgeTower Chiropractic.** Your Opportunity to Own a Thriving Practice. Location: Nestled in the heart of Meridian on Ten Mile, BridgeTower Chiropractic stands as a beacon of health and wellness for the community. Established Excellence: With a legacy spanning 17 years, BridgeTower Chiropractic has become synonymous with exceptional care and dedication to its patients. Smart Overhead Management: The practice's savvy approach includes subletting one-two rooms, effectively offsetting most of the rent and ensuring a financially sound operation. Prime Accessibility: Situated for convenience, BridgeTower Chiropractic draws patients from various surrounding areas, providing a strategic advantage in the local healthcare landscape. Streamlined Payments: Simplifying the administrative process, the practice collects payments and co pays upfront, eliminating the need for billing and ensuring a smooth patient experience. Robust Patient Base: Boasting 3000 patient files, the practice enjoys a loyal following and a steady flow of 55-60 patients weekly over four days, ensuring a stable revenue stream. Cutting-Edge Care: Embracing innovation, BridgeTower Chiropractic offers non-manual adjusting with the ProAdjuster, ensuring the highest standards of care and patient comfort. Your Next Step: Take the reins of this thriving practice and make it your own. Contact us today to learn more about this exceptional opportunity to step into a successful chiropractic practice with a reputation for excellence. Text or call 208-846-8898.  
*Posted 03/11/2024*

# Office Posters



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

## ***Strengthen your whole body with one arm exercise!***

poster on the following page, and

the following posters are available online:

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

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](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) .***



# Strengthen your whole body with one arm exercise!

While there is no magic bullet for gaining strength, variety is key. To that end, although classic bicep curls often take center stage for building arm strength, another arm exercise deserves attention in your workouts: the hammer curl. This powerful movement not only builds impressive arm muscles but also enhances overall body strength, function, stability and resiliency.

Hammer curls are a variation of regular bicep curls. Like their traditional counterpart, one of the primary muscles targeted by hammer curls include the biceps brachii, the muscle best known as “the bicep.” However, hammer curls also emphasize two other arm muscles: the brachialis, a muscle beneath the biceps brachii that helps support the elbow joint, and the brachioradialis, a forearm muscle that enhances grip strength. Performing hammer curls correctly involves significant core engagement, which improves balance and overall strength.

Aptly named, hammer curls mimic the action of holding and using a hammer. Unlike regular bicep curls, which use a palms-up grip, hammer curls are performed with a neutral grip with palms facing each other. This simple adjustment shifts the muscle focus for more comprehensive strength development. This variation also decreases wrist and elbow strain, reducing the risk of overuse injuries and making it a safer option for those with joint concerns. Here’s a detailed list of benefits:

- Because the neutral hand position needed to perform hammer curls boosts forearm and grip strength, it also boosts your ability to hold and lift heavier weights to make greater total-body strength gains in other exercises, as well as enhanced performance in other fitness and sport activities.
- Hammer curls build arm and hand muscles needed for daily activities that require lifting, holding, and carrying, such as caring for children and performing household tasks and yard work.
- Enhanced grip strength also helps with opening jars, using tools and completing basic household tasks, making hammer curls particularly beneficial for older adults trying to maintain functional independence.
- The controlled motion and neutral grip of hammer curls help strengthen the muscles and tendons around the elbow and wrist joints, reducing the risk of common injuries associated with weaker muscles and improper lifting techniques.
- With less wrist rotation than traditional curls, hammer curls minimize the risk of injury, especially for those people with previous wrist or elbow issues.



*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

Rates are for full color ads **per insertion**. Ads published under a multi-run contract can be changed for each issue at no additional cost. Flash animation (.swf files), animations (.gif format) and video clips can be added to any ad. There is no extra charge for video clips or multi-media in ads unless "assembly" of the ad is required. Some file size limitations apply. For details contact [CandSpublishing@gmail.com](mailto:CandSpublishing@gmail.com). Email camera-ready ads in high resolution Adobe Acrobat (.pdf) format to: [CandSpublishing@gmail.com](mailto:CandSpublishing@gmail.com). Ad creation and graphic design services are available through C&S Publishing at no additional cost.

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