



## Prosperity Through Unity Exceptional Care for Idahoans

August 2023

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# Effective Chiropractic Approaches for Alleviating Anxiety

When contemplating a visit to a chiropractor, the association might naturally lean towards seeking relief from back or neck discomfort. However, the scope of chiropractic care extends beyond just addressing physical pain and encompasses a variety of issues, including anxiety. While conventional methods such as therapy and medication might seem like the primary routes to tackle anxiety, exploring chiropractic solutions could provide a non-pharmaceutical avenue for its alleviation.

### Understanding Anxiety:

Anxiety manifests as the body's innate response to stress, often triggered by apprehension of the future or fear of specific situations. It can arise in response to novel experiences like relocating or starting a new job, with diverse circumstances acting as anxiety triggers. Environmental

factors and brain chemistry are also regarded as contributors to anxiety.

The manifestations of anxiety encompass panic attacks, phobias, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. A comprehensive assessment, involving physical, mental, and psychological evaluations, is typically employed to diagnose anxiety.

### Impact of Anxiety on the Body:

Anxiety takes a unique toll on individuals, presenting varied symptoms. Some encounter digestive disruptions, while others experience elevated heart rates. Additional indications include:

*Continued on page 4*

## Unlocking Wellness: The Therapeutic Synergy of Chiropractic Care in Mental Health

In the quest for holistic well-being, modern healthcare has increasingly recognized the intricate connection between physical and mental health. Beyond the conventional realms of medicine and therapy, alternative approaches are emerging as powerful allies in the battle against mental illness. Chiropractic care, traditionally associated with spine health, has proven to be an unexpected champion in fostering mental wellness. This article explores the symbiotic relationship between chiropractic care and mental health, highlighting how chiropractic interventions can play a pivotal role in alleviating mental illness.

### The Mind-Body Nexus:

In the intricate web of our existence, the mind and body are inextricably linked. Just as mental distress can manifest as physical symptoms, bodily imbalances can contribute

to mental health challenges. This phenomenon forms the foundation upon which chiropractic care's potential to influence mental wellness is built.

### Neurological Harmony:

Central to chiropractic philosophy is the idea that spinal health is fundamental to the body's overall equilibrium. A well-aligned spine supports efficient communication between the nervous system and the rest of the body. When spinal misalignments occur, neural pathways can be compromised, potentially leading to imbalances that extend beyond physical well-being.

Research has revealed that these spinal misalignments, known as subluxations, could have a profound impact on mental

*Continued on page 5*



# 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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# In This Issue

Effective Chiropractic Approaches for Alleviating Anxiety(continued)	Page 4
Unlocking Wellness (continued)	Page 5
How to Read Your P&L Statement (and How Often You Should)	Pages 7 - 8
ChiroHealth USA	Page 9
Soar with us - advertising	Page 11
Enhancing Patient Well-Being	Pages 12 - 13
Chiropractic News	Pages 14 - 15
Chiropractic College News	Pages 16 - 17
The IACP Marketplace: Featured Businesses & Suppliers	Page 18
Classified Ads	Page 19
Office poster notice	Page 20
<b>NEW POSTER:</b> Some of the benefits of chiropractic care	Page 21
IACP News Display Advertising Rates and Sizes	Page 22

*This table of contents is linked for your convenience. Just click on the page you want.*





# Effective Chiropractic Approaches for Alleviating Anxiety

*Continued from front page*

Rapid respiration  
Restlessness  
Impaired concentration  
Sleep difficulties

The assortment of symptoms experienced varies among individuals due to the multifaceted nature of anxiety's effects.

Individuals grappling with anxiety often find themselves susceptible to depression and may experience additional physical discomforts. Frequent headaches are a common consequence, arising from persistent worry linked to anxiety-inducing situations.

## **The Role of Spinal Misalignment in Anxiety:**

Misalignment of the spine is conventionally associated with pain, which can subsequently trigger stress. Stress, in turn, often leads to sleep disturbances and can contribute to feelings of depression. These interconnected factors create an environment conducive to anxiety. When the body is operating below its optimal capacity due to discomfort, anxiety can manifest. Consequently, spinal misalignment can potentially contribute to anxiety onset. Seeking chiropractic intervention becomes an appealing option for pain relief, particularly for those who wish to avoid pharmaceutical interventions.

## **Chiropractic Interventions for Anxiety Relief:**

Research has demonstrated the potential of chiropractic treatments in alleviating anxiety symptoms. In a specific study, individuals contending with both high blood pressure and anxiety underwent targeted chiropractic adjustments. This group was compared to another cohort with identical issues who underwent a control treatment. Notably, those receiving chiropractic care experienced significant reductions in blood pressure and reported diminished anxiety levels.

Chiropractic treatments offer more than just blood pressure regulation; they also encompass adjustments that stimulate the release of endorphins, inducing feelings of well-being and reducing anxiety. Furthermore, seeking chiropractic care can have a positive impact on insomnia,

a common companion of anxiety. Select chiropractic manipulations can enhance sleep patterns, contributing to anxiety mitigation.

By addressing tension, stiffness, and headaches through chiropractic modalities, individuals can potentially find relief from anxiety-related discomfort. Given that anxiety often triggers bodily pain and headaches, chiropractic interventions hold promise in addressing these issues.

## **Chiropractic Strategies for Managing Anxiety:**

Chiropractic care is favored by individuals seeking natural approaches to managing anxiety, as it circumvents the side effects often linked with anxiety medications, such as nausea, weight gain, and fatigue. While each person's treatment plan is tailored to their unique pain profile, there are common chiropractic techniques for anxiety management. Spinal adjustments play a pivotal role in restoring the body's equilibrium by enhancing nerve function. Given that anxiety often heightens nervousness, this intervention holds merit. Moreover, spinal adjustments contribute to improved blood circulation, effectively reducing stress and anxiety.

Chiropractors also specialize in alleviating muscle tension, a consequence of chronic stress that can strain nerves and exert uneven pressure on bones, potentially leading to spinal misalignment. By releasing muscle tension, the body experiences relaxation, resulting in reduced stress levels and, consequently, lessened anxiety.

Relaxation techniques are yet another facet of chiropractic care for anxiety management. These encompass breathing exercises, posture adjustments, and changes in the immediate environment. Minimizing chronic stressors indirectly reduces anxiety.

In certain instances, chiropractors might recommend nutritional supplements to complement treatment. Specific vitamins can aid the body in managing stress and alleviating anxiety.

When opting for chiropractic care to address anxiety, clear communication regarding symptoms, existing medications, and medical history is crucial for tailoring an effective treatment plan. By providing comprehensive information, individuals enable chiropractors to devise a tailored strategy for anxiety relief."

# Unlocking Wellness:

## The Therapeutic Synergy of Chiropractic Care in Mental Health

*Continued from front page*

health. Suboptimal nervous system function can disrupt the brain's neurochemical balance, contributing to conditions like anxiety, depression, and mood disorders. Chiropractic adjustments, aimed at correcting these misalignments, have been shown to enhance neural communication, potentially fostering a more stable mental state.

### **The Hormonal Connection:**

Chiropractic care's influence on mental health extends beyond the realm of neural pathways. The endocrine system, responsible for producing hormones that regulate mood and emotions, also relies on smooth communication between the brain and the body. Disruptions in this communication can lead to hormonal imbalances that contribute to mental health disorders.

Chiropractic adjustments hold promise in fostering hormonal harmony. Studies have indicated that chiropractic care can positively impact hormone levels associated with stress and mood regulation. By addressing physical imbalances, these adjustments can indirectly contribute to a more balanced emotional state.

### **Stress Reduction and Coping Mechanisms:**

Chronic stress is a formidable adversary to mental health. The body's physical response to stress, characterized by muscle tension and heightened alertness, can create a feedback loop that exacerbates mental distress. Chiropractic care can effectively break this cycle by releasing muscular tension and promoting relaxation.

Through spinal adjustments and complementary techniques, chiropractors can help individuals manage stress more effectively. By alleviating physical tension, chiropractic care can serve as a practical coping mechanism for stress-induced mental health challenges.

### **A Multidimensional Approach:**

Chiropractic care's impact on mental health is not confined to spine adjustments alone. Holistic wellness often requires a multifaceted approach. Chiropractors, cognizant of this fact, often incorporate complementary practices such as nutritional guidance, mindfulness exercises, and lifestyle adjustments into their treatment plans.

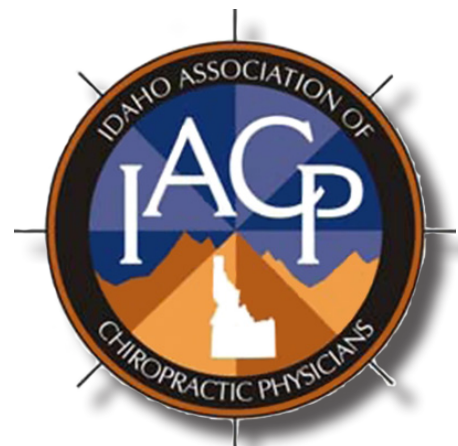
Nutritional deficiencies have been linked to mental health disorders, and chiropractors may recommend supplements to support mental well-being. Additionally, by guiding individuals toward mindfulness practices, chiropractors can empower them to manage anxiety and stress more effectively. Lifestyle changes, such as improved posture and exercise routines, can further enhance mental resilience.

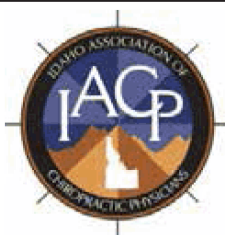
### **Personalized Pathways to Healing:**

Each individual's journey to mental wellness is unique. Chiropractic care recognizes this individuality and tailors treatment plans to address specific needs. During consultations, chiropractors engage in open dialogue with patients to understand their mental health challenges, medical history, and goals. This collaborative approach ensures that chiropractic interventions align with the individual's comprehensive well-being plan.

### **A Promising Partnership:**

In the modern landscape of mental health care, collaboration and integration of diverse approaches are paramount. Chiropractic care's integration into mental health management offers a promising avenue for holistic healing. By fostering neurological balance, promoting hormonal equilibrium, and offering effective stress management strategies, chiropractic care stands as an unexpected but formidable ally in the quest for mental wellness. As science continues to uncover the intricate links between the mind and body, chiropractic care's potential to elevate mental health remains a beacon of hope for those seeking comprehensive and sustainable well-being."





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# How to Read Your P&L Statement (and How Often You Should)

Well-managed bank and credit card statements are your practice's ticket to a reliable profit and loss statement. Here's a primer on some key terms and equations.

A business's profit and loss (P&L) statement is one of its most crucial living documents, so-called because it's never truly static. Rather, it's updated in regular cycles, with each cycle yielding valuable data that could – and often should – be used to implement wider operational changes.

While all such statements essentially break down into two components (income and expenses), there are various levels involved. Here are some important P&L terms and metrics, some of which have more than one name. A working grasp of these will help your practice discover actionable data and control your finances:

- **Expenses**

All fixed and operating costs necessary to conduct business. A few examples are salaries, rent, and advertising.

- **EBITDA (Earnings Before Interest, Tax, Depreciation, and Amortization)**

EBITDA can help practices measure profitability relative to cash flow. This can be a contested metric which must be calculated [transparently and compliantly](#).

- **Gross Revenue/Total Revenue**

All money received in exchange for services and products.

- **Cost of Goods Sold (COGS)**

The costs incurred in creating a product/service. Here are the [top 5 expenses](#) for many chiropractors based on IRS data that need to be considered, like salaries, rent, supplies, etc.

- **Net Revenue/Gross Income/Gross Profit**

Your total revenue after COGS is deducted.

- **Net Profit/Net Income**

This is where any losses can be found. It is measured by deducting total expenses from net revenue.

P&L statements can be structured by either the accrual or the cash method. Accrual records all revenue and expenses as transactions take place, but prior to the actual funds being re-



ceived or spent. The cash method does the opposite, recording only when cash is spent or received.

## Studying Your Profit Margins

Your gross profit margin percentile is calculated by dividing gross profit by the year's total revenue, then multiplying by 100. Net profit margins are calculated in the same way, just substituting gross profit for net profit.

Then there's your operating profit, which is how much remains after meeting operating expenses, but before paying property and income taxes, and interest. This can be measured by dividing operating profit by revenue, then multiplying by 100.

Healthy figures for one practice could be underperformance for another depending on an organization's size and scope. It can therefore be helpful to compare your figures to other chiropractors of similar size and service models.

## How Often to Read P&L Statements

Check your P&Ls as often as you want updated information on all the above. Your P&L statement does more than simply reveal income and expenses and act as a handy resource at tax time; it can be a spotlight on what's right and wrong with your current processes. These statements can also be valuable to investors, loan companies, or future buyers with an interest in your business as verification of financial history and proof of diligence.

Generating monthly P&L statements, then aggregating them, can be a highly effective way to create a quarterly and end-of-year data pool that could reveal positive and negative financial patterns over time. Investing in accounting software is a simple way to generate P&L statements whenever you wish, so here are [some suites to consider](#).

*Continued on next page*



# How to Read Your P&L Statement (and How Often You Should)

*Continued from last page*

Learn more about how ChiroHealthUSA helps you grow and build your practice. You can [connect with us](#) to ask any questions and learn more about the network that works for chiropractic!

*Dr. Ray Foxworth, DC, FICC, is founder and CEO of ChiroHealthUSA. For over 35 years, he worked "in the trenches"*

*facing challenges with billing, coding, documentation, and compliance, in his practice. He is a former Medical Compliance Specialist and currently serves as chairman of The Chiropractic Summit, an at-large board member of the Chiropractic Future Strategic Plan Committee, a board member of the Cleveland College Foundation, and an executive board member of the Foundation for Chiropractic Progress. He is a former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Mississippi Department of Health.*



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# Los Angeles College of Chiropractic uses Force Sensing Table Technology

By Southern California University of Health Sciences  
<https://www.scuhs.edu/>

Southern California University of Health Sciences (SCU) recognizes that innovation plays a very important role in advancing healthcare education and healthcare professions. The University's vision is to transform and redefine health and healthcare education. As such, the Los Angeles College of Chiropractic (LACC) is using innovation to transform clinician training. Innovation that addresses immediate needs, and offers instant solutions for improvement.

SCU faculty and clinical practitioners worked together in 2021 to evaluate new resources to help enhance student training, expedite assessment of manual therapy skills, and improve treatment for patients. The innovative enhancement they added to LACC that year was the Force Sensing Table Technology (FSTT) System.

The FSTT® system, developed by researchers at Canadian Memorial Chiropractic College (CMCC), embeds a force sensing platform into a chiropractic treatment table to provide users with immediate feedback regarding their performance of manual therapy. Delayed video feedback can also be incorporated into the FSTT system. The system is supported by the Higher Education Quality Council of Ontario (HEQCO) after demonstrating that students are able to improve their skills in manual therapy with less than an hour of practice using the FSTT.

Dr. Amber McCallum, DC, Instructor, Chiropractic Education, was recently appointed as LACC's new Force Sensing Table Technology (FSTT®) Lab Director.

Dr. McCallum graduated Summa Cum Laude from the SCU LACC Class of 2019. She was the class valedictorian and recipient of the Lester McCoy Clinical Excellence Award and Dr. Herbert Magee Jr. Technique Award. She began teaching full time at LACC in 2020, leading three courses in the Chiropractic Education Department.

"I couldn't be more excited to be involved in teaching chiropractic education courses and having a role in shaping our future clinicians," said Dr. McCallum. "I am eager to show the students what they are capable of and help guide

them towards a successful career as chiropractors. The FSTT technology will provide LACC students at SCU with an amazing opportunity to improve their adjusting technique." LACC's FSTT Lab has two FSTT tables and four thrusting mannequins. "The force sensing technology is built into the tables themselves, so we can adjust people or practice on the dummies," said Dr. McCallum. "The tables pick up the information and displays it on computer/tv screens so the students can see what their adjustments look like in graphical form."

CMCC provides examples of lesson plans, though LACC has developed a custom program with each CP course offering different lesson plans, customized to what students are able to do, according to where they are in their academic career. Currently, students enrolled in Chiropractic Procedures 5 (CP5), a course where students learn how to adjust the cervical and thoracic spine, must attend the force plate lab as part of their course at least twice, but are allowed to attend more sessions. Students enrolled in Chiropractic Procedures 4 (CP4), a course where students learn to adjust the lumbar spine and pelvis, are given the option to attend, as this is the term when they start adjusting, though it is not mandatory. Dr. McCallum says that she hopes to open the FSTT lab to all students so that lower-term students can begin learning how to control their force on the mannequins. The mannequins simulate the structure of the human spine, soft tissue and have flexible necks for practicing, training, and evaluation of manual therapy skills.

"The FSTTs are tools for our students to take advantage of and realize early on where they need to develop," said Dr. McCallum. "They help students create good habits early on in their adjusting careers, which will make them better adjusters, as future chiropractors. This tool has the ability to give students the confidence they need to deliver the best care, through proper, effective adjustments."

The FSTT shows students where they excel, and where they need to focus more attention. "It shows them their speed, pre-load tension, if they recoil (meaning if they lose pre-adjustive tension) during the thrust, how much force they are delivering, their line of drive, among several other types of helpful feedback," said Dr. McCallum. "Students often see that they are re-coiling during adjustments when they didn't

realize that before. This means that they sometimes let go of the pre-adjustive tension that they are trying to build, before the actual initiation of the thrust. Or they sometimes don't hold the joint at end range before thrusting. Students also realize that they aren't always getting enough force during their adjustments. And some students also realize that they are far better than they expected."

"Not every chiropractic school or program can show quantitative data showing the students how they're doing," said Dr. McCallum. "FSTT shows the students how they have improved, from when they initially started adjusting.

This helps guide and springboard them in identifying what style of adjusting works for them, and ways to tweak their adjustments in order to gain more speed, force, etc., to become as effective, as possible."

SCU's FSTT Lab provides instant analytical information to chiropractic students, something that cannot be directly measured from human patients.

For more information on how the FSTT can be used for teaching and learning, please contact Dr. McCallum at [ambermccallum@scuhs.edu](mailto:ambermccallum@scuhs.edu).

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# Enhancing Patient Well-Being: Chiropractors Embrace Supplement ‘Prescriptions’ from Their Own ‘Supplement Superstore’

A rising trend within the chiropractic community is the integration of dietary supplements as part of patient treatment plans. Surveys have indicated that over 80% of chiropractors now recommend dietary supplements to their patients, aiming to contribute to their overall health and wellness. The rationale behind this approach is rooted in the potential link between chronic musculoskeletal issues and the heightened risk of chronic health conditions, such as cardiovascular diseases, metabolic disorders, and osteoporosis. By incorporating targeted supplements into treatment plans, chiropractors seek to mitigate common risk factors associated with chronic ailments and help patients achieve holistic well-being, all facilitated through their own ‘supplement superstore.’

## The Advantages of Prescribing Supplements

Incorporating dietary supplements into chiropractic practices offers a more comprehensive form of patient care, ultimately promoting better health outcomes. By strategically introducing practitioner-directed supplements to patient plans, several benefits emerge:

**Tailored Nutrient Recommendations:** Assisting patients in selecting appropriate, high-quality nutrients at optimal doses for their individual health requirements.

**Enhanced Adherence:** Encouraging better adherence to the treatment plan as patients understand the benefits of the recommended supplements.

**Risk Mitigation:** Reducing the likelihood of contraindications or interactions between prescribed drugs and supplements.

**Synergistic Approach:** Amplifying the impact of chiropractic treatments through a combined approach that includes supplements.

Dr. Robert G. Silverman, an advocate of the synergistic benefits of combining nutritional supplements with chiropractic techniques, emphasizes how this addition has transformed his approach to treating musculoskeletal injuries. Beyond enriching patient care, incorporating supplements can also create an additional revenue stream

for practices, particularly when sourced from their own supplement superstore.

## Supplement Protocols Addressing Common Health Challenges

Chiropractors regularly encounter patients dealing with everyday health concerns that not only affect their immediate well-being but also increase the risk of more severe issues down the line. Driven by a commitment to preventive care, chiropractors are turning to targeted supplement protocols to tackle these health challenges proactively.

### 1. General Wellness:

The Mayo Clinic Proceedings report that less than 3% of Americans are leading healthy lifestyles, with many merely surviving rather than thriving. Incorporating specific core nutrients can help bridge nutritional gaps for those adhering to a typical Western diet, ultimately promoting overall health and resilience.

**Multivitamins:** Beyond acting as nutritional insurance, comprehensive multivitamins have been associated with reduced cardiovascular disease risk, cognitive improvement, mood enhancement, and protection against age-related macular degeneration.

**Magnesium:** Essential for numerous enzymatic reactions, magnesium supports cardiovascular health, bone and muscle strength, and even bone mineral density, particularly in older individuals.

**Omega-3 Fatty Acids:** Omega-3s have demonstrated benefits for cardiovascular health, cognition, and aging-related factors.

**Vitamin D3:** Critical for immune support and mood regulation, vitamin D3 supplementation can also aid in managing conditions such as arthritis.

### 2. Gut Health:

Maintaining a healthy gut microbiome plays a vital role in

overall health, impacting nutrient absorption, immune function, and even communication with other body systems. Dietary supplements can contribute to nurturing a balanced and vibrant gut.

**Fiber:** Certain prebiotic fibers support beneficial gut bacteria, fostering a healthy microbial environment.

**Glutamine:** This amino acid supports the intestinal barrier's integrity, reducing inflammation and promoting a healthy microbiome.

**Probiotics:** Live microorganisms that promote a balanced gut microbiome, probiotics can relieve gastrointestinal symptoms and even impact weight management.

### 3. Antioxidant Support for Healthy Aging:

Oxidative stress contributes to age-related conditions and frailty. Incorporating antioxidants into patient treatment plans can aid in managing oxidative stress, supporting healthy aging.

**Coenzyme Q10:** A powerful lipid antioxidant, CoQ10 is crucial for cardiovascular and neurodegenerative health.

**Glutathione:** The "master antioxidant," glutathione supports

cellular health and immunity.

**Polyphenols:** Abundant in fruits and vegetables, polyphenols contribute to preventing oxidative damage and promoting overall health.

### Navigating the Transition to Supplement Prescriptions

For chiropractors or holistic healthcare providers new to supplement prescriptions, transitioning has been simplified by the advent of online dispensaries. These platforms offer streamlined solutions that eliminate the need for inventory management, integrate with electronic health record (EHR) systems, provide passive revenue streams, and enhance patient care.

In Conclusion, the integration of dietary supplements into chiropractic care marks an innovative approach to enhancing patient well-being. By addressing everyday health challenges and promoting proactive health maintenance, chiropractors can provide more comprehensive care, harnessing the synergistic potential of chiropractic techniques and targeted supplement protocols. This approach not only benefits patients' overall health but also contributes to the diversification of practice revenue streams, creating a win-win scenario for patients and chiropractic practitioners alike."



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# Chiropractic News

## Registration for THE WAVE 2023 now open

Introducing The Wave 2023: Igniting The Matrix Within, happening August 4-5. Registration is now open, and we invite you to secure your spot today for an unparalleled experience of growth, inspiration, and networking. Be inspired by thought-provoking industry leaders who will challenge your perspectives, motivate your growth, and reignite your passion for chiropractic. Learn from their success stories and apply their wisdom to your own journey.

Immerse yourself in a diverse range of cutting-edge chiropractic topics presented by renowned industry experts. From the latest advancements in techniques and research to business strategies and patient care, expand your knowledge and stay ahead of the curve.

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## Research into human immune system development gets multimillion funding

The first few months and years of life are crucial to the development of the human immune system. This is an important phase as the immune system can define which diseases individuals might develop later in life. INITIALISE, a joint research project of ten universities, will study which environmental factors and mechanisms modify the human immune system in early life and whether targeted interventions could have a positive impact. The project obtained nearly seven million in funding from Horizon Europe. The research project is led from the University of Turku and it is coordinated by Professor Matej Orešič, who is also a group leader in the InFLAMES Research Flagship.

The development of the human immune system starts already in the womb and continues after birth once the child is exposed to numerous bacteria, viruses, and other environmental factors. Exposure is important to the development of the immune system, but this stage of development is not without its risks.

“The first few months and years are a very delicate and vulnerable time. We already know that the development of the human immune system in early life is connected to the risks of several diseases later on, particularly allergies, asthma, and autoimmune diseases, such as type 1 diabetes. Yet, the mechanisms of immune imprinting in early life are still poorly understood,” says Professor Matej Orešič.

In a collaboration between ten universities, the INITIALISE project (Inflammation in human early life: targeting impacts on life-course health) will investigate which factors have an impact on the development of the human immune system and what is its significance for people’s health throughout the course of their lives.

A key question is if the immune system be modified so that the risks for different diseases would decrease.

“Our shared view is that effective early-life interventions targeting the immune system will have a positive impact on life-course health,” says Orešič.

## Superbug-killing antibiotic discovered using AI

Scientists have used artificial intelligence (AI) to develop a new antibiotic that can kill a deadly species of superbug. The AI was used to help narrow down thousands of potential

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17



chemicals to just a handful that could be tested in the laboratory. The result was a potent, experimental antibiotic called abaucin, which will need further tests before being used.

Curiously, this experimental antibiotic had no effect on other species of bacteria, and works only on *A. baumannii*. Many antibiotics kill bacteria indiscriminately. The researchers believe the precision of abaucin will make it harder for drug-resistance to emerge, and could lead to fewer side-effects.

Researchers in Canada and the US say AI has the power to massively accelerate the discovery of new drugs. It is the latest example of how the tools of artificial intelligence can be a revolutionary force in science and medicine.

There has been a severe lack of new antibiotic drugs developed over the last several decades to fight and kill bacteria, and, worse, bacteria are becoming harder to eliminate, as they evolve resistance over time to the antibiotics in use.

More than a million people a year are estimated to die from infections that resist treatment with antibiotics.

The researchers focused on one of the most problematic species of bacteria - *Acinetobacter baumannii*, which can infect wounds and cause pneumonia. *Acinetobacter baumannii* is one of the three superbugs the World Health Organization has identified as a “critical” threat. It is often able to shrug off multiple antibiotics and is a problem in hospitals and care homes, where it can survive on surfaces and medical equipment.

### Pharmaceutical development heads into space

The future of medicine may take flight in space. California startup Varda Space Industries launched its first test mission on June 12, successfully sending a 200-pound (90-kilogram) capsule designed to carry drug research into Earth’s orbit.

## 2023 Pediatrics Conference

The ICA Council on Chiropractic Pediatrics will hold its Annual Conference November 3-5 at Life University, Marietta, Georgia. Save the date!



The company believes that the future of drug development and production lie in satellites that will spend days or months in Earth’s orbit quietly carrying out pharmaceutical development. Its research, company officials hope, could lead to better, more effective drugs — and hefty profits.

The experiment, conducted in microgravity by simple onboard machines, aims to test whether it would be possible to manufacture pharmaceuticals in space remotely. Research has already established that protein crystals grown in a weightless environment can result in more perfect structures compared with those grown on Earth. These space-formed crystals could potentially then be used to create better-performing drugs that the human body can more easily absorb.

If successful, Varda hopes to scale its business rapidly, sending regular flights of satellites into orbit stuffed with experiments on behalf of pharmaceutical companies.

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# Chiropractic College News

## **Northeast College Announces Spring 2023 Commencement Speaker Dr. Ryan Barker**

Northeast College of Health Sciences will welcome Dr. Ryan Barker (D.C. '10, M.S. '10, M.S. '13) back to campus to address new graduates at Spring 2023 Commencement on July 29, 2023. After all, Barker knows the hard work and dedication that goes into each healthcare degree, since he earned three from his alma mater.

After graduating from Northeast with his Doctor of Chiropractic and master's degree in applied clinical nutrition in 2010, Barker worked as an associate doctor in a large multidisciplinary clinic in Rochester. During this time, he earned his third degree from Northeast College: a master's degree in Human Anatomy and Physiology Instruction.

Since then, Barker started a successful practice, Oswego Family Chiropractic, and now teaches anatomy and physiology along with nutrition courses five days a week at SUNY Oswego.

## **Palmer College Receives \$1 million Donation to Support Growth of Renowned Sports and Rehabilitation Residency Program**

HydroWorx inventor and Palmer alumnus Paul Hetrick, D.C., is making big things possible for Palmer's Sports and Rehabilitation Residency program.

A \$1 million gift from 1977 Palmer College of Chiropractic graduate Paul Hetrick, D.C., will empower the College to grow its Sports and Rehabilitation Residency program. The program is the longest-standing program of its kind in the nation, offering Doctors of Chiropractic the opportunity to build their clinical skills and earn specialized credentials while teaching parts of the Palmer curriculum.

Dr. Hetrick is the founder of HydroWorx, which offers aquatic treadmills used in physical therapy, sports medicine and conditioning. The equipment is used by more than 30,000 athletes and patients each day, including by professional and collegiate sports teams and at major health care centers across the country.

As part of the Sports and Rehabilitation Residency pro-

gram, residents work toward earning board-certified status as a Diplomate of the American Chiropractic Rehabilitation Board, a credential that sets them apart as leaders in the discipline. By the time they finish the program, residents are uniquely equipped to share their own deep knowledge with others.

## **Dr. Stephen Foster Receives William D. Harper Award at Homecoming Convention**

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

The William D. Harper Award carries with it a legacy that traces back to its namesake and founder, Dr. William D. Harper, Jr. Trained as both an engineer and a chiropractor, Harper made a significant impact as an instructor, writer, and ultimately as the president of TCC from 1965-1976.

A native Texan, Harper's vision and passion for chiropractic were showcased through his teachings and his textbook, *Anything Can Cause Anything*, which synthesized his knowledge and expertise in the field.

The recipient of the Harper Award is nominated by board members and subsequently elected by the board through a rigorous voting process.

## **New Northeast Program, Same Academic Excellence**

The College's part-time Massage Therapy program will be offered at Northeast's Seneca Falls campus on weekends, providing the required 1,000 hours of study for students to be eligible to take the New York State Massage Licensing Examination and become a fully licensed massage therapist (LMT).

Students in the massage therapy program will have the opportunity to study a wide variety of techniques and modalities including Eastern and Western massage therapy, Swedish massage, Shiatsu, prenatal massage, sports

massage, hydrotherapy, reflexology, and massage for people living with cancer.

Under the leadership of Program Director Nicole Miller, M.S., LMT, BCTMB®, Northeast's Massage Therapy program will deliver a distinct educational experience rooted in the health sciences and consisting of five trimesters of study. Miller, who is nationally recognized for her work in massage, said Northeast College of Health Sciences is "perfectly positioned" to help students fulfill their passion for helping others and build a rewarding and successful career path.

Northeast's Seneca Falls campus is 100% dedicated to healthcare and known for setting the bar for healthcare education by providing the best traditional techniques with new, revolutionary technology. Massage students will benefit from having access to all of these resources, including the state-of-the-art Anatomy Center and the Computerized Anatomy Resource Lab (CARL) featuring Anatomage virtual anatomy tables.

### **LIFE Leadership weekend, July 21-23**

The LIFE Leadership Weekends are a wonderful opportunity to visit LIFE and learn more about the Chiropractic program. Leadership Weekends offer an in depth look at the chiropractic profession and the kind of chiropractic education that is offered at Life University. Students attend from all over the U.S. and outside of the U.S. to participate in this event (held 4 times a year).

Throughout the weekend, you will get to hear from prominent guest speakers, Life University President, talk and network with experienced Doctors of Chiropractic, meet faculty and staff, Student ambassadors, tour the university, participate in fun outdoor learning activities, and much more!

[Click here](#) for more information.

### **Logan's Alumni & Friends House add staff**

There's a new administrative duo at Logan's Alumni & Friends House. Cynthia Sutton, Logan's director of alumni relations and Amber Henry, EdD, Logan's director of continuing education came to the university in fall 2022 from Missouri Baptist University. Both bring decades of experience in higher education and a collaborative partnership they will use to engage and inform Logan alumni.

Cynthia Sutton is currently tasked with leading Logan's first standalone office dedicated to connecting and engaging alumni. In only a few months, she has already accomplished

her first goal by launching an alumni webpage, which gives graduates an easy way to reach out and stay informed.

Looking to the future, Cynthia hopes to increase alumni engagement across the board, whether it is encouraging them to attend Logan's Symposium, serve as a preceptor doctor for students or enroll in continuing education programs. She also strives to build Logan's alumni network by developing regional hubs and facilitating events across the country.

Amber Henry has been busy reimagining the university's Continuing Education Department, formerly known as the Postgraduate Department. Her goal is to expand the Continuing Education Department at Logan by incorporating learning opportunities for a variety of health care professionals, including athletic trainers, physical therapists, occupational therapists, registered dietitians and more. Amber also hopes to use her experience with online learning to develop more flexible continuing education options and ensure the courses deliver quality educational content and promote networking and alumni engagement.

### **Texas Chiropractic College awards honorary degree to Regent**

Ken Cauthorn's legacy at TCC extends far beyond his 14 years of service as a Board of Regents member. He has been a constant presence in the chiropractic community, dedicating his time and resources to advancing the field and helping to shape the future of TCC.

In recognition of his contributions, Cauthorn received an honorary degree during this year's graduation ceremony. The honor surprised Cauthorn, who was unaware that he was being considered for the award.

"I was truly caught off guard when they announced my name," Cauthorn said. "It was a privilege to be awarded an honorary degree by Texas Chiropractic College. This is the ultimate recognition for 14 years of service as a member of the Board of Regents. I love this profession, I love this institution, and am proud to call myself an honorary alumnus of TCC."





# IACP Marketplace

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

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your Doctor of Chiropractic and the  
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# Some of the benefits of chiropractic care

**1. Reduces neck pain:** Neck pain is a common problem, especially if you sit for many hours a day, frequently bend your neck to use your phone, or have poor posture. A chiropractor may help ease your neck pain by realigning your spine and easing tension in your neck muscles. A 2019 study found that cervical spine manipulation may help decrease neck pain in the short-term by modifying levels of neuropeptides in your blood. Neuropeptides are proteins made in your nervous system that function as neurotransmitters or hormones.

**2. Reduces reliance on opioid pain relievers:** People with chronic pain are often given prescriptions for opioid pain relievers to help manage their discomfort. However, undergoing chiropractic treatment may lower your need to take these pain relievers. A large 2020 study compared the number of prescriptions for opioid pain relievers filled for adults who visited just their doctor or who visited both a chiropractor and their doctor to treat spinal pain. The study found that adults who visited a chiropractor were less likely to get an opioid prescription filled for their pain compared to those who only saw their doctor.

**3. Eases back pain:** Chiropractic treatment is a good alternative to invasive alternatives like surgery or injections for treating short-term or chronic back pain. The American College of Physicians recommends that doctors encourage people with chronic low back pain to first seek non-medication treatments before taking medication to treat their pain. A 2017 review of studies found that spinal manipulation was associated with moderate improvements in short-term back pain and function.

**4. Possible reduction of osteoarthritis symptoms:** Osteoarthritis pain is caused by the degeneration of the cartilage in a joint that causes the ends of your bones to rub together. Some types of chiropractic adjustments may help align your joints and reduce how much your bones rub together. A 2020 animal study found some evidence that chiropractic manipulation may help slow down the progression of arthritis by improving the status of cartilage, bone, and the joint capsule.

**5. Eases headache symptoms:** Spinal manipulation may be effective at treating tension headaches and headaches that originate in your neck. A 2016 study found that 6 to 8 sessions of cervical and upper thoracic spine manipulation were more effective than movement and exercise for relieving pain in people with chronic headaches. This was still the case at a 3-month follow-up.

**6. More affordable treatment for chronic back pain:** Chiropractic treatment is almost always less expensive than conventional treatment for chronic low back pain. In a 2016 study, researchers looked at the potential financial benefits of chiropractic treatment for Medicare recipients with chronic back pain. The researchers found that people who received chiropractic treatment had a lower overall treatment cost. The study also determined that their treatment duration was shorter than that of those who had conventional medical treatment.

**7. High satisfaction:** Studies have generally reported relatively high levels of satisfaction with chiropractic treatment. For example, in a 2015 study, researchers found that a group of 544 people in chiropractic care reported a high level of satisfaction. Also, 92 percent of the people in this study had improvements in their pain, and 80 percent reported improvements in their ability to move around.



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your Doctor of Chiropractic and the  
Idaho Association of Chiropractic Physicians (IACP) .*

# The Idaho Association of Chiropractic Physicians

## *The IACP News*

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