



## Prosperity Through Unity Exceptional Care for Idahoans

May 2023

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# Stress and the chiropractic adjustment

By Mark W. Earnhart, DC

Do you find that some of your patient's have a hard time holding their adjustments? Have you ever given someone an adjustment, they say they feel great, walk out the door, bend over and twist to get in the car and are immediately in pain again? If so, suspect adrenal stress!

This article will go through what happens when someone has chronic stress (and who doesn't these days), how to test for it and how to treat it.

The effects of chronic stress have been studied for a long time. One of the initial investigators of stress was Hans Selye a Canadian Psychologist. He called our reaction to chronic stress the "**General Adaptation Syndrome**," (**GAS**). Selye was one of the first researchers to recognize the relationship between stress and dis-ease. GAS is the body's typical response patterns in terms of our resistance to stress over time, comprising of three stages:

1) **ALARM REACTION** - the first stage of GAS, where resistance to stress first drops below normal. When we first become aware of the stressor, our body goes into shock, our body acts as if it is injured, and our body temperature is lowered. The fight/flight response is activated to prepare the body to deal with the stressor. We then become aroused and alert, stress hormones are released into the blood stream, heart rate increases strengthening our muscles and supplying us with more energy.

2) **RESISTANCE** – The second staged of GAS, where the resistance to stress remains above normal. If the stressor has not been dealt with in stage one, adrenaline and cortisol are released into the blood stream. This energizes and strengthens the body, but it also weakens our immune system making us more vulnerable to disease or dis-ease.

3) **EXHAUSTION** – The final stage of GAS, where the body's resources are depleted and its resistance falls below

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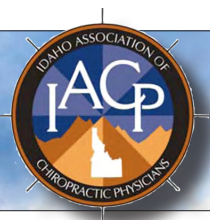
## Next Step Community' Running and Walking Campaign launched

In support of building health-centered communities that are motivated to come together to increase healthy mobility and foster well-being, the Foundation for Chiropractic Progress (F4CP) is proud to announce the launch of its Next Step Community running and walking program as a 2023 initiative. F4CP President, Dr. Sherry McAllister commented, "Doctors

of chiropractic (DCs) have had a long-standing focus on the health and wellness of their patients and as leaders in their communities are a perfect choice to spearhead this initiative. This new program is designed to support DCs on a larger scale with tools to build, expand and support a stronger and healthier society by collaborating with other health providers, local businesses and the community at large."

The campaign is specifically designed to support DCs as they initiate and host ongoing running/walking programs in their neighborhoods. By fostering collaborative partnerships with other healthcare providers and community leaders, the program

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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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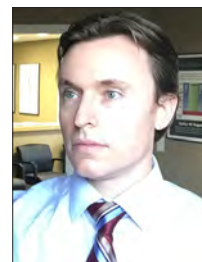
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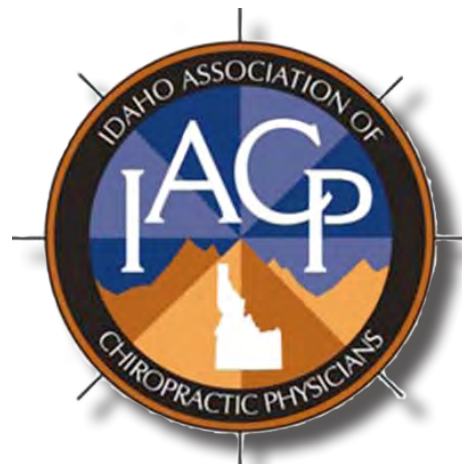
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# Stress and the chiropractic adjustment

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normal. The body becomes vulnerable to mental disorders, psychosomatic diseases, physical diseases such as sleeping disorders and hypertension.

Selye conceptualized stress as a non-specific response, insisting stress is a general physical response caused by any number of environmental stressors including mental, emotional, nutritional and structural issues. In this day and age, we can also add electromagnetic issues to the list of causes. By serendipity, he found in lab animals he stressed a trio of symptoms he coined "The Syndrome of Just Being Sick." No matter what caused the stress, the result would be:

- 1) Enlargement of the adrenal cortex
- 2) Atrophy of the spleen, thymus, lymph nodes and all other lymphatic tissues: decreased immune response.

- 3) Deep bleeding of stomach and large intestines.

At first, our response to stress is a good thing, we produce more adrenalin: think escaping the saber tooth tiger or barely avoiding an accident. However, in today's world, we have more chronic stressors like paying the bills, relationships, crazy drivers on the road, people shooting each other, Covid-19, the virus and the regulations, etc. etc. etc.

So how does this affect a chiropractic adjustment? In one word, INFLAMMATION. Any time the body is under long term stress, the adrenal glands will respond by secreting Cortisol. The increase in Cortisol leads to chronic inflammation including our joints. Inflammation in the joint is a cause of and the perpetuation of the Subluxation Complex. Also remember that chronic stress is called the SILENT KILLER.

How do you know if your patients have Adrenal Fatigue?

## Adrenal Assessment Questionnaire

If you go too long without eating, does it bother you? YES / NO

Do you get: (Pick all that applies)

Headaches

Nausea

Irritability

Weakness

Other \_\_\_\_\_

How would you rate your energy level? On a scale from 0 to 10, with 10 being a lot of energy.

1 2 3 4 5 6 7 8 9 10

Do you feel it is as good as it should be? YES / NO

Do you have a sweet tooth? YES / NO

Do you have trouble getting to or staying asleep? YES / NO

What different type of adrenal stimulants do you consume and how much? (Answer all that applies)

Coffee: YES / NO

If yes how much? \_\_\_\_\_

Sodas: YES / NO

If yes how much? \_\_\_\_\_

Tobacco: YES / NO

If yes how much? \_\_\_\_\_

Alcohol: YES / NO

If yes how much? \_\_\_\_\_

Energy Drink: YES / NO

If yes how much? \_\_\_\_\_

Other Stimulants: YES / NO

What \_\_\_\_\_ How much? \_\_\_\_\_

Do you usually wear sunglasses when outside? YES / NO

Do you occasionally get lightheaded or see stars when you get up from the floor or hop out of bed quickly? YES / NO

How much stress do you feel you are under? On a scale from 0 to 10, with 10 being a lot of stress.

1 2 3 4 5 6 7

8 9 10

Are you a Type A or a Perfectionist? YES / NO

1) Health history – Adrenal Assessment Questionnaire

2) Saliva testing

3) Adrenal Stretch Test – for you AK and Muscle Testers – find a strong muscle or group of muscles, (I use arm held shoulder height and straight out laterally), give it a gentle tug. If the muscle goes weak, it indicates Adrenal Fatigue and a major cause of adjustments not holding.

4) Blood Pressure – normal systolic pressure is 4-10 mg/Hg higher in the standing position verses the recumbent position.

5) Pupillary Light Test – Normally the pupil will constrict when you shine a light in the eye, if the pupil constricts and immediately opens, suspect Adrenal Fatigue.

Below is a chart we share with our patients to explain Adrenal Fatigue and how it affects their health and holding the chiropractic adjustment. (Chronic Stress flow chart)

In our office we do a lot of nutritional testing. I am of the D.D. Palmer school of Chiropractic using the triad of health: Structural, Chemical and Emotional (psychological).

The first thing I look at chemically in the body is Adrenal Fatigue. Many times, balancing the adrenal glands clears up many of the symptoms and dis-eases of the body, increases energy and helps with sleep. It will also help your adjustments to hold longer leading to a more speedy and complete recovery for your patient.

At Nutri-West Pacific, we have several Adrenal support formulas to help your patients hold their adjustment and support their health in general. Our company was founded by a chiropractor, for chiropractors.



## Chronic Stress

How an  
increase in  
Cortisol effects  
the system:

**Chronic Stress = G.A.S.**

(General Adaptation syndrome, includes Adrenal fatigue)

↑ **Cortisol**

↓ **DHEA**

↓ **Glucose utilization**

↔ **Insulin**

↑ **Sugar Cravings**

↔ **Insensitivity**

↓ **Inadequate Diet** (depletion of pantothenic acid, Niacinamide, vitamin C)

↓ **Collagen Synthesis**

↑ **Protein Breakdown**

↓ **Secretory IGA**

↑ **Antigen Penetration**

↑ **Circulating IGE**

# Latest Research:

## Stress-induced aging may be reversible

[New research](#) published last month in the journal *Cell Metabolism* entitled, *Biological age is increased by stress and restored upon recovery*, suggests that biological age in humans and mice can rapidly increase due to stress but is reversible upon stress recovery. This work challenges the traditional view of aging.

Transient changes in biological age were observed during major surgery, pregnancy, and severe COVID-19, suggesting stress recovery could be a key factor in aging and longevity.

The research summary said: “Aging is classically conceptualized as an ever-increasing trajectory of damage accumulation and loss of function, leading to increases in morbidity and mortality. However, recent in vitro studies have raised the possibility of age reversal. Here, we report that biological age is fluid and exhibits rapid changes in both directions. At epigenetic, transcriptomic, and metabolomic levels, we find that the biological age of young mice is increased by heterochronic parabiosis and restored following surgical detachment. We also identify transient changes in biological age during major surgery, pregnancy, and severe COVID-19 in humans and/or mice. Together, these data show that biological age undergoes a rapid increase in response to diverse forms of stress, which is reversed following recovery from stress. Our study uncovers a new layer of aging dynamics that should be considered in future studies. The elevation of biological age by stress may be a quantifiable and actionable target for future interventions.”

The biological age of humans and mice undergoes a rapid increase in response to diverse forms of stress, which is reversed following recovery from stress, according to the study. These changes occur over relatively short time periods of days or months, according to multiple independent epigenetic aging clocks.

“This finding of fluid, fluctuating, malleable age challenges the longstanding conception of a unidirectional upward trajectory of biological age over the life course,” says co-senior study author James White of Duke University School of Medicine. “Previous reports have hinted at the possibility of short-term fluctuations in biological age, but the question of whether such changes are reversible has, until now, remained unexplored. Critically, the triggers of such changes were also unknown.”

The biological age of organisms is thought to steadily increase over the life course, but it is now clear that biological age is not indelibly linked to chronological age. Individuals can be biologically older or younger than their chronological age implies. Moreover, increasing evidence in animal models and humans indicates that biological age can be influenced by disease, drug treatment, lifestyle changes, and environmental exposures, among other factors.

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This study reveals that the biological age of humans and mice is not static nor steadily increasing but undergoes reversible changes over relatively short time periods of days to months according to multiple independent epigenetic aging clocks. This finding of fluid, fluctuating, malleable age challenges the longstanding conception of a unidirectional upward trajectory of biological age over the life course.

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“Despite the widespread acknowledgment that biological age is at least somewhat malleable, the extent to which biological age undergoes reversible changes throughout life and the events that trigger such changes remain unknown,” says co-senior study author Vadim Gladyshev of Brigham and Women’s Hospital, Harvard Medical School.

To address this knowledge gap, the researchers leveraged the power of DNA methylation clocks, which were innovated based on the observation that methylation levels of various sites throughout the genome predictably change over the course of chronological age. They measured changes in biological age in humans and mice in response to various stressful stimuli. In one set of experiments, the researchers surgically attached pairs of mice that were 3 months old

and 20 months old in a procedure known as heterochronic parabiosis.

The results revealed that biological age may increase over relatively short time periods in response to stress, but this increase is transient and trends back toward baseline following recovery from stress. At epigenetic, transcriptomic, and metabolomic levels, the biological age of young mice was increased by heterochronic parabiosis and restored following surgical detachment.

“An increase in biological age upon exposure to aged blood is consistent with previous reports of detrimental age-related changes upon heterochronic blood-exchange procedures,” says first author Jesse Poganik of Brigham and Women’s Hospital, Harvard Medical School. “However, reversibility of such changes, as we observed, has not yet been reported. From this initial insight, we hypothesized that other naturally occurring situations might also trigger reversible changes in biological age.”

As predicted, transient changes in biological age also occurred during major surgery, pregnancy, and severe COVID-19 in humans or mice. For example, trauma patients experienced a strong and rapid increase in biological age following emergency surgery. Nevertheless, this increase was reversed and biological age was restored to baseline in the days following the surgery. Similarly, pregnant subjects experienced postpartum recovery of biological age at varying rates and magnitudes, and an immunosuppressive drug

called tocilizumab enhanced the biological age recovery of convalescent COVID-19 patients.

“The findings imply that severe stress increases mortality, at least in part, by increasing biological age,” Gladyshev says. “This immediately suggests that mortality may be decreased by reducing biological age and that the ability to recover from stress may be an important determinant of successful aging and longevity. Finally, biological age may be a useful parameter in assessing physiological stress and its relief.”

Additional findings showed that second-generation human DNA methylation clocks give consistent outputs, whereas first-generation clocks generally lack the sensitivity to detect transient changes in biological age. “Whatever the underlying reason, these data highlight the critical importance of judicious selection of DNA methylation clocks appropriate to the analysis at hand, especially in light of the many clocks continuously coming to the fore,” says Gladyshev.

While this study highlights a previously unappreciated aspect of the nature of biological aging, the researchers acknowledge some important limitations. Although they characterized the parabiosis model at multiple omics levels, they relied mainly on DNA methylation clocks to infer biological age in the human studies because these tools are the most powerful aging biomarkers currently available. In addition, the findings are limited in their ability to probe the connections between short-term fluctuations in biological age and lifelong biological aging trajectories.

## Next Step Community’ Running and Walking Campaign launched

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encourages connectivity and provides widespread benefits to unite and strengthen the entire community and its members.

The Next Step Community Program is unique in that its foundation is rooted at the healthcare level. It encourages the professional healthcare community to meet and support one another to collectively strive to benefit the physical and mental health of the people they care for. The program is also designed to support local business leaders as they promote healthy lifestyles for employees and create alliances with other professionals to support community efforts. Cross-communication is at the heart of the program.

F4CP will provide interested DCs with all of the necessary tools to seamlessly ignite a Next Step Community campaign in their own neighborhoods. Participating doctors will have

access to a variety of support media such as a resource and walking guide, press release and partnership templates, patient communications, videos, webinars, social media infographics, brochures and more.

[Click here](#) for more information and downloadable resources.





# Common pitfalls in your first year of practice

A chiropractor's first 12 months in practice can be a shaky time. "What do I do?" is the big question, but "What don't I do?" is arguably more important. Review our preventative tips to avoid some rookie mistakes.

## 1. Careless Compliance and Documentation

Even the most experienced chiropractors know how these can hurt a practice. Your first year in business must prioritize full compliance and precise documentation so you know – not assume – that you're getting them right. One way to stay current with the latest rules and regulations is working with a third party whose job it is to follow these things. This gives you greater peace of mind and liberates your time to fully focus on providing care and building your new practice. Don't let anxiety or over-confidence lead to claims or billing errors which could cost thousands of dollars.

## 2. Lacking a Disaster Recovery Plan

You're probably excited and optimistic as a new practice but remember: Murphy's Law is the one legal force no chiropractor can placate. You can only prepare. You're never more vulnerable than in your first year, so consider the following to protect your interests:

- Create a [government-compliant disaster recovery plan](#).
- Review insurance policies like malpractice, business interruption, general liability, and workers compensation, all of which can help prevent financial disaster.
- Invest in cybersecurity and train yourself and any employees in [safe cyber practices](#).
- Make it as easy as possible for staff to perform their duties remotely should the clinic be closed by unforeseen circumstances.

## 3. Not Maximizing Marketing

This should receive the lion's share of your time before your service begins. If you've already launched into your first year of practice, then now's the time for vigorous promotion. Here's a mini marketing masterclass:

- Network often
- Follow the [seven steps to selling yourself uniquely](#).
- Have an [optimized website](#) and social media pages filled with informative, regularly updated visual and written content.
- Be active in your community.
- Market to a certain type of patient, not just everyone. This [free tool to build your buyer persona](#) may help.

## 4. Overspending

Practices need many things as they start: premises, equipment, furniture, etc. It's a delicate balance to separate what you really need from "ideals" you'd merely like. Functional, reliable purchases of essential items should be your focus in Year One; the more expensive items should wait until you're established. Some start-ups opt to lease as many aspects of their practice as possible in their first 12 months – an approach that can significantly reduce outlay and overheads.

## 5. Undervaluing Your Services

Resist the urge to set excessively low fees in your first year, even to ease patients' financial burdens. Inflation annually increases the cost of everything you'll need to operate. Determining fees is fluid when starting out, since you're still discovering some essential factors:

- Your monthly operating expenses.
- Average monthly income.
- Average income per visit.
- Average cost of delivering care.

As these slowly become apparent, combine them with an awareness of the per-code market values for services in your area. This will provide a solid foundation for setting first-year fees you can comfortably survive on into your second year.

### Prevent Pitfalls with ChiroHealthUSA

We provide [free webinars](#) full of industry insight to make the most out of your practice. Our in-house experts also offer compliance and documentation assistance via [ChiroArmor](#) and up to [\\$1 million in coverage](#) against regulatory proceedings and defense costs. Connect with [ChiroHealthUSA](#) and stay safer throughout Year One!

*Dr. Ray Foxworth is a certified Medical Compliance Specialist and President of ChiroHealthUSA. A practicing chiropractor, he remains "in the trenches" facing challenges with billing, coding, documentation and compliance. He has served as president of the Mississippi Chiropractic Association and is a former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center.*

*You can contact Dr. Foxworth at 1-888-719-9990, [info@chirohealthusa.com](mailto:info@chirohealthusa.com) or visit the ChiroHealthUSA website at [www.chirohealthusa.com](http://www.chirohealthusa.com).*



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# Ice Cream: Could it really be “healthy” ?

Ice cream lovers — which would be, honestly, most of us — were probably rejoicing when a recent article suggested that indulging in your favorite flavor might be healthy. That [article](#), in *The Atlantic*, was aptly titled: *Nutrition Science’s Most Preposterous Result*. The author, David Johns, said: “Studies show a mysterious health benefit to ice cream. Scientists don’t want to talk about it.”

The article drew upon a 2018 doctoral thesis to the Harvard T.H. Chan School of Public Health. That work suggested that people with type 2 diabetes who consumed more ice cream had lower risks of heart disease. But as exciting as this sounds for those of us who sometimes enjoy indulging in a bowl of raspberry ripple, when the study is carefully reviewed it’s likely this link comes down to variety of other factors. Specifically, the thesis concluded:



“... that dairy fat intake was not associated with T2D risk when compared to calories from carbohydrate. However, replacement of dairy fat with carbohydrates from whole grains was associated with lower T2D risk, whereas replacement of dairy fat with other animal fats or refined carbohydrates was associated with higher risk of T2D. These findings provide evidence that specific macronutrient comparisons are important, and that dairy fat intake is not associated with T2D risk reduction.

“We examined the association between dairy products and risk of CVD in a T2D patient population. We concluded that total dairy product intake was not associated with risk of CVD among participants with diabetes and neither were dairy products stratified by their fat content. We found a surprising inverse association between ice-cream intake and CVD risk that warrants further research. Replacing dairy products with red and processed red meat is associated with higher CVD risk, whereas replacing dairy product intake with nuts is associated with lower CVD risk. In conclusion, the overall pattern of associations with dairy intake and CVD is similar to healthy populations at baseline. These data provide initial evidence regarding the health consequences of consuming dairy product intake among patients of diabetes and need replications in future studies.

“We explored the association between plasma and erythrocyte biomarkers of VLCFA and T2D risk. Our findings suggest that in US men and women, plasma levels VLCFAs are associated with a lower risk of T2D and erythrocyte biomarkers of 20:0 and 22:0 are also inversely associated with T2D risk.”

The 2018 research the article drew upon looked at data from the [Nurses’ Health Study I](#) and the [Health Professionals Follow-Up Study](#). The Health Professionals Follow-Up Study (HPFS) began in 1986. The purpose of the study was to evaluate a series of hypotheses about men’s health relating nutritional factors to the incidence of serious illnesses, such as cancer, heart disease, and other vascular diseases. This all-male study is designed to complement the all-female Nurses’ Health Study, which examines similar hypotheses.

These were two large observational studies conducted by researchers at Harvard University which began in 1976 and 1986 and went on for 20 years. The purpose of these studies was to track the health of participants over a long period of time, and uncover whether there were links between certain diseases and lifestyle factors (such as diet).



To conduct their analysis, the researchers only included data from participants of these two studies who reported having type 2 diabetes when the studies began—so around 16,000 people total. The participants with diabetes had also provided information about which foods they typically ate over the previous year. They were not instructed to eat or avoid ice cream at any point.

The researchers found that those who ate ice cream no more than twice a week appeared to be 12% less likely to develop cardiovascular disease, compared to those who didn't eat ice cream.

But it's important to note that this link between ice cream and heart disease only became apparent when other aspects of a person's health, including how healthily they ate, were taken into account. This suggests that eating an overall healthy diet is perhaps more important in reducing cardiovascular disease risk in people with type 2 diabetes, than eating ice cream.

It could also be the case that participants who reported eating ice cream before joining the study could have stopped eating ice cream altogether just after joining the study—possible because they may have been made aware they were at greater risk of cardiovascular disease. This would then make it appear that eating ice cream was linked with lower risk of cardiovascular disease, when the reverse was true.

It's also important to make clear that this was an observational study—meaning that it can only show an association between eating ice cream and lower risk of heart disease. It can't actually prove eating ice cream in and of itself is directly responsible for decreasing risk of cardiovascular disease in people with type 2 diabetes.

To be able to test if ice cream has an effect on cardiovascular disease risk, it would probably need to go through a clinical trial, where one group ate ice cream as part of their diet and the other group ate a placebo for ice cream. This would be practically difficult to do, and given the potential costs is unlikely to ever happen without significant funding from the food industry.

Can ice cream really be healthy? Surprisingly, there have not been a lot of studies that have looked at the specific effect of ice cream on health. Studies that have done typically only had participants consume quite a small amount (around less than a quarter of a serving per day)—meaning it was not enough to develop any meaningful conclusions about its effect.

But one [Italian study](#) suggested that consuming more ice cream may be linked to a higher risk of non-alcoholic fatty liver (a risk factor for type 2 diabetes and heart disease). However, the researchers also found that this link existed for other foods, such as red meat—suggesting that the quality of a person's overall diet may matter more.

“This study showed that some food groups components were associated with a lower or a higher risk of developing severe NAFLD, and that, within the same Food Group, some components with a protective or promoter action are present. In particular, winter ice-cream was associated with a 35% lower risk of severe NAFLD per g/day intake. Conversely, the Sweet Products Milk-Based food group (without winter ice-cream) resulted associated with an 11% higher risk of severe NAFLD per g/day intake. Among the Aged Cheeses food group, only those industrially produced were associated with a 17% higher risk of severe NAFLD per g/day intake. Moreover, in the group of protective foods, in addition to winter ice-cream, chickpeas were associated with a 43% lower risk of severe NAFLD per g/day intake. Conversely for “promoting foods” in addition to industrially produced Aged cheeses, Sweet Products Milk-Based Food Group (without winter ice-cream), the Fats group comprising: seed oil, peanut oil, butter, sunflower oil, corn oil, margarine, olive oil, extra virgin olive oil, soy oil, were associated with a 12% higher risk of severe NAFLD per g/day intake. Also, rabbit meat was associated with a 23% higher risk of severe NAFLD per g/day intake.”

Ice cream is also considered an ultra-processed food—meaning that because of the processing methods used to create it, it's typically very high in calories, fat and sugar. Ultra-processed foods have been linked to a range of health issues, including increased risk of developing both type 2 diabetes and cardiovascular disease. Nutrition guidelines also encourage us to limit our intake of sugar and fat because of this. This makes it pretty likely that too much ice cream may have a negative effect on health.

Research also shows that diets containing calcium-rich foods are associated with a decreased risk of type 2 diabetes and heart disease. But there are many other foods—including dairy, pulses and nuts—which are also sources of calcium. These also have other nutritional benefits without the negative high sugar content of ice cream.





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# In Memoriam: George McAndrews

***George McAndrews served as lead counsel for the successful plaintiff-chiropractors in the 14-year, landmark antitrust case, [Wilk, et al. v. AMA, et al.](#)***

The International Chiropractors Association (ICA) pays tribute to George Pellegrin McAndrews as we mourn his passing. According to the obituary available on line at Legacy, Mr. McAndrews passed away peacefully on Good Friday. Married to his wife Katharine for 59 years, “Papa George” as his family called him had five children, 21 grandchildren and five great grandchildren.

The son of a chiropractor (Dr. Patrick McAndrews), he was an All-State basketball player in high school and state champion on track and field. He went on to study mechanical engineering at the University of Notre Dame and earned a BSME with honors and winning the award of Engineer of the Year.

George would delay his education to serve two years in the Navy with his brother Tom, and as part of his deployment participated in Operation Redwing, a series of 17 nuclear detonations conducted in the South Pacific. With thousands of other military personnel, George and Tom were later officially designated “Atomic Veterans” for the unique nature of their service. George later enrolled at Notre Dame Law School, where he served as editor-in-chief of the Law Review and Chairman of the National Council of Law Review Editors. Upon graduation, he served for two years as a law clerk to the U.S. Court of Appeals for the Seventh Circuit.

Over the course of his 55 year career as a trial attorney, Mr. McAndrews built a strong and successful record. Were it not for his legal prowess, the attempt to completely destroy the chiropractic profession might have been successful. Mr. McAndrews served as lead counsel almost two decades long landmark antitrust case, [Wilk, et al. v. AMA, et al.](#) The case which had many twists and turns, ended in the favor of chiropractic in large part because of George McAndrews. As lead attorney, he is credited with saving the chiropractic profession.

At the conclusion of the protracted legal battle, District Judge



**George McAndrews**

July 29, 1935 — April 7, 2023

Getzendanner summarized her findings with the following, “The AMA and its officials, including Dr. Sammons, instituted a boycott of chiropractors in the mid-1960s by informing AMA members that chiropractors were unscientific practitioners and that it was unethical for a medical physician to associate with chiropractors. The purpose of the boycott was to contain and eliminate the chiropractic profession. This conduct constituted a conspiracy among the AMA and its members and an unreasonable restraint of trade in violation of Section 1 of the Sherman Act.

The AMA sought to spread the boycott to other medical societies... The plaintiffs are entitled to injunctive relief against the AMA...”

As we pay tribute to this legal lion, let us also remember that the work is not done. We are still, decades later weeding out the institutionalized bias discrimination against chiropractors and their patients in federal programs, policies and laws as a result of the AMA doctors who used their influence to restrain chiropractic over 50 years ago. The ICA with your help will continue this good fight.

# Chiropractic News

## David Siebert joining F4CP Board

The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization dedicated to educating the public about the value of chiropractic care, has appointed NCMIC President, David Siebert, to its board of directors. Siebert has been with NCMIC, the nation's largest provider of chiropractic malpractice insurance, since 1995. Before serving as president, Siebert worked as a claims representative where he worked his way up within the company to his current role. During his tenure, he has proven to be a leader with a demonstrated history of generating positive results within the organization.



"I am proud to serve on the F4CP Board of Directors," says Siebert. "I admire and respect the Foundation's immense support of the profession, and I look forward to continuing to do so in new and collaborative ways."

"We are thrilled to add David Siebert to the F4CP's Board of Directors," says Kent S. Greenawalt, chairman, F4CP. "NCMIC has been a longtime supporter and we appreciate their commitment to helping us grow the profession. We know that David Siebert will be a valuable asset to this Board."

## Veterans Administration advocates for chiropractic care

Last month, Tonya Lobbestael, the Public affairs officer, VA Office of Academic Affiliations, wrote an article called, *Chiropractic residencies enhance rural Veteran care*. That story advocated for chiropractic care and read in part:

Chiropractors and chiropractic residents at the Fort Dodge Community Based Outpatient Clinic (CBOC) in Iowa are making a big difference in Veteran care.

When Air Force Veteran Marty Alne experienced severe back pain a few years ago, his treatment option was like many Veterans who live in rural locations. He had to travel more than two hours to the Des Moines VA or see the only community chiropractor near him.

Today, that has all changed thanks to chiropractors and chiropractic residents who are working, teaching and training at the Fort Dodge CBOC. VA's health professions education programs now include 10 integrated clinical practice chiropractic residencies across the U.S. The programs are providing access to more interprofessional care for rural Veterans while training future health professionals.

Nathan Hinkeldey, Des Moines VA Chiropractic Residency Program director and Palmer College of Chiropractic faculty, believes placing residents at rural CBOCs is extremely important because musculoskeletal pain is one of the most common issues for Veterans.

"Access to care in rural areas is low. This type of direct access to providers who are chiropractors and physical therapists makes care more efficient," Hinkeldey said. Des Moines VA has both chiropractors and physical therapists who work collaboratively at its Fort Dodge CBOC. Hinkeldey says VA is setting the standard for chiropractic training and care, adding that he expects more private hospital chiropractic residency programs will be established based on VA's interprofessional training programs.

The value of accredited VA chiropractic residencies goes beyond access to care. The integrated clinical practice chiropractic residency programs provide advanced clinical training with a primary focus on treating complex patients in an interprofessional team. Serving Veterans in rural communities was one of the main reasons chiropractic resident Ian Le, who completed training at Bay Pines VA in Florida, chose to complete his residency at the Des Moines VA.

"Having a chiropractor in a CBOC is extremely valuable," he said. "We work hand in hand with the primary care doctors, the physical therapist, the occupational therapist, and neurology. I think one of the valuable things about VA residency is that we've demonstrated the value of chiropractors in a multidisciplinary health care system."

## Forum 2023: Bringing chiropractic to the world

June 9 & 10, 2023 in Dallas, Texas the ICA Upper Cervical Council is holding [The Forum](#). Lecturers will be covering spinal analysis and adjusting procedures, Radiographic CBCT



of the Cervical Spine, and several other topics. The schedule supports 12 hours of CEs, already approved in over 25 states with more pending approval.

The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization dedicated to educating the public about the value of chiropractic care, is happy to welcome David Allen Capital (DAC), a business capital provider, as a silver corporate sponsor.

"We are very proud to become a corporate sponsor of F4CP to support the chiropractic profession," says David Rutz, President, DAC. "We look forward to growing our relationship with the Foundation while helping their members to grow their clinics through the resources we can provide to them."

David Allen Capital was founded in 2015 by David Rutz,

who knew there were millions of business owners who would benefit from alternative revenue-based capital. Their mission is to bridge the funding and working capital gaps that most small businesses encounter along the road to success. Dedicated to serving small businesses and self-employed individuals, DAC provides many options for business owners to get the financial help they need. They also help business owners secure their ERTC credits.

"We are very grateful for David Allen Capital's support," Kent S. Greenawalt, chairman, F4CP states. "As we continue to grow as an organization in our twentieth year, we look forward to collaborating further with our corporate sponsors and supporting our members with resources they may need in their clinics. Without support from our partners, such as DAC, we could not have had the success of building awareness of the chiropractic profession that we have today."



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# Chiropractic College News

## Terry Elder, DC, honored at National University

The recent commencement ceremony held by National University recognized the accomplishments of the graduates of the chiropractic, naturopathic, acupuncture and biomedical science programs.

Terry Elder, DC, who holds the distinction of being one of National University of Health Sciences' longest serving basic and clinical sciences instructors, served as commencement speaker. After 31 years with the university, he retires from NUHS this month. During his speech, Dr. Elder collectively described the instructors he's worked with over the years as icons, or representative symbols worthy of veneration.

"These instructors would do anything for the university or the individual students they were responsible for teaching. Several icons I would call personal friends and would not have survived 31 years without their friendship. These were also the ones you probably went to for help when you needed clarification, clinical advice or maybe just some emotional support," he said.

He recalled that while today is the end of graduates' tenth trimester, it's the end of his 110th trimester. Terry Elder, DC, who holds the distinction of being one of National University of Health Sciences' longest serving basic and clinical sciences instructors, gives his commencement speech to graduates.

"I strive to learn more every trimester and every year. As future doctors and health care providers, you should also never stop learning or listening to your patients."



## Northeast College students perform well on Chiropractic Board Exams

It is well known that Northeast College of Health Sciences has one of the most rigorous academic programs in chiropractic education, with many students noting that one of the reasons they choose Northeast is to ensure strong preparation for the national chiropractic board exams.

The latest board exam scores, released by the National Board of Chiropractic Examiners (NBCE) on March 21, 2023, show Northeast College students continue to receive high scores on the exams, required for chiropractic licensure in all U.S. states, plus Washington, D.C., Puerto Rico and the Virgin Islands. Northeast College students received an 89% first-time pass rate on the NBCE Part II exam, compared to the national average first-time pass rate of 75% among chiropractic programs. Similarly, in January 2023, Northeast College students exceeded the national average first-time pass rate by 11% on NBCE part I.

Alumna Dr. Annie Reyes (D.C. '13), who opened her own practice, Reyes Active Body Chiropractic with her husband after graduation, said she chose the College because its students had the highest board scores. "[It was] great preparation for passing the national boards and state examinations. The program gave us the step-by-step confidence to understand the human body, doctor-patient communication, and chiropractic adjusting techniques."

The national testing agency for the chiropractic profession, NBCE offers the multi-part board test in basic sciences (Part I), clinical sciences (Part II), clinical competency (Part III), practical skills (Part IV), and physiotherapy (PHT). The first-time pass rate of these exams for Northeast students is regularly high and above the national average for chiropractic institutions.

Our experienced faculty often place special emphasis on subjects that may be asked during the board exams. The program also provides additional resources to help students prepare to sit for the exams. That level of commitment translates to positive results, exceeding the national first-time pass rate by 3% for all parts over a 3-year period\*.

"We are proud of our students, their commitment to the

program and for putting in the hard work to consistently earn high marks on their board exams. We are also proud of the expert faculty who educate them,” said Northeast College President Dr. Michael Mestan. “The steadfast above-average scores that our students earn are a true testament to the strength of our program as it powerfully prepares future healthcare leaders.”

### **Northeast College reducing housing costs**

As housing rates continue to rise across the nation and students scramble to find affordable housing, Northeast College of Health Sciences has made the cost of its residence-hall housing lower than ever.

Northeast College is pleased to make the housing experience easier and more affordable for students who opt to live on its 286-acre Seneca Falls campus, and will launch a new housing offering at the start of the fall 2023 term. The College will reduce the cost of single-style on-campus housing to just \$1590 per 15-week trimester. When combined with the College’s meal plan, that comes out to just \$623 per month for both room and on-campus dining – exceptionally cost-effective, considering similar living costs around the country (even in the College’s immediate region) can cost \$1000/month or more.\*

“Becoming a doctor of chiropractic requires dedication and focus,” said Northeast College President Dr. Michael Mestan. “At Northeast we are committed to the success of our students and are happy to provide another avenue to support their graduate experience. Our new pricing for on-campus living will allow students to focus on their studies and immerse themselves in the College’s many academic and educational opportunities as they live and learn on our healthcare-dedicated campus.”

Choosing to live in the Northeast residence halls gives students access to move-in ready, furnished suites with high-speed internet access, on-site laundry facilities, parking and 24/7 security. Campus living also removes the high costs of commuting and puts students within walking distance of all their learning spaces, including the College’s state-of-the-art labs, library and even the 32,000-square-foot Standard Process Health and Fitness Center.

Alumnus Dr. Joshua Kollmann (D.C. ‘06 ), team chiropractor for the Carolina Panthers NFL team, started creating his professional network as a student at the College and said he was able to do so by staying active on campus and in the College community. When a student asks for his advice his first response is always “immersion.”

“You are here. Take advantage of it and immerse yourself. Really apply yourself in all aspects and take advantage of every aspect and opportunity that the College offers,” Kollmann told current Northeast students.

And with the College’s new, affordable and convenient on-campus housing opportunities, true immersion is possible – for every budget. Northeast is pleased to combine this new housing offer with the College’s meal plan to save students even more time and money while they immerse themselves in living and learning on campus.

### **Texas Chiropractic College tornado Relief Fund**

On January 24th, a tornado pushed through Pasadena, TX, and Texas Chiropractic College was in its direct path. Buildings, cars, and the campus infrastructure were devastated in a matter of minutes. Several classrooms were affected and multiple offices were damaged. No significant injuries have been reported.

We are very thankful for the outpour of support we’ve received since being impacted by the Tornado. Construction and clean-up have started on campus, and we are committed to restoring our campus as quickly as possible.

In an effort to provide a resource for students and employees who were directly impacted by the natural disaster, we have established a Tornado Relief Fund and are accepting donations through [the donation page that can be found at this link](#)

### **Honors given during Parker’s Las Vegas event**

From February 23-25, 2023, Parker Seminars presented “Invictus.” The multi-day seminar was the largest chiropractic event in the world, and it was Parker Seminars’ largest event in more than two decades!

Prestigious awards were presented during the three-day event, including those for two term-retiring Board of Trustee Members, Dr. Oliver R. “Bud” Smith, Jr. and Dr. Vincent I. Scheffler. Dr. Smith served as Chairman from 2016-2020. During his tenure, he guided Parker University through the aftermath of the 2019 tornado that hit campus. Dr. Smith owns and operates the El Paso-based Smith Chiropractic (established in 1975), a legacy family practice where he has served alongside his father and son. He is a certified Pro-Sport Chiropractic Physician who has worked with professional and Olympic athletes. Dr. Smith is certified in Impairment and Disability Rating through Texas Chiropractic College. In

*Continued on next page*



# Chiropractic College News

*Continued from last page*

addition to his presidential tenures, Dr. Smith has served as vice president, treasurer, secretary, and representative of multiple chiropractic organizations on state and national levels.

Dr. Scheffler, a 2007 Parker University graduate, has served for 13 years, four as the Alumni Representative to the Board and nine as a Trustee. During this time, he served as Secretary for eight years and chairman of the Advancement Committee. Dr. Scheffler specializes in sport-specific rehabilitation. He holds a Certified Strength and Conditioning Specialist (CSCS) license through the National Strength and Conditioning Association (NSCA) and practiced at Reagan ChiroSport Center in Dallas. Dr. Scheffler was privileged to treat the Association of Volleyball Professionals (AVP) players at the Dallas Cup event in April 2008 and landed a place on the Rock Racing medical team.

“Patient of the Year” was awarded to Marine Corporal Michael Jernigan. In 2004, while stationed in Iraq, he was blinded in a Humvee explosion. Severe joint pain from the injuries he sustained negatively impacted Corporal Jernigan. He started going to Parker University for adjustments and noticed that alleviating physical pain due to treatments in the clinic also helped his mental health. He has a calling to spread the word to other veterans who may also be supported by chiropractic.

The “Heroes and Legends” award went to Dr. Thomas C. Michaud, a recently retired chiropractor who worked with elite and recreational athletes in his office for more than 40 years. Dr. Michaud has published numerous book chapters and dozens of journal articles on subjects ranging from the treatment of tibial stress fractures in runners to the conservative management of shoulder injuries in baseball players. He has performed 160,000 treatments in his office over the years. He initially specialized in foot and ankle injuries, developed a specialty, and made orthotics.

Dr. Raul Carrillo was named “DC of the Year.” As a DC, he did his post-graduate in neurological and sports rehab. He specializes in chiropractic care focused on sports medicine/ chiropractic for athletes. Dr. Carrillo proudly worked with the Olympics for 10 years and became the Medical Director at the Ministry of Sports.

## Upcoming Parker Seminars Events

Parker Seminars has outgrown the space at the Paris Hotel – Las Vegas and will host 2024’s Las Vegas seminar at the larger Caesar’s Forum. Ready to register for next year? [Click here to save your place](#) at our early-bird prices!

From June 9-11, 2023, Parker Seminars will host its next live “Invictus” event at the Gaylord Palms Resort and Convention Center in Orlando, Florida. You can use early-bird pricing and easily register for this event by [clicking here](#).

## 2022 UWS Alumnus of the Year

Jaipaul Parmar, DC, 2010 graduate of University of Western States (UWS) is the 2022 UWS Alumnus of the Year. This distinction honors the accomplishments of outstanding UWS graduates as they advance the science and art of integrated health care. Dr. Parmar’s professional work has demonstrated exemplary leadership and commitment to the UWS motto, “for the good of the patient” in addition to embodying the core values of UWS – student focus, best practices, curiosity, inclusiveness, professionalism and whole-person health.



Shortly after receiving his license, Dr. Parmar began serving as a member of the British Columbia Chiropractic Association (BCCA) and the Canadian Chiropractic Association (CCA). He was recently nominated to sit on the CCA Board of Directors. Dr. Parmar and Dr. Jamie Ackerman, fellow UWS DC graduate, own and operate a highly successful practice, Alliance Wellness Clinic in Vancouver, BC. Fellow UWS DC graduate and Dr. Parmar’s wife, Dr. Sonia Deol, is also a chiropractor at the clinic. The Alliance Wellness Clinics’ two locations have served as a preceptor site for UWS student clinical interns for many years. Three clinical preceptor students returned to the Alliance Wellness Clinics’ team following graduation.

“It is a true honor and privilege to be named the 2022 UWS Alumnus of the Year,” said Dr. Parmar. “Since acceptance, going through the program, graduating, and now having

more than a decade of practice, I hold a very special place in my heart for UWS. I have a genuine passion for the chiropractic profession and am beyond grateful for this recognition from the institution that has forever changed my life and has allowed me to have an impact on others' lives every single day."

Following graduating from UWS, Dr. Parmar knew he would be returning to Canada. He envisioned what kind of practice he wanted to work for and noticed that at the time, there were not many collaborative clinics within Vancouver. Dr. Parmar and Dr. Ackerman decided to build a practice based on the tenants of what they learned at UWS – an integrated health care model where practitioners collaborate and work together to achieve whole person patient outcomes that treats root cause rather than just symptoms. At Alliance Wellness Clinic, patients can work with chiropractors, physiotherapists, massage therapists, acupuncturists, naturopaths, counselors and osteopaths.

"Over the years, I have found out that with my training as

a chiropractor, we are the best referrers," said Dr. Parmar. "I've never encountered any other professional that has the confidence in their referral the way that chiropractors can. We have a strength in case conceptualization and that really comes straight from my education at UWS."

Dr. Parmar was highly involved during his time at UWS from serving on the Associated Student Body (ASB), to being a member of the Canadian Club. His direct experience with student politics inspired him to get involved in the BCCA.

"Since graduating from UWS in 2010, Dr. Jaipaul Parmar's contribution to the BC chiropractic community and the university has been significant," said UWS President and CEO Dr. Joseph Brimhall. "Dr. Parmar's clear passion for the profession goes beyond boards and public service but is also evident on an individual level as a mentor to UWS student interns. As a preceptor for several years, Dr. Parmar has been eager to share his expertise with our student interns and has shown a keen investment in the next generation of chiropractors."

# "Join the Pack"

## Become a member of the IACP

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

# IACP Marketplace

## *The IACP News,*

this monthly newsletter of the Idaho  
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reaches 600-800 chiropractors  
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No weekends, office hours are 8-6 pm. Full-time employee constitutes 32 hours/week. Two weeks PTO in the first year, three weeks thereafter. We will cover your malpractice insurance in the first two years of employment. Generous CE stipend as we strongly believe in furthering knowledge and skill. ART certification, if not already obtained, will be required in the first two years, paid expenses.

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We have created a FREE [printable PDF](#) of the  
***Stress-eating: Four strategies to slow down***

poster on the following page, and  
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***Easy exercises to keep your neck healthy***

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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,  
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Each has the following tagline:



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



## Stress-eating: Four strategies to slow down

Carrying extra pounds puts a lot of stress on your back and contributes to back pain. Seeing your chiropractor is important, and so is not putting on extra weight. Weight gain has many underlying causes but one of the most common is something we all experience: stress. Whether it's the mild temporary kind caused by a traffic jam or major and chronic, triggered by a traumatic life event — stress is no friend to your waistline. It can set off physical and emotional changes that drive you to eat more, crave less nutritious, fattening comfort foods — and even gain weight much more easily.

While stress is an inevitable part of life for many people, the weight gain that can accompany it isn't. Changing your response to stress and adopting strategies to reduce it can keep the numbers on your scale from moving in the wrong direction. These four strategies may help:

**Burn off tension.** Exercise is a crucial component of stress management, because physical activity can actually reduce cortisol levels. But you will find excuses to avoid workouts if you dread them. Finding an activity you love can help you maintain the regular physical activity you need in order to dissolve daily stress.

**Prioritize sleep.** A lack of sleep can increase the amount of stress hormones circulating in your body. So ensuring you get enough restful slumber is crucial to managing stress effectively. Avoid screen time at least an hour prior to bedtime. This includes your smartphone as the blue light emitted by smartphones can interfere with sleep.

**Change your outlook.** The amount of stress you feel is based on circumstances and your perception of those circumstances. Two people may do the same job, yet only one perceives it as stressful. People also vary in their ability to manage stress, based on personality or early life experiences. Working to change the way you think about challenges can help reduce stress.

**Talk to your chiropractor.** If you're having problems coping with stress or controlling emotional eating, talk to your doctor of chiropractic. He or she may be able to refer you to a health coach, support services, or an obesity specialist. It always helps to talk over a problem with a friend or trusted professional.



*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
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Half page	8" wide by 4 3/4" tall	\$267	\$264	\$224	\$190
One Third (V)	2 3/8" wide by 9 3/4" tall	\$190	\$174	\$159	\$140
One Third (H)	8" wide by 3 1/8" tall	\$190	\$174	\$159	\$140
Quarter Page	3 7/8" wide by 4 3/4" tall	\$160	\$146	\$134	\$115
One Sixth	3 5/8" wide by 2 7/8" tall	\$105	\$97	\$88	\$75

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