



# The Holistic Approach to Chiropractic Care: Healing Beyond the Spine

In today's fast-paced world, many individuals seek alternatives to traditional medicine—treatments that not only relieve symptoms but also address the root causes of pain and promote overall well-being. Chiropractic care, with its emphasis on spinal health and nervous system function, is often associated with the treatment of back and neck pain. However, when practiced with a holistic approach, chiropractic care becomes much more than spinal adjustments; it becomes a path to whole-body health.

A holistic approach to chiropractic care means viewing the body as

an interconnected system where physical, mental, emotional, and even environmental factors all influence a person's health. Rather than merely correcting spinal misalignments, holistic chiropractors consider a wide array of lifestyle and health factors to help patients achieve optimal wellness.

This approach is grounded in the belief that the body has an innate ability to heal itself. When the nervous system functions without interference, the body can better maintain balance and repair itself. Chiropractors aim to support this process by removing barriers to healing, beginning with the

spine but also addressing other critical aspects of health.

Prevention is a key focus in holistic chiropractic care. Instead of waiting for symptoms to appear, the goal is to maintain well-being and prevent future health problems. Through consistent care and education, patients learn how to support their own health proactively.

Treating the whole person rather than just symptoms allows for a deeper understanding of each patient's unique needs. A holistic chiropractor considers not only physical ailments

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## Restoring Balance: Chiropractic Care for Neck Pain and Whole-Body Health

Neck pain is one of the most common complaints among people of all ages. Whether it's caused by poor posture, stress, injuries, or hours spent staring at screens, neck discomfort can interfere with daily life and reduce overall well-being. While over-the-counter painkillers or temporary

fixes might offer short-term relief, chiropractic care addresses the root causes of neck pain, helping the body heal naturally and restore long-term function.

The neck, also known as the cervical spine, is a delicate yet highly flexible

part of the body that supports the head and allows for a wide range of motion. It also protects important nerves that travel from the brain to the rest of the body. Due to its mobility and constant use, the neck is especially vulnerable to tension, misalignment, and injury.

*Continued on page 6*



# IACP

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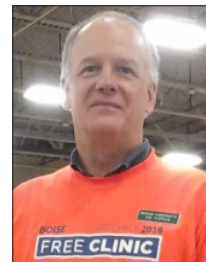
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# Join the Pack

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

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# The Holistic Approach to Chiropractic Care: Healing Beyond the Spine

but also emotional stress, nutrition, sleep habits, posture, and activity levels. This comprehensive view leads to more personalized and effective care plans.

While spinal adjustments remain central to chiropractic practice, they are only one part of a broader wellness strategy. These adjustments help realign the spine, reduce tension, and restore nervous system function. However, their benefits are enhanced when paired with complementary therapies.

Nutrition plays a vital role in the body's healing process. Many holistic chiropractors offer dietary advice and recommend supplements to support recovery, reduce inflammation, and boost energy. What a person eats directly affects their ability to heal and maintain health.

Movement and physical activity are also emphasized. Patients are often given exercises and stretches to strengthen the body, improve flexibility, and correct posture. These practices support spinal health and help prevent future injuries.

Emotional and mental well-being are important components of holistic care. Chronic stress can negatively impact physical health, leading to muscle tension, poor sleep, and a weakened immune system. Chiropractors may encourage mindfulness techniques, breathing exercises, or refer patients to appropriate mental health resources when necessary.

Lifestyle coaching is another key element. A patient's daily

habits, including how they sit at work or sleep at night, can either support or undermine their health. Holistic chiropractors provide guidance on creating healthier environments at home and work to reduce strain on the body.

Many patients who receive holistic chiropractic care report improved sleep, mood, and energy levels. By addressing the root causes of discomfort rather than just masking symptoms, this approach often reduces the need for medications and invasive treatments.

Holistic chiropractic care also empowers patients. Through education and support, individuals gain a better understanding of how their bodies function and how their choices affect their health. This leads to greater confidence and responsibility in managing their well-being.

The outcomes of this approach tend to be long-lasting. By addressing all aspects of health—physical, emotional, nutritional, and environmental—patients are more likely to achieve and maintain wellness over time.

Holistic chiropractic care is a powerful, patient-centered approach that looks beyond the spine to the whole person. By combining adjustments with nutritional counseling, stress management, lifestyle coaching, and more, it offers a natural, comprehensive path to health and healing. For those looking to take an active role in their wellness journey, this approach provides a meaningful and effective alternative.

## Have news?

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# Chiropractic Care for Neck Pain and Whole-Body Health

Many people experience neck pain as a result of poor posture, especially in today's digital world where forward head posture and "text neck" have become widespread. Sleeping in an awkward position, sudden movements, stress, and trauma—such as whiplash from a car accident—are also common contributors to cervical spine problems. These issues can lead to muscle strain, joint dysfunction, nerve irritation, and headaches, creating a cycle of discomfort and limited mobility.

Chiropractic care offers a drug-free, non-invasive solution to neck pain by targeting the underlying mechanical issues in the spine. Chiropractors are trained to assess the alignment and movement of the vertebrae in the neck, identifying areas of restriction or imbalance. Through precise spinal adjustments, they help realign the vertebrae, reduce pressure on nerves, and restore normal function to the joints and muscles.

These adjustments are gentle and specifically tailored to the patient's needs. They help reduce inflammation, improve blood flow, and stimulate the body's natural healing processes. As the spine becomes more balanced and movement improves, many patients experience not only relief from neck pain but also improved posture, reduced muscle tension, and better overall well-being.

In addition to spinal adjustments, chiropractors often incorporate supportive therapies and lifestyle recommendations into their care plans. This may include stretches and strengthening exercises to improve neck mobility, ergonomic advice to support better posture at work or home, and stress management techniques to reduce muscular tension. By addressing the whole picture, chiropractic care goes beyond simply treating symptoms—it helps patients build healthier habits that support long-term recovery and prevent future pain.

One of the key benefits of chiropractic care is that it empowers individuals to take an active role in their healing process. Rather than relying on medication to mask discomfort, patients are guided to understand their body's signals, correct underlying imbalances, and support their recovery through natural means.

Healing from neck pain takes time and consistency, but with the right care, the body has a remarkable ability to recover. Chiropractic care provides a safe, effective, and holistic approach that not only relieves discomfort but also promotes lasting wellness. For those seeking a natural path to healing, chiropractic care offers hope, relief, and a return to a pain-free life.

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# The Hidden Costs of the Desk Job: How Office Work Impacts Your Health

For many, a typical workday involves sitting at a desk, staring at a screen, and moving very little from 9 to 5. While office jobs may seem physically low-risk compared to labor-intensive careers, the truth is that the modern desk job can take a significant toll on your health. From back and neck pain to stress and eye strain, the daily demands of office work can slowly chip away at your well-being—often without you even realizing it.

One of the most well-documented issues is poor posture. Prolonged sitting, especially with improper ergonomics, places strain on the spine and muscles. Slouching, leaning forward, or sitting with rounded shoulders can lead to chronic neck, shoulder, and lower back pain. Over time, these small misalignments can contribute to spinal dysfunction, muscle imbalances, and even nerve compression.

The term “tech neck” has entered the public conversation for good reason. Constantly looking down at phones, laptops, or dual monitors can cause strain on the cervical spine. This unnatural positioning of the head increases the load on neck muscles and vertebrae, often resulting in stiffness, headaches, and reduced range of motion.

Beyond the musculoskeletal system, sedentary behavior associated with office work has been linked to numerous health problems. Sitting for long periods has been shown to increase the risk of cardiovascular disease, obesity, type 2 diabetes, and certain types of cancer. Even those who exercise regularly can be at risk if they remain inactive for most of the day.

Eye strain, also known as digital eye fatigue, is another common complaint. Staring at screens for extended periods can cause blurred vision, dry eyes, headaches, and difficulty focusing. This condition, sometimes referred to as computer vision syndrome, affects millions of office workers worldwide.

Additionally, mental health can suffer in an office environment. High workloads, lack of movement, poor lighting, and constant digital interruptions can contribute to elevated stress levels, fatigue, and even burnout. Without

sufficient physical activity or opportunities to disconnect, mental well-being often takes a back seat.

The good news is that small, consistent changes can significantly improve health outcomes for office workers. Prioritizing ergonomic setups—such as adjustable chairs, standing desks, and monitor risers—can support better posture and reduce strain on the spine. Regular movement breaks, even just five minutes every hour, help boost circulation, reduce stiffness, and improve focus.

Simple desk exercises and stretches can combat muscle tightness and restore mobility. Incorporating walking meetings, using stairs instead of elevators, or standing while talking on the phone are easy ways to add more activity to your day.

Taking care of your vision is just as important. Following the 20-20-20 rule—every 20 minutes, look at something 20 feet away for at least 20 seconds—can reduce digital eye strain. Adjusting screen brightness and positioning, as well as using blue light filters, can also help protect your eyes.

Stress management is essential in any work environment. Practicing mindfulness, setting boundaries with work-related notifications, and creating a balanced schedule can improve emotional resilience and job satisfaction.

For those experiencing chronic pain or tension, chiropractic care can be a powerful ally. Chiropractors can assess spinal health, correct misalignments caused by prolonged sitting, and offer guidance on posture, stretches, and ergonomic best practices. With a combination of targeted adjustments and lifestyle advice, chiropractic care supports both prevention and healing.

Ultimately, the key to thriving in an office job lies in awareness and proactive self-care. By understanding how your work environment affects your body and mind, you can take steps to create a healthier, more balanced daily routine. Office work doesn't have to be harmful—when supported with good habits, it can be a part of a healthy and fulfilling lifestyle.

# How Chiropractic Care Can Help You Find Balance

Stress is an unavoidable part of life. It can come from many sources—work, relationships, finances, health concerns, or even the pressure we put on ourselves. In small doses, stress can be helpful, keeping us alert and motivated. But when stress becomes chronic, it begins to take a serious toll on the body and mind, quietly undermining health over time.

When we experience stress, the body responds by releasing hormones like cortisol and adrenaline. This natural “fight or flight” response prepares us to act quickly in a crisis. But in today’s world, stress often isn’t tied to short-lived emergencies. Instead, it’s triggered by constant, low-level pressures that don’t go away—leading the body to remain in a state of heightened alert far longer than it was designed to.

Over time, chronic stress can lead to a wide range of health problems. It disrupts sleep, impairs digestion, weakens the immune system, increases inflammation, and raises blood pressure. It contributes to anxiety, depression, fatigue, headaches, muscle tension, and even long-term conditions like heart disease and diabetes. In short, unmanaged stress doesn’t just affect your mood—it impacts your whole body.

One area where stress tends to show up most clearly is in the musculoskeletal system. When you’re stressed, your muscles tense, especially in the neck, shoulders, and back. This can lead to chronic tightness, stiffness, and pain, as well as headaches and reduced mobility. Over time, the spine and nervous system can become affected, contributing to further physical discomfort and imbalance.

This is where chiropractic care can play a valuable role in stress management.

Chiropractors focus on the health of the spine and nervous system—two systems that are deeply affected by stress. Through gentle, precise adjustments, chiropractors help realign the spine, release tension, and improve communication between the brain and body. When the spine is properly aligned, the nervous system functions more efficiently, and the body is better equipped to handle stress.

Many people report feeling calmer, more balanced, and more relaxed after a chiropractic adjustment. This isn’t just a coincidence. Chiropractic care helps reduce pressure on the nervous system, lowers physical tension, and supports

the body’s natural ability to regulate itself. It can also help improve sleep, reduce headaches, and relieve the kind of muscle tightness that often comes from stress.

In addition to spinal adjustments, many chiropractors take a holistic approach to care. This may include guidance on posture, stretching, nutrition, breathing techniques, and lifestyle habits that promote overall well-being. By addressing the physical, emotional, and environmental factors that contribute to stress, chiropractic care becomes more than pain relief—it becomes a tool for long-term wellness.

In a world that doesn’t often slow down, taking the time to care for your body and mind is essential. Chiropractic care offers a natural, drug-free way to manage the physical effects of stress while supporting the body’s ability to heal and adapt. When combined with healthy habits like exercise, mindfulness, and good sleep, it becomes a powerful part of a stress management plan.

You can’t always eliminate the stress in your life—but you can change how your body responds to it. With regular chiropractic care and a commitment to self-care, it’s possible to move through life with more comfort, resilience, and calm.



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# When Cutting Corners Cuts Too Deep: A Reminder About Proper Billing and the Right Way to Grow Your Practice

At ChiroHealthUSA, we believe the success of your practice should never come at the expense of your integrity. That's why we're sharing a recent—and unfortunate—reminder of how serious the consequences can be when billing procedures aren't followed.

Last week, the Department of Justice announced that a chiropractor in Louisiana was convicted of health care fraud and unemployment insurance fraud. According to court records, Dr. Benjamin Tekippe, owner of Metairie Chiropractic & Rehab, was found guilty of billing Blue Cross Blue Shield of Louisiana for chiropractic services that were never performed. In fact, some of the claims were submitted while he was out of town—or even behind bars. (DOJ, 2025) In an effort to deceive auditors, he also instructed his staff to falsify patient records, even having them write in their own handwriting to make the notes look more authentic. If that wasn't enough, he also fraudulently collected unemployment benefits while actively working and billing insurance. The total amount of false claims? Over \$2.3 million. The consequences? Federal conviction, fines, and potential jail time.

## **So, what does this mean for your office?**

It's a cautionary tale that every member of your team—doctors, chiropractic assistants, and billing staff—should take to heart. There is no shortcut worth taking when it comes to proper billing, documentation, and compliance. Even honest mistakes can lead to audits and headaches, but intentional fraud can destroy careers and reputations. (David J. Goldberg, 2021)

At ChiroHealthUSA, we've seen how great chiropractic teams thrive when they invest in training and systems that ensure correct billing procedures. That means billing for services that are medically necessary and provided, documenting each visit accurately, and staying on top of payer guidelines. It also means fostering a culture where your team feels confident asking questions and double-checking procedures because you're all accountable for the same standard. Check out our webinar archive to learn from the experts on proper billing and coding procedures.

## **Want to grow your practice the right way?**

We're here to help with that, too. One of the most powerful tools you can implement is a Profitable Discount Strategy through ChiroHealthUSA. With this simple, compliant solution, you can legally offer discounts to patients who pay out of pocket—without violating insurance contracts or reducing your clinic's revenue. It's a win-win for your patients and your practice. There is ZERO-COST to you as a provider so click here to learn more!

Instead of giving away care or risking compliance issues, you can grow your patient base and improve profitability smartly—by staying ethical, compliant, and patient-focused. The bottom line?

Your success should be sustainable and rooted in integrity. The temptation to cut corners or “fudge” documentation may seem harmless in the moment, but it can have long-lasting and devastating effects. Take this recent case as a reminder: there's a right way to build a profitable, thriving practice—and ChiroHealthUSA is here to help you do just that.

If you haven't already, let's talk about how a Profitable Discount Strategy can support your goals and keep your practice on the right track.

*Dr. Ray Foxworth, DC, FICC, is the visionary behind ChiroHealthUSA, serving as its esteemed founder and CEO. With over 39 years of dedicated service in chiropractic care, Dr. Foxworth has navigated the complexities of billing, coding, documentation, and compliance firsthand. His rich experience includes roles as the former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Chiropractic Summit and Mississippi Department of Health.*

*Dr. Foxworth is deeply committed to advancing the chiropractic profession, which is evident through his leadership roles. He is an at-large board member of the Chiropractic Future Strategic Plan and holds an executive board position with the Foundation for Chiropractic Progress.*

# Building Better Health from the Inside Out

In the pursuit of good health, many people look for quick fixes or single solutions—a new supplement, a trendy workout, or a one-size-fits-all routine. But true, lasting wellness often begins with two simple, foundational principles: what you feed your body and how you care for your overall well-being. Diet and self-care aren't just lifestyle choices; they are powerful tools that shape how your body functions, how your mind feels, and how you manage both everyday stress and long-term health conditions.

Your diet is the fuel your body runs on. Every system—your immune response, your brain, your muscles, your hormones—depends on the nutrients you provide it. A diet rich in whole, nutrient-dense foods gives your body what it needs to function efficiently, fight disease, and maintain energy levels throughout the day. Fresh vegetables, fruits, lean proteins, healthy fats, and whole grains form the foundation of a balanced, healing diet.

When you eat well, you're not just managing your weight—you're supporting digestion, stabilizing blood sugar, reducing inflammation, and strengthening your immune system. These effects have a powerful ripple impact. A healthy gut, for example, plays a major role in mood regulation, energy levels, and immune function. Foods high in refined sugars, processed fats, and artificial additives can do the opposite, contributing to fatigue, mood swings, digestive issues, and chronic inflammation.

But nutrition is only one part of the wellness equation. Self-care—the intentional act of prioritizing your physical, emotional, and mental health—is equally important. In today's fast-moving world, people often view self-care as optional or indulgent. In reality, it's essential. Self-care helps manage stress, restore balance, and prevent burnout.

Effective self-care can take many forms. It might be getting enough sleep, taking breaks during the workday, moving your body regularly, practicing mindfulness, staying hydrated, or setting boundaries in relationships. It could be as simple as stepping outside for fresh air, preparing a healthy meal, or saying no to something that drains your energy.

Together, diet and self-care create a foundation for preventative health—meaning they help you avoid illness, rather than just treat it when it appears. They strengthen your body's natural ability to heal, adapt, and thrive. When

you're nourished and cared for, you're more resilient, less reactive to stress, and better equipped to handle both physical and emotional challenges.

It's also important to remember that health is not about perfection. It's about consistency, intention, and self-awareness. A nourishing diet doesn't mean never enjoying your favorite treat. And self-care doesn't mean avoiding responsibility. It means learning to listen to your body, respond to its needs, and make choices that support—not sabotage—your well-being.

If you're dealing with chronic pain, fatigue, anxiety, or other health concerns, improving your diet and self-care habits can be a powerful first step toward healing. Many integrative health professionals, including chiropractors, nutritionists, and wellness coaches, support patients in making sustainable lifestyle changes that promote whole-body wellness. They help you understand how the food you eat and the way you live directly affect how you feel, function, and move through life.



# Evolving with Purpose, Science, and Demand

Chiropractic care has come a long way since its founding in the late 19th century. Once viewed as an alternative or fringe approach to healthcare, chiropractic is now embraced by millions worldwide as a safe, effective, and natural method for managing musculoskeletal pain, promoting wellness, and supporting the body's innate ability to heal. But as healthcare continues to evolve, so does the chiropractic profession. The future of chiropractic looks bright—rooted in tradition, strengthened by science, and shaped by the needs of a changing world.

One of the most significant shifts on the horizon is the integration of chiropractic care into mainstream healthcare systems. As more patients and providers seek out non-pharmaceutical options for pain management—especially in response to the opioid crisis—chiropractors are increasingly being included in multidisciplinary care teams. Hospitals, physical therapy clinics, veterans' programs, and even corporate wellness initiatives are recognizing the value of spinal adjustments and holistic treatment in reducing pain, improving function, and avoiding invasive procedures.

In the coming years, scientific research and evidence-based practice will play an even greater role in chiropractic's advancement. Ongoing studies are exploring the effects of spinal manipulation on neurological function, inflammation, athletic performance, and chronic conditions like back pain and migraines. As the body of chiropractic research grows, it strengthens the profession's credibility and allows practitioners to better tailor care to individual patients using validated protocols.

Technology and innovation are also shaping the future of chiropractic. From digital posture assessments and motion-tracking tools to AI-assisted diagnostics and mobile health apps, chiropractors are gaining access to more precise ways of evaluating and tracking progress. These tools can enhance the patient experience, improve clinical outcomes, and provide data that further supports the profession's effectiveness.

Another key trend is the increasing focus on holistic and preventive care. Modern chiropractors are moving beyond spinal adjustments alone to offer comprehensive wellness programs that include nutrition, exercise, stress management, and ergonomic education. This aligns with the growing demand from patients who want natural, proactive

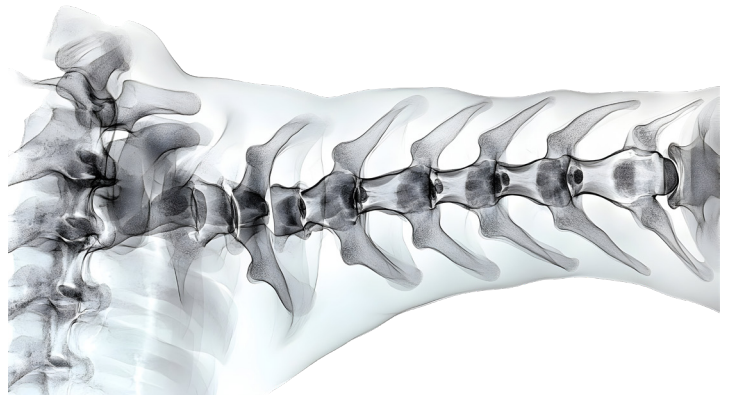
ways to maintain health rather than reactively treat disease. Chiropractic's philosophy—that the body functions best when it's aligned and balanced—fits perfectly with this wellness-oriented mindset.

Education and training are evolving to meet the demands of modern practice. Chiropractic colleges are integrating more interprofessional education, clinical research, and soft skills like patient communication and business management. These updates ensure that new graduates are not only clinically competent but also equipped to lead in a competitive and collaborative healthcare environment.

Of course, the future comes with its challenges. Chiropractic continues to face questions about scope of practice, public perception, and insurance coverage. Navigating these issues will require strong leadership, advocacy, and unity within the profession. It will also require clear communication to the public about the safety, efficacy, and benefits of chiropractic care.

Globally, there's growing interest in chiropractic care in developing nations where access to healthcare may be limited and non-invasive options are particularly valuable. As the profession expands its reach internationally, chiropractors will need to adapt their services to different cultural, economic, and healthcare systems while staying true to the core values of patient-centered, drug-free care.

The future of chiropractic is not just about surviving—it's about thriving. As society becomes more focused on quality of life, prevention, and integrative care, chiropractic is uniquely positioned to meet those needs. With continued innovation, collaboration, and dedication to evidence-informed practice, the profession is poised to play an increasingly vital role in global health and wellness.





# Chiropractic News

## Chiropractic Economics Magazine

Chiropractic Economics remains a key resource for chiropractors across the country, delivering in-depth content on clinical techniques, practice management, financial health, and patient communication strategies. With its blend of practical advice and industry insight, the publication continues to support chiropractors in building sustainable, successful practices while staying current with trends in healthcare delivery.

## Dynamic Chiropractic's Impact Report

The Foundation for Chiropractic Progress recently released its latest Impact Report through Dynamic Chiropractic, showcasing ongoing efforts to raise awareness about the value of chiropractic care. Highlights include national media outreach, the success of the "Made Possible By" campaign, and the Adjusted Reality podcast, which brings chiropractic insights to a wider audience. These initiatives help position chiropractors as essential players in non-drug pain management and overall health promotion.

## Legislative and Professional Updates

### Montana HB 929 Tabled

In Montana, House Bill 929, which sought to expand the scope of chiropractic practice to allow limited prescription rights, was tabled in the state Senate. While the bill remains inactive for now, it sparked important conversations about how chiropractic roles could evolve to meet patient needs in integrative care settings. The debate also highlighted differing perspectives on collaboration between chiropractic and allopathic care models.

### Virginia Senate Bill 1015 Enacted

A significant legislative win occurred in Virginia with the passing of Senate Bill 1015. This law permits chiropractors to recommend and discuss dietary supplements as part of a patient's treatment plan. The change not only validates the wellness-based approach many chiropractors take but also helps patients access more comprehensive care that includes nutrition, lifestyle, and spinal health guidance—all under one roof.

### Leadership Changes in Professional Associations

The American Chiropractic Association (ACA) recently

appointed Karen Silberman as its new CEO. Her leadership is expected to bring a fresh perspective to the organization, with a focus on policy advocacy, public education, and expanding access to chiropractic services. This transition signals a new era for the ACA, as it continues to shape the future of the profession on a national scale.

## Spinal Manipulative Therapy (SMT) and Cervical Artery Dissection

A major concern in chiropractic care has been the alleged association between cervical spinal manipulation and cervical artery dissection (CAD), a rare but serious condition. However, updated research has found no convincing evidence of a direct causal link. This comprehensive review strengthens the safety profile of SMT when performed by licensed professionals, helping reassure both practitioners and patients that chiropractic adjustments, particularly of the neck, remain a low-risk intervention in trained hands.

## Chiropractic Utilization Trends

Recent data tracking chiropractic use in the U.S. from 2007 to 2016 show a steady increase in the number of Americans turning to chiropractic care. This growth reflects rising public confidence in alternative and holistic approaches to managing musculoskeletal issues, particularly back pain. The trend also signals the broader integration of chiropractic services into mainstream healthcare and employee wellness programs.

## Biopsychosocial Approach in Chronic Low Back Pain (CLBP)

Chronic low back pain continues to be one of the leading causes of disability worldwide. A new qualitative study highlights how manual therapists are embracing the biopsychosocial-enactive model, which takes into account not just physical symptoms, but also psychological and social factors affecting a patient's condition. This approach leads to more individualized, empathetic care and improves patient engagement and outcomes in managing chronic pain.

## American Chiropractic Association offers public health CE webinars

The American Chiropractic Association (ACA) is pleased to



announce the availability of a new webinar series from the American Public Health Association (APHA) Chiropractic Healthcare Section through its online learning platform, Learn ACA.

The 12-hour continuing education series was created by a multidisciplinary group of healthcare professionals including educators, researchers, and clinicians in the fields of chiropractic, medicine, and public health. It focuses on the important role that doctors can play in not only promoting physical health but also guiding behavioral changes, addressing social determinants of health, and promoting communication and collaboration with mental health and social workers.

Titles in the series include:

- Aligning Environmental Health and Chiropractic Care
- Communicating Health Messages to Patients
- Addressing Social Determinants of Health in Chiropractic Clinical Practice
- Addressing Patient Health Behavior Through Applied Health Behavior Theory
- Health Equity: The Chiropractor's Role in Addressing Health Equity in a Multicultural Society
- The Chiropractor's Role as a Member of the Multidisciplinary Public Health Team

The webinar series is free to ACA members. Non-members can purchase courses individually or opt for a discounted package rate.

[Click here](#) to learn more about the APHA series.

### **Dr. Edwin Cordero new CEO of ICA**

Dr. Selina Sigafosse-Jackson, President of the International Chiropractors Association (ICA) announced today the appointment of Dr. Edwin Cordero as the ICA Chief Executive Officer (CEO) effective April 1, 2025, with his transition beginning March 17. Dr. Cordero succeeds Dr. Stephen P. Welsh, who has served as interim CEO since November 2024.

Dr. Selina Sigafosse-Jackson shared her excitement about Dr. Cordero's appointment, saying, "I could not be prouder to be part of the team that recruited Dr. Edwin Cordero. We look forward to the proud passion and esteemed experience that Dr. Cordero will bring to this illustrious organization, and we anticipate witnessing the action and reaction that will come from Dr. Cordero's organizational talents."

Dr. Cordero expressed his vision for his new role, stating, "I am deeply honored to step into the role of Chief Executive

Officer for the International Chiropractors Association. The ICA has a long and proud history of advancing the principles and mission of chiropractic, and I am excited to build upon that legacy. Together, with our dedicated members, leaders, and partners, we will continue to protect, promote, and elevate chiropractic globally, ensuring that our profession thrives for generations to come. I look forward to fostering innovation, strengthening relationships, and driving impactful growth that supports both our members and the communities we serve."

### **F4CP President Dr. Sherry McAllister honored with the 2025 Dr. Beatrice B. Hagen Award**

The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization dedicated to informing and educating the general public about the value of chiropractic care delivered by doctors of chiropractic (DC), has announced that President Sherry McAllister has been honored with the 2025 Dr. Beatrice B. Hagen Award.

Dr. Beatrice B. Hagen graduated from Logan University in 1940 where she broke two chiropractic barriers. She was the first female president of a chiropractic college and the first woman to serve on the Council of Chiropractic Education. Each year, Logan University selects one individual to receive the Beatrice B. Hagen Award to keep her legacy alive.

"I congratulate Dr. McAllister on this well-deserved award, recognizing her leadership and unwavering commitment to the chiropractic profession," said Kent S. Greenawalt, chairman, F4CP. "This award is a testament to her passion, integrity, and dedication to the profession, empowering consumers to optimize their health with chiropractic care."

Dr. McAllister has played a pivotal role in the chiropractic profession for over 30 years. Currently, Dr. McAllister, president of F4CP, leads efforts to educate the public on chiropractic care through strategic marketing, including the "Adjusted Reality" podcast, advertising campaigns and securing positive media coverage. Beyond F4CP, she chairs the International Strategic Accelerator for Women (ISAW), a global initiative dedicated to advancing economic and social equality.

"Dr. Hagen was a pioneer, receiving an award in her name is humbling. It's a reminder to live boldly, lead with integrity and strive to do what is right," added Dr. McAllister. "I am on a mission to build public awareness about chiropractic care and right now the future is extraordinarily bright. Chiropractic care is about unlocking the body's potential. We're not just treating symptoms—we're creating a foundation for whole-being health and longevity."

# Chiropractic College News

## Leadership Transitions at Life Chiropractic College West

Life Chiropractic College West has announced a significant leadership change. Dr. Peter Kevorkian has been appointed as the new president, succeeding Dr. Ron Oberstein. Dr. Oberstein was recently honored as the International Chiropractors Association (ICA) Chiropractor of the Year, recognizing his impactful tenure and contributions to the chiropractic profession.

## Life West's Advocacy in Montana Legislative Matters

Life Chiropractic College West played a pivotal role in the recent legislative developments concerning Montana House Bill 929. The college actively opposed the bill, which proposed expanding chiropractors' scope of practice to include limited prescriptive authority. Their efforts contributed to the bill being tabled in the Senate, thereby preserving the traditional chiropractic focus on non-pharmaceutical interventions.

## Palmer College of Chiropractic West Welcomes Record-Breaking Class

Palmer College of Chiropractic West has reported a historic milestone with the enrollment of 75 new students in its winter quarter—the largest incoming winter class in the school's 13-year history. This growth reflects the increasing interest in chiropractic education and the college's reputation for excellence.

## Parker University Appoints Dr. Tim Gross as Vice President

Parker University has appointed Dr. Tim Gross as the Vice President of the College of Chiropractic. Dr. Gross brings over 18 years of experience in chiropractic education and has previously held leadership roles at Life University and Palmer College. In his new position, he will oversee academic departments, wellness clinics, research initiatives, and library services.

## Sherman College Enhances Transfer Opportunities

Sherman College of Chiropractic has updated its transfer agreement with Spartanburg Methodist College to simplify student admissions into its Doctor of Chiropractic program. This agreement allows students to complete 90 semester hours at Spartanburg Methodist before transferring to Sherman College, facilitating a smoother transition for aspiring chiropractors.  
Planet Chiropractic

## Texas Chiropractic College Celebrates New Presidential Appointment

Texas Chiropractic College (TCC) formally celebrated Dr. Sandra Hughes as the institution's 16th President during an investiture ceremony on August 3rd. Dr. Hughes brings a wealth of experience in chiropractic education and leadership, marking a new chapter in TCC's commitment to excellence in chiropractic training.

## Symposium 2025 back at Logan University

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

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

With 40 concurrent sessions and seven main speakers, participants will have the opportunity to earn a total of 19 hours of continuing education credit (17 hours

offered in-person and two hours offered online after the event). Office staff, chiropractic assistants and office managers are invited to attend a six-hour training course with Evan Gwilliam, DC, MBA, QMCC, CPC, CCPC, CPMA, CPCO, AAPC Fellow. Dr. Gwilliam will share insights and advice regarding healthcare compliance, coding and documentation.

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

### **CUKC announces enhancements to its SmartChoiceCE continuing education website**

Cleveland University-Kansas City (CUKC) has completed significant updates to its online chiropractic continuing education platform, SmartChoiceCE.com, designed to improve the experience of chiropractors fulfilling their continuing education (CE) requirements.

“With the latest enhancements, we are making it easier than ever for chiropractors to meet CE requirements, track course progress, and access high-quality, evidence-based education from anywhere,” said Dr. Alexander Bach, Vice President of Institutional Growth and Development.

SmartChoiceCE.com provides an all-in-one solution for Doctors of Chiropractic to meet state licensing requirements, complete CE certificates, and stay current with best practices. By offering evidence-based continuing education content, the platform empowers chiropractors to enhance their patient care with the latest research and methodologies.

The new tools are designed to provide chiropractors with greater flexibility and improve the efficiency of completing required CE units, help them maintain compliance while staying informed on the latest industry trends, and allow them to efficiently integrate new knowledge that will support the growth and success of their clinics.

The SmartChoiceCE.com platform offers the following benefits:

- Enhanced Search Capabilities: Easily find courses by topic, state, CEUs awarded, or instructor.
- Interactive State Map: View chiropractic CE requirements by state with an easy-to-navigate map.
- New Search Tools: Quickly evaluate and select courses with an intuitive, redesigned search interface.

- Course Tracking: Securely store and manage previously purchased courses for future reference.
- Instant Certificate Verification: Complete courses and immediately download CE completion certificates.
- Mobile-Ready Access: Access courses across devices, including desktops, tablets, or smartphones.
- Flexible Purchase Options: Buy courses now and complete them later at your convenience.

For more information about or to explore continuing education opportunities through SmartChoiceCE, visit [www.SmartChoiceCE.com](http://www.SmartChoiceCE.com).

### **Advance Patient Safety in Chiropractic research funded**

Parker University is proud to announce that Dr. Kent Stuber and Dr. Katherine Pohlman are leading an esteemed international research team that was awarded a RAND REACH Center grant funded by the NCMIC Foundation.

The team’s study, “Advancing Patient Safety Culture in the Chiropractic Profession,” aims to enhance global chiropractic safety by using an innovative methodology called “Remote Adapted Nominal Group Technique.”

With an international investigative team including Drs. Stacie Salisbury and Maranda Kleppe from the Palmer Center for Chiropractic Research, Professor Sidney Rubinstein from Vrije Universiteit Amsterdam, and Dr. Richard Brown, Secretary-General of the World Federation of Chiropractic (WFC), this research will engage key stakeholders to gather feedback on the WFC’s Global Patient Safety Initiative. The study aims to identify barriers, facilitators, and key priorities for advancing future research, clinical practice, education, and policy.

By fostering collaboration among global chiropractic leaders, this study will shape the future of patient safety and identify the next critical steps to strengthen the profession.

The Parker University Research Center coordinates and develops a research agenda consistent with the overall mission of Parker University. Learn more about Parker University’s Research Center at [parker.edu](http://parker.edu).

### **Teamwork driving successful research at National University**

Last month, Claire Johnson, DC, MEd, PhD, DACBSP,

*Continued on next page*

# Chiropractic College News

*Continued from last page*

and Bart Green, DC, MEd, PhD, DACBSP, delivered a presentation to the National University of Health Sciences (NUHS) community. Thirty-four attendees, including students and faculty, joined in to hear them discuss what it takes to successfully conduct research studies.

Dr. Johnson and Dr. Green are both nationally known researchers. They're also editors of NUHS' three scientific, peer reviewed journals. In addition to their doctor of chiropractic degrees, they both have diplomates in sports chiropractic, master's degrees in health professions and education, and PhDs in health epidemiology.

Throughout the presentation, they shared several projects they have been working on together:

- **Burnout and Resilience:** Burnout levels of Chiropractic faculty and what they perceive contributes to their resilience.
- **Technology Competencies:** What technology skills are needed to provide safe and effective care.
- **Diversity, Equity and Inclusion:** Demographics in the Chiropractic profession from an international perspective.
- **Chiropractic Education Research:** What is the available evidence that supports Chiropractic education.
- **Global Chiropractic Accreditation Standards:** Multiauthor and international study comparing the similarities and differences of all international Chiropractic accrediting agency standards.
- **Spine Conditions and Comorbidities:** Rounding up all the epidemiological literature that reports associations between spine related pain and pathologies and non-spinal health conditions.

## Northeast College hosts healthcare degreeinfo sessions

*Info Sessions Highlight Chiropractic, Nutrition and Anatomy and Physiology Instruction Degrees*

In March and April 2025, Northeast College of Health Sciences hits the road again, looking for even more future healthcare professionals. This time visiting Massachusetts, Pennsylvania and New York and hosting three events in Ontario, Canada, the College invites prospective students

to the On The Road information sessions to learn about its healthcare graduate programs, both online and on its two N.Y. campuses.

Northeast College will visit King of Prussia, Pa. on March 15, 2025, before heading to Canada for three stops in Ontario, March 21 to March 23. At each event, attendees will have the opportunity to meet the Northeast admissions team and engage with faculty, students and alumni who will share their expertise and experiences at Northeast. In April, the College will visit Springfield, Massachusetts, before returning to Levittown, New York, for one final "On the Road" information session.

An established leader in providing graduate-level education, Northeast College has delivered its renowned Doctor of Chiropractic program for over a century and offers the degree at both its Seneca Falls main campus, in the Finger Lakes region of N.Y. and its Long Island Campus, in the greater New York City area. Master's degrees in applied clinical nutrition and human anatomy and physiology instruction are offered 100% online.

## Life West celebrates 44 years of service

Forty-four years ago, Life Chiropractic College West came into existence with the Vision of spreading the "Life" brand nationwide. March 13th honors this vision and commitment of Dr. Sid Williams, president and founder of Life Chiropractic College, who saw the need to spread the ideals of "Giving, Doing, Loving, Serving" to the West Coast.

Under the leadership of the college's presidents, Dr. Gerry Clum, Dr. Brian Kelly, and Dr. Ron Oberstein, the college is one of the leading chiropractic institutions in the world. Life West's program is second to none in preparing new graduates to succeed in the changing healthcare fabric while remaining grounded in the profession's vitalistic roots.

To our alumni, our students, our friends in the profession, our faculty, and our staff – you are part of this enduring legacy. Let's take a moment to reflect on our roots, celebrate our progress, and reaffirm our commitment to advancing chiropractic for future generations.



Join us in celebrating our remarkable college, our invigorating profession, and the pioneers who shaped it. Together, we continue to educate, innovate, and inspire—ensuring that the principles of chiropractic thrive for years to come.

### **University of Western States and Fraser Valley reaffirms agreement to expedite DC degree pathway**

University of Western States (UWS) and University of the Fraser Valley (UFV) have reaffirmed an agreement on a high-quality accelerated pathway for UFV Bachelor of Kinesiology students to earn a Doctor of Chiropractic (DC) degree from UWS. Qualified students can save up to a year of study by integrating their studies, maintaining the rigorous academic and clinical training needed for success while completing both degrees in less time.

UFV students who meet specific academic criteria can apply credits earned in the UWS DC program toward their UFV bachelor's degree. This approach not only streamlines the path to a chiropractic career but ensures students receive a strong evidence-based education that prepares them for real-world patient care.

"UWS and UFV have created opportunities for aspiring chiropractors to gain the advanced, high-caliber education needed to meet growing demand for non-invasive, evidence-based care," said Dr. Nathan Long, President of University of Western States. "This renewed agreement reflects our shared commitment to academic excellence and removing barriers for students to provide them with a clear, efficient path toward meaningful careers in health care."

"This collaboration is a shining example of the kind of partnerships and innovation The Community Solution Education System wants to promote," said Dr. Michael Horowitz, Chancellor of The Community Solution Education System, of which UWS is a proud member. "By working together, UFV and UWS are helping students achieve their academic and professional goals more efficiently while preparing them to meet the needs of patients."

### **CHARLI: Complementary Healthcare Advanced Research and Leadership Institute**

Life University is on the cusp of a revolutionary shift in the landscape of complementary health care research with the establishment of the Complementary Healthcare Advanced Research and Leadership Institute

(CHARLI). This groundbreaking initiative, spearheaded by Stephanie Sullivan, D.C., Ph.D., Associate Vice President of Research and Director of the Dr. Sid E. Williams Center for Chiropractic Research, her team and Dr. Gilles LaMarche, Vice President of University Advancement, aim to centralize and elevate the university's research endeavors, fostering a collaborative environment that promises to significantly advance health outcomes research.

The inception of CHARLI began with an ambitious vision to secure substantial funding for the Human Performance and Research Center. Dr. LaMarche, alongside colleagues including Dr. Cathy Faust, embarked on this journey with a series of strategic discussions and brainstorming sessions. The aim was clear: to create a compelling narrative and infrastructure that would resonate with funding bodies and stakeholders alike.

"I was initially reaching out for a white paper to support our funding request. We wanted to ask for 10 to 15 million dollars to establish a robust research center," Dr. Sullivan recalls. The theme for this initiative centered around health outcomes research, a field poised to make significant contributions to complementary health care.

The term 'complementary health care' emerged as a unifying banner that could open doors and forge new partnerships. "I realized that presenting our initiative under the broader umbrella of complementary health care rather than just chiropractic care would be more inclusive and appealing," Dr. Sullivan explains. Statistics show that chiropractic care, a core component of complementary health care, is mainstream, with one in four individuals experiencing it over their lifetime.

This broader approach facilitated dialogues with a wider audience, garnering interest and support that might not have been possible otherwise. The creation of CHARLI as an acronym for the Complementary Healthcare Advanced Research and Leadership Institute encapsulates this inclusive vision.

The initial phase of CHARLI's development, including setting up the infrastructure and launching the website, is complete. The next phase focuses on information gathering and stakeholder engagement. This includes surveys and dialogues with faculty, staff and students to identify needs and interests, paving the way for collaborative research projects and grant applications.

[Click here](#) for more information about CHARLI.

# IACP Marketplace

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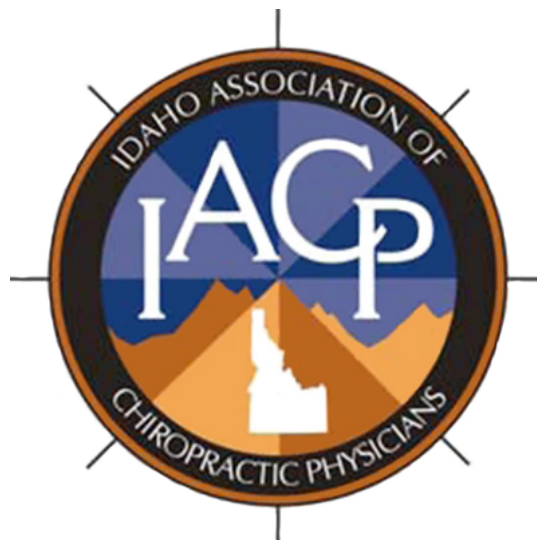
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*Posted 3/2/2025*



# Office Posters



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

***Benefits of the Blue Zones diet***

poster on the following page, and  
the following posters are available online:

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

***Get up and move!***

***STRETCHING for better joint health***

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

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

***Tips for safe stretches***

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

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

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

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

Or, make them available as handouts to your patients.

They are available on the website,  
[www.IACPnews.com](http://www.IACPnews.com) in an easy to print format.

Each has the following tagline:



***This healthy living information is provided by  
your Doctor of Chiropractic and the  
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# Benefits of the Blue Zones Diet

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

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

## 1. The Blue Zones Diet May Help You Live Longer

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

## 2. May Help You Lose Weight

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

## 3. May Reduce Your Risk of Heart Problems

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

## 4. May Reduce Your Risk of Some Types of Cancer

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

## 5. May Reduce Your Risk of Type 2 Diabetes

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



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

# The Idaho Association of Chiropractic Physicians

## *The IACP News*

### Display Advertising Policy, Rates and Information

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

**Format:** *The IACP News* is produced in a state-of-the-art digital format. It can be opened and viewed online from both the IACP website at <https://iacp.wildapricot.org/> and also from the publication site: [www.IACPnews.com](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).

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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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