



*Prosperity Through Unity  
Exceptional Care for Idahoans*

February 2026

*The IACP News, Vol. 10, No. 2*

# IACP 2026 Annual Convention

**April 24-26, 2026, The Grove Hotel - Boise, ID**

Join your fellow chiropractic colleagues for the IACP Annual Convention in Boise. The event will be filled with innovative presentations, networking opportunities, and discussions on our efforts to grow the chiropractic industry into the future.

Our fresh and diverse set of speakers, along with our exhibition of industry partners, will provide you with professional development as well as applicable products and services to benefit your practice.

Our Chiropractic Assistant track will focus on multiple areas of practice management, billing, coding, documentation, and audit protection.

Discounted rooms will be available by calling The Grove Hotel at (208) 333-8000.



## Dr. Joe Donofrio Sherman College Provost



Sherman College of Chiropractic is pleased to announce the promotion of Dr. Joe Donofrio from vice president for academic affairs to provost. In this expanded role, Dr. Donofrio will continue to serve as the college's chief academic officer, providing strategic leadership for the academic mission and ensuring the highest standards of excellence

in chiropractic education.

A New Jersey native and 1994 graduate of Sherman College of Chiropractic, Dr. Donofrio comes from a proud chiropractic legacy; his father, the late Dr. Joseph F. Donofrio, was a well-known and deeply respected chiropractor whose influence on the profession and on those he served endures.

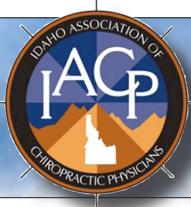
Dr. Donofrio has been an integral member of the Sherman College community for more than 29 years, beginning his career at the college in January 1997 as a Chiropractic Center case doctor and a faculty member in the technique department.

Throughout his distinguished tenure, he has held numerous leadership roles, including:

- Chair of the Technique Department
- Dean of Clinical Sciences
- Director of the Quality Enhancement Plan
- Associate Vice President for Academic Affairs
- Vice President for Academic Affairs (since January 2016)

In each role, Dr. Donofrio has demonstrated a steadfast commitment to academic quality, institutional integrity, and

*Continued on page 9*



# 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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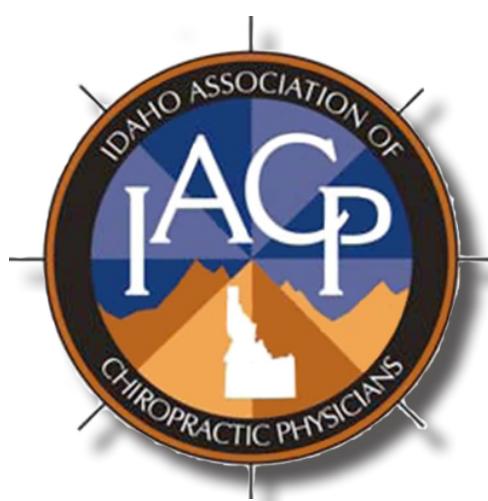
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# Chiropractic Considerations for Video Gamers and Tech Lovers

Article published by Life University, and can be seen [here](#).

Work hard, play harder. That is the unspoken motto of many video game players worldwide, a gaming community estimated at 3.2 billion by the International Trade Administration. Gaming can be a sanctuary for the weary mind, adding fun and excitement after a long day of work and family obligations. Most people understand that too much gaming can have negative health effects related to lack of physical movement and eye strain, but there are other health impacts to consider and mitigate when possible. The Foundation for Chiropractic Progress (F4CP) spells this out in their article "How To Prevent Pleasure From Becoming A Pain."

## Getting into Position for a Better, Healthier Gaming Experience

Posture is key for spinal health, a truism that remains true even while relaxing into an engrossing hour of the newest Marvel release. Posture challenges will differ depending on whether someone is playing on their phone or logging into a PC game, handheld device or TV-connected console. For console gaming, a supportive chair and supportive

accessories can help keep the spinal curvature in proper alignment. A healthfully designed gaming environment should include:

- A lumbar cushion for the lower back, promoting a natural spinal curve.
- A headrest and padded armrest for ergonomic comfort
- A footrest so the feet can rest at a 45-degree angle.

Creating a mindful gaming environment can prevent poor posture and neuromusculoskeletal pain for frequent gamers. Circulation and respiration will likely improve as well.

Marathon gaming is typically not recommended, but if engaging in a gaming marathon session, players should stand one to two minutes every 30 minutes or five to 10 minutes every hour. Some players find the 20-8-2 rule helpful, where a player sits for 20 minutes to play, stands for eight minutes and moves moderately or stretches for two minutes.

## What's Up with Your Neck?

Mobile gamers and daily smartphone users are at similar risk for long-term posture difficulties and neck and back pain. In layman's terms, tech neck is a relatively newly

observed phenomenon in which a person develops neck and shoulder pain or even deformities over time due to their head constantly tilting down and forward to look at a device or screen. It can add pounds of pressure daily, weighing the neck down and potentially creating additional issues related to the lower back in the form of reduced curve and the appearance of a humped curve in the upper back.

To prevent tech syndrome, consider reducing screen time to 1 to 2 hours a day, if possible. At the very least, cut down on non-essential screen time. When using a device, raise it to eye level. A standing desk or propping a computer up could help with this. Remember to hold your head upright so that it is supported by the spine. Consider using a prop for the phone and using voice or other features that might reduce the need to look down at the phone.

Even with the world's best posture, movement is key. Staying in one position for too long isn't healthy. Make sure to stand up periodically, stretch and walk around.

Here are some great exercises from F4CP you can try to help you become a posture pro!

**Finding Position:** This exercise is about as simple as it gets. Simply stand with your back against a wall, shoulders touching the wall, neck straight with the back of the head touching the wall, heels of your feet touching the wall, feet shoulder width apart. Step away from the wall and maintain that position.

**Chin Tuck:** Glide the chin backward until the head is over the spine. Do not tilt your head back, as this is a gliding motion. Holding two fingers over the chin is helpful to guide the motion. Hold the position for 10 seconds and repeat. Variations of this can be performed against a wall, on the floor or while seated. Glide the head back and then actively push against resistance and hold for 10 seconds. You will feel the muscles at the lower part of your skull contract.

**Chest Stretch/Shoulder Roll:** When the head hangs forward, typically the chest is more contracted, and the back muscles between the shoulders are stretched. This exercise does the opposite of that. Roll your shoulders and hold positions that stretch the chest muscles. Think of it as trying to touch your shoulder blades together.

# 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!

# Privacy and Security Enforcement: What Chiropractors need to know now

Rules about privacy and data security are being enforced, and chiropractic offices are feeling the impact. Regulators are no longer just looking at big hospitals or tech companies. Now, small and medium practices are expected to follow the same privacy, security, and data breach rules as any other health care group.

Recent legislation and real-world data breaches make one thing clear: privacy compliance is no longer optional.

## California's Privacy Laws Signal What's Coming Next

California ended its 2025 lawmaking session with 14 new privacy and AI-related laws, showing a national trend toward more openness, giving people more control, and making organizations answer for their actions. Even though these laws apply only to California, they give a good idea of what rules might come to other states.

### AB 656 – Easier Account Deletion

This law requires companies to make account cancellation simple and ensure that deleting an account fully deletes personal data. The broader message for health care providers is clear: organizations must know where data is stored, how long it is retained, and how it is removed when no longer needed. For chiropractors, this includes EHRs, patient communication tools, cloud storage, and marketing platforms.

### AB 566 – “Opt Me Out” by Default

Starting January 1, 2027, internet browsers must provide a simple way for users to stop their personal data from being sold or shared with a single click. Regulators now prefer easy-to-use privacy controls instead of hidden rules or complicated steps.

### SB 361 – Stronger Oversight of Data Brokers

This law requires data brokers to be more open about what they do, including telling people if they share sensitive data with the government, police, or AI companies. For chiropractic offices, this means it is important to know what information your vendors can see and who they might share it with. (Botero, 2026)

### Vendor Breaches Still Create Practice Liability

Recent data breach alerts involving ChiroTouch and TriZetto Provider Solutions (TPS) underscore an important point: even if a vendor causes a data breach, the practice still must notify patients and report it to the government.



The breach exposed patient names, insurance information, birthdates, Social Security numbers, and more. Even though the problem has been fixed, clinics affected by the issue must inform their patients and report to the Office for Civil Rights on time. Not doing this can lead to serious punishment.

This is a powerful reminder that vendor risk is compliance risk. (Alder, 2026)

### What Chiropractors Should Do Now

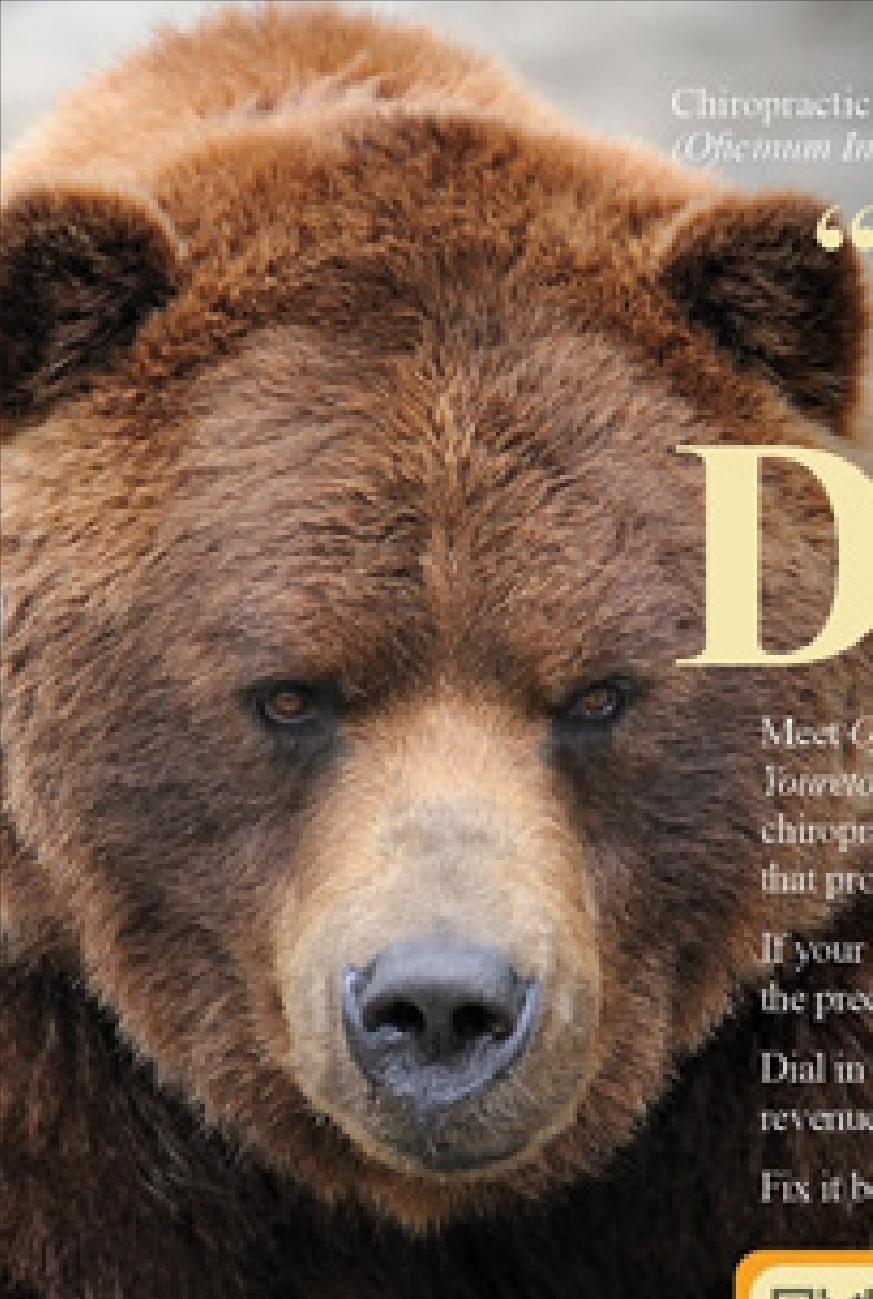
To reduce privacy and security exposure, practices should: (Smartbase Solutions, 2024)

- Know where patient data is stored and who has access
- Vet vendors for HIPAA and security compliance
- Maintain a documented breach response plan
- Train staff on privacy and cybersecurity responsibilities
- Act quickly when breach notifications are received

Privacy rules are getting stricter, not easier. Chiropractors who act now can protect their patients, their offices, and their reputations before these rules make the news. Learn more about HIPAA and EHR security by downloading this whitepaper from ChiroArmor. It walks you through the steps to protect your patient data, your clinic, and your reputation.

*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.*



Chiropractic Grizzly Bear  
*(Oficinum Inspector Generalis Youretoastum)*

# “Here’s looking at you...” **DOC.**

Meet *Oficinum Inspector Generalis Youretoastum*: nature’s reminder that in chiropractic, growth goes to the practices that protect their profits.

If your pricing strategy is weak, you’re not the predator. You’re lunch.

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# Letter from the President University of Western States

Dear University of Western States Community,

As I reflect on my first year as president of this remarkable institution, I am filled with immense pride and gratitude for the enduring spirit and commitment that define University of Western States. For 121 years, our university has stood as a beacon of excellence in chiropractic education and care, and it is with renewed energy that we nourish our roots, celebrating and supporting our Doctor of Chiropractic alumni who have carried our mission into communities near and far.

At the same time, UWS is embracing growth and innovation. The launch of our new naturopathic and occupational therapy programs stands as a testament to our dedication to whole-person health and our vision to expand the university's impact. These additions not only diversify our academic offerings but also reinforce our commitment to advancing integrative health care education. This issue's cover story captures the relationship between naturopathic medicine and the natural world from which the practice derives. And Michele Tilstra, Ph.D., explains the expertise behind the creation of our new hybrid, two-year Doctor of Occupational Therapy program in a wide-ranging Q&A.

In a time when higher education faces significant challenges, it is the strength of our community—our alumni, faculty, staff, and friends—that positions UWS to thrive. Your engagement, whether through time, talents, or treasure, is more vital than ever as we continue to build on our legacy.

I am also delighted to announce the revitalization of our continuing education program under the leadership of Patrick Battaglia, DC. Our upcoming Summer in December event in Maui exemplifies the spirit of renewal, professional growth, and opportunity that defines UWS today. As we look to the future, I invite each of you to stay connected and engaged, ensuring that our university remains a place of excellence, innovation, and community for generations to come.

Sincerely

Nathan Long, Ed.D.  
President  
University of Western States



UNIVERSITY of  
Western States

# Dr. Joe Donofrio Sherman College Provost

*Continued from front page*

continuous improvement. His leadership has been pivotal in positioning Sherman as a standard-bearer for excellence in chiropractic education.

"Dr. Donofrio's impact on Sherman College cannot be overstated," said Dr. Jack Bourla, president of Sherman College of Chiropractic. "For nearly three decades, his vision, consistency, and deep dedication to academic excellence have helped shape the college's academic foundation and future direction. His promotion to provost is both well-deserved and a strategic step forward for our institution."

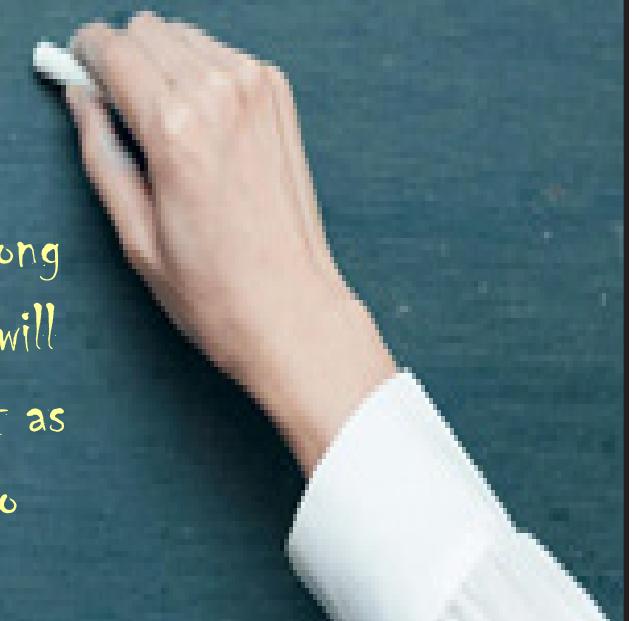
With this promotion, Sherman affirms its continued commitment to academic excellence, principled leadership, and the advancement of chiropractic education. Dr. Donofrio's deep institutional knowledge, steady leadership, and lifelong connection to Sherman uniquely position him to guide the college's academic future. As provost, he will continue to lead curriculum development, faculty excellence, accreditation efforts, and academic innovation—playing a central role in shaping the next generation of chiropractors and in strengthening Sherman College's impact on the profession and the world.

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# Chiropractic care, inflammation and TMA

*Researcher suggests that the microbial metabolite TMA can directly block the immune protein IRAK4, reducing inflammation and improving insulin sensitivity. The molecule appears to counteract damage caused by high-fat diets. Since IRAK4 is a known drug target, this pathway could inspire new inflammation and diabetes therapies. The study highlights how gut microbes and nutrition can work together to support metabolic health.*

Generally speaking, inflammation is not a good thing in a person. Doctors of Chiropractic are trained to help reduce inflammation by realigning the spine and restoring proper function, which decreases irritation and tension in the body. This process may also lower the production of inflammatory substances, leading to pain relief and improved healing.

The [work](#) of Julita A. Teodorczyk-Injeyan and others in the 2006 work titled, *Spinal manipulative therapy reduces inflammatory cytokines but not substance P production in normal subjects*, examined "...the effect of a single spinal manipulation therapy (SMT) on the in vitro production of inflammatory cytokines, tumor necrosis factor alpha, and interleukin (IL) 1beta, in relation to the systemic (in vivo) levels of neurotransmitter substance P (SP)."

The results, published in the *Journal of Manipulative and Physiological Therapeutics*, stated:

"Over the study period, a significant proportion ( $P \leq .05$ ) of sham and control subjects demonstrated progressive increases in the synthesis of tumor necrosis factor alpha and IL-1beta. Conversely, in a comparable proportion of cultures from SMT-derived subjects, the production of both cytokines decreased gradually. Normalization of the observed alterations to reflect the changes relative to self-baselines demonstrated that, within 2 hours after intervention, the production of both cytokines increased significantly ( $P < .001$  to  $.05$ ) in both controls. In contrast, a significant ( $P < .001$  to  $.05$ ) reduction of proinflammatory cytokine secretion was observed in cultures from SMT-receiving subjects. In all study groups, serum levels of SP remained unaltered within 2 hours after intervention. SMT-treated subjects show a time-dependent attenuation of LPS-induced production of the inflammatory cytokines unrelated to systemic levels of SP. This suggests SMT-related down-regulation of inflammatory-type responses via a central yet unknown mechanism."

Now, new research suggests there may be a new tool to

reduce inflammation. The two research articles noted here specifically relate to diabetes, but may have broader applications to inflammation in general.

That [research](#), published last year in *nature metabolism*, is titled, *Inhibition of IRAK4 by microbial trimethylamine blunts metabolic inflammation and ameliorates glycemic control*. In it, researchers identify a natural compound — trimethylamine (TMA) — that may counter insulin resistance and type 2 diabetes.

An international group of scientists led by Professor Marc-Emmanuel Dumas at Imperial College London & CNRS, along with Prof. Patrice Cani (Imperial & University of Louvain, UCLouvain), Dr. Dominique Gauguier (Imperial & INSERM, Paris) and Prof. Peter Liu (University of Ottawa Heart Institute), has identified an unexpected natural compound that helps counter insulin resistance and type 2 diabetes. The compound, trimethylamine (TMA), is a metabolite created by gut microbes from dietary choline. According to a study in *Nature Metabolism*, TMA can interrupt a key immune pathway and contribute to healthier blood sugar levels.

The Abstract states: "The global type 2 diabetes epidemic is a major health crisis. Although the microbiome has roles in the onset of insulin resistance (IR), low-grade inflammation and diabetes, the microbial compounds controlling these processes remain to be discovered. Here, we show that the microbial metabolite trimethylamine (TMA) decouples inflammation and IR from diet-induced obesity by inhibiting interleukin-1 receptor-associated kinase 4 (IRAK4), a central kinase in the Toll-like receptor pathway sensing danger signals. TMA blunts TLR4 signaling in primary human hepatocytes and peripheral blood monocytic cells and rescues mouse survival after lipopolysaccharide-induced septic shock. Genetic deletion and chemical inhibition of IRAK4 result in metabolic and immune improvements in high-fat diets. Remarkably, our results suggest that TMA—unlike its liver co-metabolite trimethylamine N-oxide,

which is associated with cardiovascular disease—improves immune tone and glycemic control in diet-induced obesity. Altogether, this study supports the emerging role of the kinome in the microbial–mammalian chemical crosstalk.”

The work states: “TMA is one of the most abundant microbial metabolites produced by the gut microbiota. Previously, we reported that TMA may be associated with IR. TMA results from microbial metabolism of dietary choline, carnitine and trimethylamine N-oxide (TMAO) before being absorbed and N-oxidized into TMAO by hepatic flavin-containing monooxygenase 3 (FMO3). After initial reports associating TMAO with adverse cardiovascular outcomes, it has since emerged that FMO3 inactivation was beneficial for several metabolic outcomes, strongly suggesting that TMA and TMAO have distinct biological roles.

“Here, we decipher the role of TMA in the microbiota–host kinome chemical crosstalk in IR through (1) identification of gut-derived microbial metabolites associated with HFD-induced impaired glucose tolerance (IGT), IR and obesity; (2) pharmacological target screening of discriminant microbial metabolites; and (3) mechanistic validation of the pathophysiological relevance of pharmacological interactions with *in vitro* and *in vivo* models. Using this approach, we discovered a mechanism by which gut microbial TMA acts as an IRAK4 inhibitor and directly improves the host immune and metabolic tone.”

The discovery builds on work that began 20 years ago. During his postdoctoral research, Patrice Cani found that high-fat diets allow bacterial components to pass into the body, prompting the immune system to activate and ignite inflammation. This immune response was shown to play a direct role in insulin resistance among people with diabetes. Although this idea faced skepticism in 2005, it is now widely recognized and scientifically accepted.

In 2025, researchers at the University of Louvain and Imperial College London clarified how this harmful chain reaction might be counteracted. They reported that TMA, formed by gut microbes from dietary choline present in several foods, can support improved blood-sugar control.

The key lies in the molecule’s interaction with IRAK4, a protein that helps regulate immune activity. Under a high-fat diet, IRAK4 responds by triggering inflammation to signal that the body is experiencing dietary imbalance.

However, when the body is exposed to elevated fat intake for extended periods (as in type 2 diabetes), IRAK4 becomes overstimulated. This constant activation drives

chronic inflammation, which contributes directly to insulin resistance.

Using a combination of human cell cultures, animal studies, and molecular screening tools, the research team demonstrated that TMA can attach to IRAK4 and reduce its activity. This interaction lowers inflammation caused by fatty foods and restores the body’s ability to respond to insulin. The findings suggest that TMA may help recalibrate harmful metabolic responses triggered by poor dietary habits. The molecule also showed an impressive ability to protect mice from sepsis-related death by weakening overwhelming inflammatory responses.

Further experiments confirmed that removing the IRAK4 gene or inhibiting it with drugs produced the same beneficial effects seen with TMA. Because IRAK4 is already a well-established target in drug development, the results point toward promising treatment strategies for diabetes.

With more than 500 million people worldwide living with diabetes, the identification of TMA as a microbial signal that shapes immune responses introduces a potential new avenue for treatment. Approaches that enhance TMA production, whether through diet or medication, could help reduce insulin resistance and improve long-term health outcomes.

“What we eat shapes our microbes and some of their molecules can protect us from diabetes. That’s nutrition in action!” said University of Louvain, Prof. Cani.

This work was supported by an extensive network of collaborators across Europe and North America, involving teams in Belgium, Canada, Australia, France, Italy, and Spain. Funding came from numerous European (ERC, FEDER) and national (MRC, Wellcome Trust, ANR, FNRS, EOS, WELRI, ARC) sources, highlighting the large-scale effort behind this breakthrough.

“This flips the narrative,” said Prof. Dumas. “We’ve shown that a molecule from our gut microbes can actually protect against the harmful effects of a poor diet through a new mechanism. It’s a new way of thinking about how the microbiome influences our health.”

“This shows how nutrition and our gut microbes can work together by producing molecules that fight inflammation and improve metabolic health!” said Prof. Patrice Cani, co-senior author, University of Louvain, Belgium and visiting professor at Imperial College London.

# Sonia Joubert, DC, publishes Ramsey Hunt Syndrome article

Sonia Joubert, DC, MS, CKTP, recently published an [article](#) in the *Journal of Chiropractic Medicine* titled, *Conservative Care and Outcomes for Two Patients with Ramsay Hunt Syndrome*.

The purpose of the case study, as noted in the Abstract, was to, "... describe the diagnostic characteristics, symptomatology, alternative treatment, and outcome of 2 patients with persistent facial palsy from Ramsay Hunt syndrome (RHS)."

Dr. Joubert said she undertook the research, "Because RHS is relatively uncommon and frequently misdiagnosed as Bell's palsy, and because chiropractic care and other conservative management strategies are underrepresented in the literature, I recognized an opportunity to clarify what clinicians can realistically expect when encountering this condition. These cases reinforced the importance of accurate diagnosis and timely, evidence-informed conservative care."

Ramsay Hunt syndrome (RHS) is a rare form of herpes-zoster-inducing unilateral facial palsy and affects multiple cranial nerves. RHS is a reactivation of the Varicella Zoster Virus (VZV) attributable to approximately 7% of facial paralysis.<sup>1</sup> Latent Varicella Zoster Virus (VZV) infection resides in the geniculate ganglion. VZV, the causative agent of chickenpox, remains dormant and can reactivate spontaneously, even years after the initial infection. Assessment of cranial nerve involvement is pertinent for the differential diagnosis. Impairment of one or more cranial nerves in conjunction with vesicular lesions helps distinguish RHS from Bell's palsy. The purpose of this case study is to describe the diagnostic characteristics, symptomatology, alternative treatment, and outcome of 2 patients with persistent facial palsy from RHS.

A 38-year-old female and a 55-year-old male presented with right-sided facial paralysis, which affected multiple cranial nerves. The patients displayed difficulty eating and speaking, facial paralysis, vertigo, inability to close eyes on the affected side, and painful blisters. The occurrence of distinguishing characteristics of RHS, such as painful blisters, hearing loss, tinnitus, vertigo, difficulty eating, vision changes due to eye dryness, and speech impairment, was assessed.

In the first case, the patient was treated in 8 weekly sessions with a combination of chiropractic spinal manipulation,

acupuncture, cold laser, myofascial release, and homeopathy. In the initial 2 sessions, the patient received weekly acupuncture and cold laser therapy. In the final sessions, the patient reported pain reduction and anxiety relief. In the second case, the patient received acupuncture, cold laser, soft tissue manipulation, and homeopathy for 8 weeks. The patient was initially prescribed a homeopathic remedy, *Causticum 30 C*, for two weeks. Then he was given *Graphites 30 C* for 6 weeks. He displayed improved speech, decreased tongue deviation, increased eye closure, increased control of right eyebrow movement and was able to close his eyes fluidly. He no longer experienced double vision or eye dryness.

Both patients presented with complex cases of this condition; therefore, Dr. Joubert saw it as a learning opportunity for not only the chiropractic field, but also for students. Alongside Dr. Joubert, this article was co-authored by an NUHS student intern.

The work concluded: "In both cases, patients were treated with conservative care. Improvements in eye closure, speech, capability to eat and drink, tongue moment, and pain were reported by the patients."

"Collaboration with the intern played a central role throughout this process. Together, we conducted literature searches, organized clinical data and developed early drafts of the case descriptions," Dr. Joubert said. "Additionally, the intern participated actively in clinical reasoning discussions, which deepened their understanding of case presentation, differential diagnosis and patient response to care. Engaging interns in scholarly publications provides meaningful and practical learning experiences that strengthen their development as future clinicians. I aimed to contribute to intern education while also supporting high-quality patient care."



This publication strongly reflects Dr. Joubert's commitment to integrating clinical practice with academic research. Beyond supporting her role as a clinician and educator, she believes that this case report continues the NUHS mission to foster thoughtful, evidence driven practitioners while inspiring interns by involving them in the processes of diagnosis, treatment and scholarly writing.

"I am very proud of this publication, as it highlights both clinical excellence and collaborative learning. Scholarly writing is essential for advancing our profession. Even single case reports, when thoroughly and accurately documented, can influence how clinicians understand a condition, approach patient care and evaluate outcomes," Dr. Joubert said. "I encourage students, interns and colleagues to engage in scholarly writing not merely as an academic requirement but as a professional contribution. Our clinical experiences hold significant value and sharing them strengthens our collective knowledge base."

Dr. Joubert also emphasized the importance of collaboration and gratitude in the process of creating this publication, recognizing the contributions of everyone involved.

"I would like to express my gratitude to the patients featured in the article. Without their participation and permission, this work would not have been possible. I also appreciate

the interns and the other faculty members involved in the patients' care. Finally, I hope this publication encourages more clinicians and students to pursue case reporting and research, particularly in areas where conservative care offers meaningful benefits but remains underrepresented in the scholarly literature," Dr. Joubert said.

Additionally, in Nov., Dr. Joubert did a presentation on "Evaluation, Treatment and Rehabilitation for Ankle Inversion Sprain." She is also currently working on two other articles on "Meniscus Extrusion" and "Self-Brewing Syndrome," both of which cases have been seen and diagnosed by Dr. Joubert at the Whole Health Center, Lombard.

Dr. Joubert is an attending clinician for the Doctor of Chiropractic Medicine (DC) program at National University of Health Sciences (NUHS). Her inspiration for this article emerged from clinical experience with two patients she diagnosed with Ramsay Hunt Syndrome (RHS). Dr. Sonia Joubert brings over 20 years of clinical and private practice experience to National University. She earned her doctor of chiropractic degree from New York Chiropractic College, her master of science in clinical practice from National University and her bachelor of science from the State University of New York. She is also meridian therapy-certified, a Reiki master instructor and a kinesio-taping practitioner.

**ACTUALLY... GONE TO THE  
IACP ANNUAL CONVENTION. APRIL 24-26**

**I'm joining my fellow chiropractic colleagues  
for the IACP Annual Convention in Boise.**

**I'll be enjoying the innovative presentations,  
networking opportunities, and discussions  
on efforts to grow the chiropractic industry.**

**The fresh and diverse set of speakers, along  
with the exhibition of industry partners, will  
give me valuable professional development  
as well as beneficial products and services!**

# Chiropractic News

## Women Chiropractors announce leadership changes

Women Chiropractors® (WDC), a non-profit organization dedicated to creating a global community that supports, empowers, and connects women in chiropractic, is announcing leadership changes to its Board of Directors with heartfelt gratitude for outgoing members and enthusiastic welcome to new board members.

As WDC continues to grow its reach and deepen its impact, these board transitions reflect both a celebration of faithful service and a bold step into the next chapter of mission-driven leadership.

WDC is thrilled to welcome four remarkable women whose diverse experiences, strategic insights, and deep commitment to WDC's mission will strengthen our organization in new ways.

**Jo Davison, DC**, is an internationally recognized chiropractor, speaker, and business mentor, founder of Blue Cow Global, and author of multiple books on leadership, communication, and practice growth. With extensive nonprofit governance experience — including serving as Vice President of the United Chiropractic Association (UCA) — Jo brings a powerful voice for education, mentorship, and community transformation. Her international perspective and visionary leadership will elevate WDC's educational programming and global connections.



**Polly Loneman** is a senior marketing executive and Vice President of Marketing at NCMIC, where she leads brand strategy, growth initiatives, and integrated marketing teams. She brings a strategic, data-informed perspective, deep understanding of organizational leadership, and a passion for mission-driven service. Polly's experience with complex communications strategies and governance will support WDC's



growth in visibility, mission alignment, and community engagement. Further, leadership at NCMIC actively encourages board service in the community, and Polly's executive team fully supports her work with WDC, reflecting her strong commitment to servant leadership.

**Amanda Blonigen, DC**, brings deep clinical expertise in pediatrics and family practice, combined with strong nonprofit and community leadership. She co-founded Well Adjusted Students, Inc., serves in leadership roles with Optimist International and Mentor Chippewa, and is a recognized CE speaker across the profession. Her passion for student engagement, youth leadership, and mentorship will support WDC's commitment to empowering women at every career stage.



**Roxanne Wagner, DC**, is a seasoned clinician, educator, and community builder, owning a thriving practice and serving as a Professor of Anatomy & Physiology. She has spent years cultivating a large professional network of women chiropractors in Colorado focused on collaboration, connection, and shared growth. Roxanne's strengths in education, community engagement, and professional development will enhance WDC's membership experience and strengthen our community support initiatives.

WDC is deeply grateful for the service of our outgoing board members and exhilarated to welcome the strengths and vision of our new board members. Together, we continue to build a global community where women chiropractors are supported, connected, and empowered to lead with confidence and purpose.

Thank you to every woman who contributes to this movement — your voice matters, your leadership counts, and we can't wait to see what we build next.

[Click here](#) for more information.

## ACA presents 2026 Annual Awards

The American Chiropractic Association (ACA) recently presented its 2026 Annual Awards. The awards recognize doctors of chiropractic and other individuals for exceptional service, achievement, and/or leadership within the chiropractic profession.

**Ronald Farabaugh, DC**, of Westerville, Ohio, received ACA's highest honor, the Chiropractor of the Year Award, in recognition of his efforts to advance the profession through integration and research. Dr. Farabaugh is the author of numerous peer-reviewed papers on topics ranging from chiropractic clinical best practices to care management and reimbursement. In 2024, he published a much-anticipated systematic review examining the cost of chiropractic care versus medical care for spine-related musculoskeletal pain. As chair of ACA's Research Advisory Board, he spearheaded efforts to review clinical guidelines from outside organizations to ensure the most current chiropractic research is accurately reflected in care recommendations.

**Valerie Johnson, DC**, of Los Angeles, Calif., received the Humanitarian of the Year Award. Dr. Johnson had a trailblazing 20-year career in the Veterans Administration (VA) health care system. In addition to providing exceptional, empathetic, and patient-centered care to veterans as lead chiropractor—and later supervisor of chiropractic services—at the VA's Greater Los Angeles Healthcare System, Dr. Johnson was a respected mentor to many chiropractors and set a standard of excellence that helped ensure the continued growth of chiropractic within the VA.

**Brian Coleman, DC, MHS**, of Old Saybrook, Conn., and **Nathan Schilaty, DC, PhD**, of Tampa, Fla., share this year's George B. McClelland Researcher of the Year Award, which recognizes individuals for developing, refining, and/or expanding the body of knowledge in chiropractic.

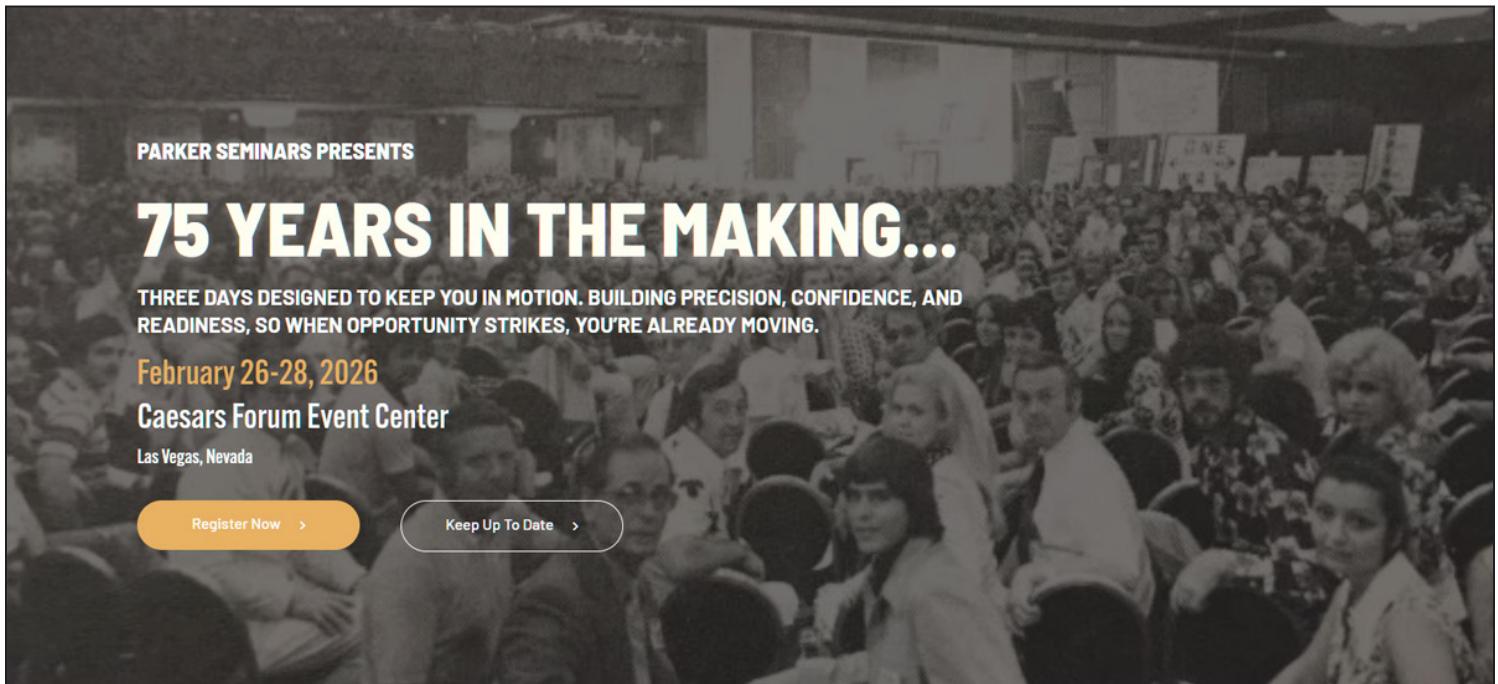
**Dr. Coleman** is a clinician-scientist and assistant professor at the Yale School of Medicine. His primary interest is the application of clinical informatics to the study of pain. Dr. Coleman's research includes the first study to use machine learning on chiropractic data to predict service utilization.

**Dr. Schilaty** is the Lincoln Endowed Chair of Biomechanics and Chiropractic Research and director of the Center for Neuromusculoskeletal Research at the University of South Florida. He specializes in the neuromechanics of human movement. His research has substantially advanced the science of nonsurgical spinal decompression.

**Patrick Battaglia, DC**, of Camas, Wash., received the Academician of the Year Award. He is associate vice president of clinical services and community-based clinical education at the University of Western States (UWS). As part of UWS's collaboration with VA's Puget Sound Healthcare System, Dr. Battaglia moderates virtual grand rounds that involve discussion of conditions and topics relevant to integrative health care.

**Brad Russell, DC**, of Birmingham, Ala., and **Paul Dupuis, DC**, of Jefferson City, Mo., received the Delegate and Alternate

*Continued on next page*



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# Chiropractic News

*Continued from last page*

Delegate of the Year Awards, respectively. Both awards recognize members of the ACA House of Delegates who have demonstrated exceptional service, achievement, and/or leadership.

Caitlin Simpson, DC, of Lakeville, N.Y., who serves as ACA's New York delegate, received the Flynn-Lynch Award, which recognizes an outstanding member with no more than five years of service in the House of Delegates.

## ACA elects 2026 Leadership Team

The American Chiropractic Association (ACA) has elected Kris Anderson, DC, MS, of Grand Forks, N.D., as president and Maithy Ta, DC, of Kansas City, Mo., as vice president of the association for the 2026-2027 term.

**Maithy Ta, DC**, who has been a board member for three years, provides treatment to underserved populations at a federally qualified community health center in downtown Kansas City in addition to working as director of physician recruitment for Medulla, a healthcare management company comprised of chiropractic and pain care clinics. At ACA, she chairs the Leadership Development Task Force and has played a key role in the development and expansion of the association's NextGen group for early-career practitioners. Dr. Ta is also active in health policy and advocacy initiatives to expand patient access to chiropractic.



**Kris Anderson, DC**, has been a board member for two years, serving as vice president for the past year. He provides chiropractic services at a federally qualified community health center in Grand Forks and also runs a private practice. Dr. Anderson is chair of the ACA Health Policy and Advocacy Committee and Commission, monitoring regional and nationwide trends and prioritizing ACA health policy strategies. As chair of the Code Development and Valuation Subcommittee, he participated in the development of

future leaders through the ACA Health Policy Fellowship. Dr. Anderson also represents ACA as an advisor to the American Medical Association Relative Value Scale Update Committee (RUC) Health Care Professionals Advisory Committee (HCPAC), which helps determine how healthcare providers' work is described and valued for payment purposes.

## New management team at Clinical Compass

After over 25 years of being associated with [Clinical Compass](#), Janet Jordan is retiring. A new management team has been hired and officially takes over this month.

According to Jordan, "This is so bittersweet. I started my association management career with chiropractic and have worked with so many wonderful chiropractic leaders over the years beginning in the 1980's as Executive Director of the SC Chiropractic Association, serving many years on the Congress of Chiropractic State Association's (ChiroCongress) board of directors before serving 12 years as their Executive Director, serving almost 20 years as the Administrator for the Hawaii State Chiropractic Association, and finally supporting the efforts of Clinical Compass (the Council on Chiropractic Guidelines and Practice Parameters) as they have matured over the years into a highly productive and crucial asset for the chiropractic profession. I truly feel like Clinical Compass is part of my extended family, but it is time to turn the reins over to a younger generation with new skill sets that will move the organization and its mission forward."

Dr. Scott Mooring, Clinical Compass Chair, is pleased to announce that ChiroCongress is taking over management, and Suzi Anderson is the new Administrator. According to Mooring, "We are certainly going to miss Janet but are looking forward to working with Suzi and ChiroCongress. This is a natural fit for us since ChiroCongress is the organization that originally formed Clinical Compass in 1995."

Suzi has been working with various nonprofit organizations since 2011. She joined ChiroCongress in 2020 to oversee the planning and implementation of the Annual ChiroCongress Convention, as well as provide administrative support to Lizz Klein, ChiroCongress' Executive Director. In Suzi's words, "I look forward to working with the amazing Drs. of Clinical Compass to help them forward their mission. I have big shoes to fill taking over for the amazing, Janet Jordan."

## **Clare Thompson, CFRE, appointed Palmer's next vice chancellor for institutional advancement**

Palmer College of Chiropractic announced that Barbara Melbourne, JD, vice chancellor for institutional advancement, will retire at the end of January following a distinguished career in higher education and nonprofit advancement.

The College also announced that Clare Thompson, CFRE, has been appointed as Palmer's next vice chancellor for institutional advancement.



She is an experienced advancement leader with more than 20 years in fundraising and alumni relations. Thompson previously served at Palmer as executive director of advancement, where she played a central role in the "Daring and Driven" campaign and significantly increased philanthropic support and alumni participation. Most recently, she served as vice president for advancement, alumni relations and athletics at Western Illinois University.

"Clare brings exceptional experience, deep institutional knowledge and a collaborative leadership style," Marchiori said. "She understands Palmer, she understands advancement and she understands the importance of aligning generosity with mission. We are confident she is the right leader to build on Barb's legacy and guide Palmer's advancement efforts forward."

Thompson is excited to hit the ground running, filled with gratitude for the opportunity to return to Palmer and work with alumni and donors to move the College's strategic priorities forward. "Palmer College holds a special place in my heart," Thompson said. "I am honored to step into this role and continue to grow generosity and alumni participation. I look forward to working with alumni, donors and partners to advance Palmer's mission and support the students and communities we serve."

### **ICA objects to Florida HB 439-Injectables Bill**

The International Chiropractors Association (ICA) notified the Florida House of Representatives Subcommittee on Health Professions & Programs Subcommittee in the Health and Human Services Committee that ICA is opposed to HB 439 which would expand the Florida chiropractic scope of practice by adding: "authorizing chiropractic physicians to possess, prescribe, and administer vitamins, nutrient preparations, homeopathic remedies, dietary supplements,

and epinephrine, by specified means; requiring chiropractic physicians to be certified by the Board of Chiropractic Medicine to administer by injection vitamins, nutrient preparations, homeopathic remedies, dietary supplements, and epinephrine; authorizing licensed pharmacists to fill, compound, or dispense certain prescriptions for licensed chiropractic physicians under certain circumstances; providing requirements for the certification program;..." to the definition of chiropractic in the state.

The letter signed by ICA President, Dr. Joe Betz stated, "After careful evaluation, the ICA must express strong opposition to this bill based on patient safety concerns and the inadequacy of proposed training requirements. The administration of injectable substances is an invasive medical procedure that carries inherent risks, including infection, adverse drug reactions, medication interactions, dosing errors, and emergency complications such as anaphylaxis. These risks are well-documented and are the reason injectable therapies are traditionally restricted to health professionals whose education includes extensive pharmacology, differential diagnosis, emergency medicine, sterile technique, and supervised clinical training."

The Florida House Subcommittee has announced a hearing for a second reading of the bill. The ICA has requested that the Health Professions & Programs Subcommittee decline to advance HB 439. The Florida legislative website link for this legislation is <https://www.flsenate.gov/Session/Bill/2026/439>.

[ICAs letter can be read here.](#)

A graphic featuring a blue rectangular sign with the words "BREAKING NEWS" in white, bold, sans-serif capital letters. The sign is mounted on a silver metal bracket and is set against a solid orange background. Below the sign, the text "The IACP accepts relevant news articles and press releases. Email your news to: CandSpublishing@gmail.com" is displayed in white.

# Chiropractic College News

## Jeff Garofalo, DC shares Chiropractic Physician career tips

National University of Health Sciences (NUHS) hosted alumnus Jeff Garofalo, DC' 02, to present common practice mistakes new graduates make and valuable tips for building a successful chiropractic medicine career.

Since graduating from NUHS, Dr. Garofalo has built and sold two successful practices. He is now the founder and CEO of Midwest Disc Clinic in Northwest, Ind. that specializes in chiropractic focused disc injuries. Additionally, he is the author of "Never Look Back: A Simple Guide to the Causes and Cares for Back Pain."

In his presentation, Dr. Garofalo outlined three common mistakes that can hinder success when running a practice. In contrast, he focused on sharing three valuable tips that helped him build his business from the ground up and achieve real success.

He describes that the key components of success include time, effort and decision making.

**Becoming an Expert:** Dr. Garofalo identified the first caution as committing to being a generalist chiropractic physician only. He encouraged students to choose a niche and develop expertise in that area to broaden their perspective and reach.

"You're going to want to help everything because most people are taught that the more you can help, the more successful you'll be," Dr. Garofalo said. "Pick one specialty and put all of your time, energy and resources into it."

In 2019, Dr. Garofalo decided to specialize in disc injuries. Since then, patients have traveled across state lines to seek his care, and his practice has achieved 30% annual growth.

**Strive for Clinical Excellence:** Dr. Garofalo emphasized that an important aspect of success is becoming clinically excellent. He stressed that lacking this quality in yourself, your team and your practice is a mistake that can cost you significant time and money.

"People travel from all over the United States and Canada to

come see us because of our clinical excellence," Dr. Garofalo said. "NUHS will give you a fantastic start to achieving this goal after graduation."

While there are many approaches to reach clinical excellence, he follows the holistic medicine approach of getting a diagnosis first and then forming a treatment plan specific to each patient.

**Know Who You Are – Business Owner or Team Player:** After graduating, it's important to recognize that DCs have various career path options. Starting a business isn't for everyone, and Dr. Garofalo identifies this as the third common struggle for graduates.

"Between now and the time you graduate, you need to understand who you are. What I mean by that is that you will have two options: are you built to be a business owner, or would you like to be a part of an amazing team where you are valued and part of a mission?" Dr. Garofalo said.

## New pathway to chiropractic degree

Northeast College of Health Sciences in the Finger Lakes region of New York and Appalachian State University in North Carolina have announced a new partnership creating a faster, more affordable route for App State students to earn a Doctor of Chiropractic degree.

Through the articulation agreements, Appalachian State students majoring in Kinesiology (Applied Exercise Physiology), Kinesiology (Exercise Science), Public Health, Nursing or any program of emphasis can pursue either a 3+3 or 4+3 track to complete their undergraduate and graduate studies.

The 3+3 option allows eligible students to complete their undergraduate requirements at Appalachian State in three years, then transition directly into Northeast's Doctor of Chiropractic program. By meeting GPA and prerequisite requirements, students secure a reserved seat and save a full year of tuition.

The 4+3 option enables students to finish their bachelor's degree at Appalachian State and gain automatic admission

*Continued on next page*

## Interns join the Chiropractic Center at Sherman College of Chiropractic

Thirty-three interns are now ready to serve their community and see patients at the Sherman College Chiropractic Center, a teaching clinic for students in the final stage of their internship before graduation from Sherman's doctor of chiropractic program.

Interns celebrated the start of the final phase of their chiropractic education at a pinning ceremony on January 16 at the Sherman campus in Spartanburg, South Carolina. The college live-streamed the event so interns' family and friends could watch from out of town.

"As our students enter their clinical internships at the Sherman College Chiropractic Center, they make a significant step in their professional development," stated Sherman President Dr. Jack Bourla. "With thorough academic training and practical experience, they are prepared to deliver safe, effective, and compassionate chiropractic care to Spartanburg and nearby communities. These interns embody the future of principled chiropractors—dedicated, skilled, and eager to serve, sharing in the philosophy, science, and art of chiropractic. We celebrate their achievements and look forward to their growth in this vital stage of their education and vocation."

The newly pinned class of interns joining the Chiropractic Center includes the following:

Taylor Bare – Kansas City, MO  
Blake Bouknight – Irmo, SC  
Konlie Carson – Lebanon, IN  
Abiyd Coleman – Atlanta, GA  
Kialine Denis – Valley Stream, NY  
Timothy Duggins – Cowpens, SC  
Elizabeth Echevarría Martinez – Trujillo Alto, PR  
Dion Fessenden – Muskegon, MI  
Daylin Franklin – Newberry, SC  
Henry Duval García – Caguas, PR  
Maisy Garner – Chapin, SC  
Hayden Gingrich – Annville, PA  
Kohler Gingrich – Annville, PA  
Hannah Graff – Northville, MI  
Jacob Hall – Walterboro, SC  
Sarah Hampton – Hughesville, PA  
Zackary Hamric – Moundsville, WV  
Frances Hawkins – Gulfport, MS  
Caleb Janning – Princeton, WV  
Koreejo Kinder – Spokane, WA  
Daniel Knowles – Boulder, CO  
Grace Louise McCann – Evansville, IN  
Ellianna Muehler – Canton, PA  
Kendric Muehler – Riverton, WY  
Nicole Ordille – Hummelstown, PA  
Kate Pettinato – Fountain Inn, SC  
Jennings Pruitt – Spartanburg, SC  
Alennis Rivera Rolón – Aguas Buenas, PR  
Isaac Robison – Havre, MT  
Kira Scheiner – Phoenix, AZ  
John Siegel – Morganton, NC  
Ma Lorena Sierra – Winchester, TN  
Laura Paola Velázquez Medina – Canóvanas, PR



# Chiropractic College News

*Continued from last page*

to Northeast's chiropractic program once all criteria are met.

"Partnering with Appalachian State University reflects our shared commitment to academic excellence and expanding access to graduate healthcare education," said Dr. Michael Mestan, president of Northeast College. "We're excited to provide App State students with a clear and supportive pathway to rewarding careers in chiropractic and look forward to welcoming them into our #NortheastBlue community."

With guided advising and streamlined academic planning, participating students can reduce costs, eliminate unnecessary coursework and stay on track by submitting a Letter of Intent verified by their undergraduate advisor.

## **Life West welcomes two new members to the Board of Regents**

Life Chiropractic College West is proud to announce the appointment of two outstanding leaders to the College's Board of Regents: Dr. Brandon Roberts, DC and Stephanie Ruby. Both bring a spirit of service, deep professional expertise, and a passion for supporting Life West's mission to educate, inspire, and prepare the next generation of chiropractors.

The appointment of Dr. Brandon and Ms. Ruby reflects Life West's commitment to strong, diverse leadership rooted in the College's core values of Give. Do. Love. Serve.

Their guidance will help support strategic growth, student success, and the College's expanding reach across communities and continents.

## **Northeast College expands chiropractic education with musculoskeletal ultrasound**

Northeast College of Health Sciences has added advanced musculoskeletal (MSK) ultrasound machines to its Integrated Learning Spaces and campus health centers, strengthening both chiropractic education and patient care while reinforcing the College's long-standing commitment to blending tradition with innovation.

The new MSK-dedicated ultrasound units will be used across the Doctor of Chiropractic (DC) curriculum and Northeast's out-patient clinic system, allowing students to gain hands-on experience with the same technology they will use in real-world practice. The systems provide real-time imaging of muscles, tendons, ligaments and joints, giving students and clinicians immediate visual insight to complement traditional palpation and assessment.

Integrating MSK ultrasound into both academic and clinical settings enhances diagnostic confidence, supports more precise treatment planning, and improves the patient experience through nonradiation, point-of-care imaging. Patients benefit from clearer explanations of their conditions, while students develop stronger clinical judgment and confidence before entering professional practice.

"Integrating MSK-specific ultrasound into our curriculum directly supports academic excellence," said Dr. Eugene Spilker, assistant vice president for chiropractic. "Because students are learning on MSK-dedicated machines that they will also use in our health centers and eventually their own practices, they gain sharper clinical judgment, more precise treatment planning and greater confidence. This powerfully advances our curriculum, our clinical practices and our graduates' readiness."

Chiropractic faculty member uses a musculoskeletal ultrasound probe on a student's forearm while reviewing live imaging on a mobile ultrasound machine in a campus clinical setting.

The technology also aligns with growing interest in sports-related care and human performance. MSK ultrasound is increasingly used in sports and active-care settings to assess movement, guide care and monitor tissue response in real time, making it a valuable skill set for future chiropractors working with athletes and physically active populations.

"Our investment in MSK ultrasound gives students practice-ready proficiency they will use to improve patient care and outcomes," said Michael Mestan, president of Northeast College. "This investment fully aligns with our mission to elevate evidence-informed, hands-on health care. It strengthens our students, advances the profession and helps define the future of chiropractic education."

In addition to student instruction, Northeast College plans to roll out continuing education seminars in MSK ultrasound for practicing doctors of chiropractic. These offerings will provide alumni and clinicians with the opportunity to build skills in a modality that was not widely available during earlier chiropractic training.

As the College continues to invest in modern learning environments and clinical tools, MSK ultrasound represents another example of how Northeast College honors its chiropractic foundations while preparing graduates and practitioners for the evolving demands of contemporary health care.

### **Jesse Politowski, DC, transforming Chiropractic Care in Vietnam**

In 2024, Jesse Politowski, DC, MS, packed a portable chiropractic table, two suitcases and boarded a flight to Vietnam. His destination: Thanh Hoa City, a small but growing community three hours south of Hanoi. His mission: to bring modern chiropractic care to a country where the practice is still in its infancy.

"I worked in Southeast Asia for six years after graduating from Logan University," Dr. Politowski said. "But during a trip back to the U.S., the pandemic hit. I always wanted to go back. I love it there, and it's been my dream to start a practice."

Vietnam, home to nearly 98 million people, has only about 15 licensed chiropractors, most concentrated in Ho Chi Minh City. Dr. Politowski saw an opportunity to serve a population largely unfamiliar with chiropractic care—and to build something from the ground up.

With a background in business administration and marketing, and more than a decade of clinical experience—including time at Logan Health Centers—Dr. Politowski was ready to do more than treat patients. He was prepared to educate, lead and grow a business.

He began working under a Vietnamese traditional therapy doctor – alongside three physiotherapists – sharing patients and learning the intricacies of Vietnam's healthcare system. "Any traditional healthcare provider here goes through medical school with training in traditional medicine, acupuncture, herbs, and soft tissue work," he explained. "It's a holistic model, and I've learned so much from it."

By August 2025, Dr. Politowski received his license to practice chiropractic in Vietnam—the first in Thanh Hoa. His clinic,



now considered the most modern in town, offers advanced equipment and techniques previously unseen in the area. But with innovation comes challenge: "The population isn't used to spending money on healthcare," he said. "We're the best, but people are still afraid. We have to be patient."

Word-of-mouth has been key to growth. Slowly, the clinic is attracting the right patients—older women seeking relief, and even children with foot and posture issues. In fact, Dr. Politowski has launched a foot rehabilitation program for kids with flat feet, using custom orthotics and strengthening exercises, and a scoliosis rehab program, with custom bracing and correctional exercises.

"We're starting to change perceptions," he said. "In a country where chiropractic is new, you face challenges you can't anticipate. But we're honest. If we can't treat someone, we tell them where to go. That's part of our reputation. And people are starting to recognize that."

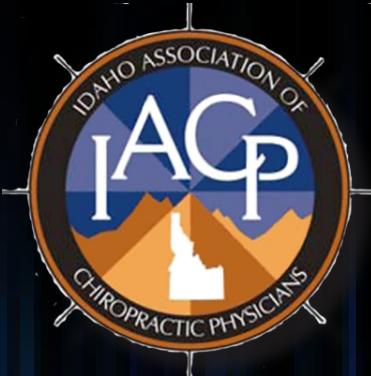
The clinic now has a team of eight, including Jesse's wife, Quynh Nguyen Politowski, as well as a translator, whose cultural fluency has been invaluable. "Respect across generations and cultures is critical," he said. "We talk about the 'why' behind everything we do. That builds trust—with our staff and our patients."

As Dr. Politowski continues to push the practice forward, he remains positive about the future. He's connected with other chiropractors across Vietnam, referring patients and sharing knowledge; he's collaborating with the city's top physiotherapists to integrate modalities like soft tissue therapy and rehab exercise.

# IACP Marketplace

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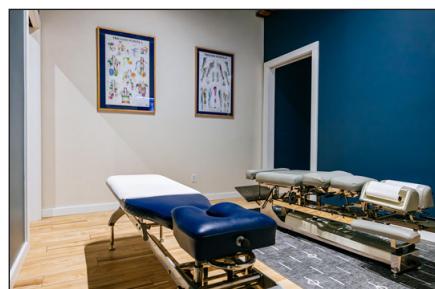
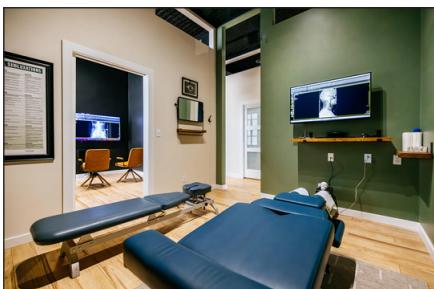
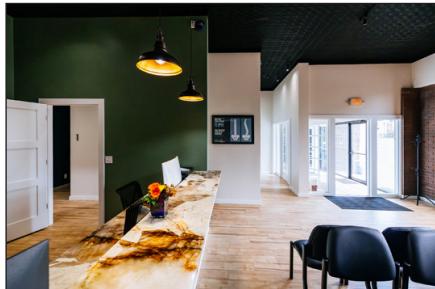
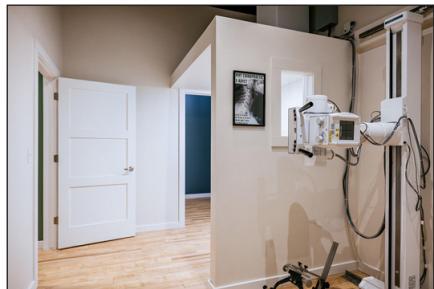
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Contact info: Dr. Paige Nelson, D.C. 406-565-1780 or [paige.nelson.182@gmail.com](mailto:paige.nelson.182@gmail.com)

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Feel free to print out and use any or all of the flyers. Or, make them available as handouts to your patients.

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# Chiropractic Care Helps with Inflammation

Chronic inflammation can have a very serious impact on your health if left untreated. This is a condition that has received a lot of attention recently – and for good reason. Inflammation has been found to be a factor in many chronic diseases.

## Here's what you need to know and how chiropractic can help.

Inflammation alone it necessarily isn't harmful. It can be a healthy and normal response by the body to preserve itself. Inflammation helps remove debris from the body like irritants and pathogens so the healing process can begin. The problem arises when regular inflammation becomes chronic. At this point, the body creates even more inflammation to respond to the existing inflammation that can have serious consequences.

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

Most people aren't aware they have chronic inflammation until they are diagnosed with a disease that is associated with it such as Crohn's disease, multiple sclerosis, or rheumatoid arthritis. Some signs to be aware of include:

- Weight gain
- Shortness of breath
- Indigestion
- Stiffness
- Congestion
- Frequent infections
- Painful joints
- Skin problems
- Lethargy and fatigue
- High blood pressure
- Allergies and asthma

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



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# 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.**

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

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

**Acceptance of Advertising:** IACP reserves the right to refuse any advertisement with or without reason or explanation including any ad that, in the opinion of IACP, is unethical, makes extravagant claims, misrepresents, is unfair or harmful to other advertisers; violates postal, anti-trust or U.S. currency regulations; or is deemed inconsistent with the objectives of the IACP.

The IACP News is produced for the IACP by C&S Publishing

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