



## A MESSAGE FROM DR. CJ:

### "Transition & Growth"

### New Location!

We moved!

We are now located at **1212 Dina Court in Hiawatha**. The new space is bright and energetic and we can't wait to treat you at our new home! We loved our 99 N Center Point Road location and will miss our friends Pat and Kara Callanan (the best landlords ever)! We are thankful for how it served us well over the last 7 years.

### Space:

While we get a lot of care under each doctors individual rooms, our office desired to expand services in the health and wellness sector. We look forward to offering cold plunge, more ancillary therapy such as Pulsed Electro Magnetic Frequency (PEMF) therapy, SRT light therapy, Normatec compressions, Shockwave Therapy and hyperbaric oxygen treatments (HBOT).

More information on all these therapies can be found on page 5 & 6 of this newsletter.

### Group office visits & hands on demos:

We've attempted to offer various salad in a jar workshops and patient education events in our current space, but we are creating a new space where that will be more comfortable for our guests. We hope to offer education classes and group office visits on topics such as "Intro To Functional Medicine", "Intro to HBOT", "From "OK to Optimal", and more! Stay tuned for upcoming dates and event announcements.

Its been 14 years since Back in Line became a reality. Reflection brings so much gratitude and joy over the years. We've been able to expand care and over the years we've grown to have some of the best and most highly qualified doctors offering more services under one roof than most wellness offices in the Midwest. I feel incredibly fortunate to be part of a supportive, likeminded, and skilled team - including our front desk staff.

The beauty of our job is seeing patients in their many life stages .... from our newest babies, tweens and teens, moms and dads, and to our elite athletic performers, we absolutely love serving our patients. Delivering care and truly connecting with our patients is our true passion. Meeting and exceeding HEALTHcare expectations for each patient is part of our DNA. Over the years we continue to expand our education and training and have sincerely enjoyed bringing that care to our patients and their families. **This will be our 3rd location and we are so excited to share the new space with you!** We are fortunate that our waiting room has become a little crowded, all thanks to you and your support of our office. We appreciate your understanding with us when all doctors are serving patients at the same time!

We still have some finishing touches, but we look forward to sharing the new services including Hyperbaric Oxygen Therapy (HBOT), the cold plunge, Shockwave and more!

As always, we aim to serve you! We want to continue to honor your time, your money, and your health. It is a pleasure and a joy to serve. **We appreciate you bearing with us during this transition and THANK YOU for sharing in our excitement!** Thank you for being a part of our clinic, trusting us with your health, and your family's health, and our sincerest thanks for being our #1 referral source. We appreciate you SO incredibly much!



## A MESSAGE FROM DR. NATE:

### Blueprint to Better Health"

**KISS.** Don't overcomplicate things. It's not hard. Just be consistent with the fundamentals...

**Sleep:** Get at least 7 hours of quality sleep, every night. All systems are negatively impacted from lack of sleep. Poor mental/physical recovery, negative effects on mood/emotional health, increased anxiety/depression/stress sensitivity, increased appetite and weight gain. Make sleep a priority.

**Diet:** Eat your body-weight in protein in grams per day. 150 pounds = 150g protein/day.

Don't overcomplicate nutrition. Stop eating dessert for breakfast (doughnuts, pastries, pop-tarts, cereal, etc. etc. etc.). Stop drinking your calories. Stop eating processed and sugary foods. This.is.not.rocket.science.

Eat fruits, veggies, meat, fish, eggs, nuts, seeds and add spices to your meals. Supplement with creatine - it has great benefits and no risks, even if you don't workout regularly. Protein should be a staple in your diet - its what your muscles are made of and it makes you feel more full, which makes you less likely to overeat.

Drink water, lots of it, 100oz/day for most people is a baseline. I like LMNT electrolyte packs added to my water. They help me rehydrate and make drinking water more palatable, so I'm more likely to do it.

I recommend the [Carbon app](#) if you want additional help with creating a weight gain/loss program, but aren't ready to go all in on a real coach, which I would always recommend for accountability...

Cut/reduce alcohol intake. Most people use alcohol and/or food to cope with life/stress. Figure this out. It's not easy. You will thank yourself for it.

**Exercise:** Walk 2-3 miles daily. 10k steps minimum/day.

For real, start with the simple stuff - if you're not walking 10k steps/day, start here. There's incredible mental/physical benefits to this small habit. Get up early, get vitamin D and out in nature, start your day with physical activity and the sunrise.

Once this is easy, add weight. I ruck with [this vest](#) on every other day with 30# of added weight (roughly 17% of my body weight). Why? Ruck training gets 70% of the metabolic benefits of running, without the wear and tear on my body and joints. Plus its way better at building "core" muscle endurance and smoking the hamstrings/glutes/calves. Plus I can do it while I'm walking the dog and drinking coffee. Win. Win. Winning.

Then, add muscle. You don't need to be a body-builder. You need to be able to get yourself up off the floor when you fall down at 77 years old. You can do body weight exercises (squats, pushups, etc) or lift weights. You need to do something for your muscles for healthy aging of the body/mind.

Muscle tissue increases your metabolism. Exercise & being physically fit improves your mental health - reduced anxiety, depression & stress. You should set an example of what healthy living looks like for your children. And you owe it to your future self to keep yourself in decent shape, so you are physically & mentally able to enjoy life in your later years.

Jiu-jitsu at [Tipping Point](#) has been great for me mentally, physically, and emotionally. Find a sport you enjoy and do it. Play pickleball. Swing kettlebells. Walk your dog. Deadlift the moon. Get active.

**Mental health:** Meditate or do box-breathing for 5-10 minutes/day.

Let's face facts - most people struggle with anxiety, depression and/or stress. Its a fact of life in modern society. Instead of ignoring it, how about tackling it head on?

Inhale through your nose for 4 seconds. Breathe into your belly (not your chest). Hold for 4 seconds. Exhale through your mouth for 4 seconds. Hold for 4 seconds. Repeat for 5-10 minutes.

## "Blueprint to Better Health"

### Continued:

That cycle took 16 seconds. It brought your breathing rate down to 3.75 breaths/minute (we are typically at 10+ breaths/minute). This shifts you from sympathetic (running from a bear) into parasympathetic (rest & relax) nervous system. It helps to calm your mind, better process your emotions, slow your heart rate, balance your cortisol and stress hormones, and generally function better as a human. It's about finding balance, not transcendental enlightenment.

**Men:** you need a better tribe/community of men to surround yourself with. Your wives, children, and society need you to level the f\*ck up. The [Iron Council](#) connects me with other driven, growth-centric dudes who force me to set goals and constantly grow and evolve. Most people in your network are not helping you grow, they're probably holding you back. [The Restoration Project](#) is a fantastic local resource that is putting together more in-person networking opportunities here in Eastern Iowa.

Read. Listen to podcasts/audible. Expand your mindset, get new outlooks on topics, 10x your growth by learning from people outside of your circle. The amount of information you can take in and the growth you can achieve from this is invaluable.

Journaling: write 3 small things each day you're grateful for. Write out what's going well in your life. Write what areas need to improve. Write down your 1, 3, 5 and 10 year goals and what steps you are going to take to reach those goals.



## A MESSAGE FROM DR. MISSY:

### "New School Year, New You"

The school year has officially started! That means fall sports and activities have kicked off and the \*fun\* transition of getting the whole family into routines. Reflecting on the previous school year is a great way to set intentions for a successful upcoming year for you and your family.



**Move Well:** With all of the added stress with busy schedules, don't forget to take care of you and your families health and schedule an appointment with our office to get some much needed TLC. We are already seeing quite a few injuries in the office along with aches and pains from increased activity and new routines. Parents, don't deny that feeling of "bleacher butt" from sitting and watching your kiddos. **We are here to help, so don't hesitate to make time to be seen.** One thing to note while back to school shopping - pay attention to footwear. Crocs, hey dudes and slip on shoes aren't super supportive for our feet. It's best to avoid or limit time in them. I know, I know they are trendy and cool. I'm breaking hearts with this news! Be sure to kick those shoes off and get barefoot as much as you can while it's still nice out or get in a supportive tennis shoe. A zero drop shoe is that happy medium of a supportive tennis shoe with the barefoot technology and feel. My favorite right now are [Altra running](#). I have been breaking mine in by walking my new yellow lab puppy named Chief! If you follow me on Instagram, you already know lol (sorry not sorry, hes too cute). Chief will join me in the field for bird hunting, so getting him conditioned aerobically is just as important for him as it is for me! Moving well and moving often is SO good for us as humans. \*Side note\*- A few more "trendy" shoe brands to check out include Flux footwear, Vivo, Xero or Merrell kids.

**Eat Well:** A few things I am doing to support my body this fall is staying hydrated, eating right, and getting natural Vitamin D from the sun. I've been loving [LMNT](#) electrolytes for their clean ingredients and keeping me hydrated without all the sugar and unhealthy additives. Please make sure to keep your family hydrated as we head into fall. When the temps drop, we don't feel as thirsty even though we still need the hydration. We offer both LMNT and [Ultima](#) in our office. Keeping electrolytes balanced helps with energy, headaches, fatigue, muscle recovery/soreness and hydrating our cells.

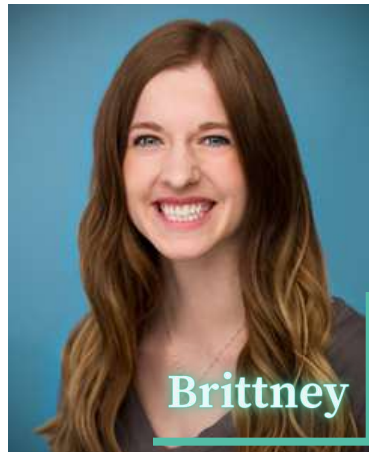
**Live Well:** Our team has been working hard to make sure the transition to 1212 is as smooth as possible. Send a little extra thanks to our front desk team as they are working overtime make BIL a well oiled machine. As always, thanks for trusting me with your health and I look forward to the next chapter for Back in Line at Dina Ct! I love serving you all. ❤️

## A MESSAGE FROM THE FRONT DESK:

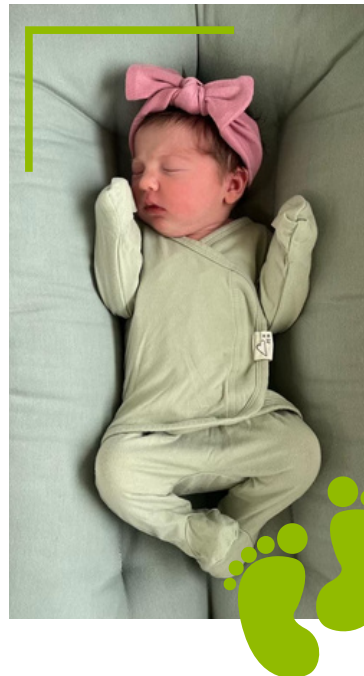
### "Here to Serve You"

With the excitement of moving offices, our billing consultant, **Brittney**, has also welcomed a baby girl to their family! We are all very excited for her and her family and can't wait to watch her grow up alongside her brothers. With that being said, Brittney will be out of the office for a few weeks while she takes care of the new baby - this means that all visits that are being submitted to insurance will have a brief delay being billed. We apologize for any inconvenience that may cause.

Abby and Lydia will still be working the front desk every day, and **we will be here to answer any questions or concerns you may have** about the move, the delay with insurance, or anything health and wellness related. **We are excited to expand services in our office** so please be patient with us as we may be busy on the phone or speaking with a patient in person about new services and helping them understand various things our office offers to support their health.



### ■ Welcome to the world, Olive! ■



Brittney and her husband Taylor welcomed Miss Olive on July 17th weighing a 7lb, 14oz! She is loved by her two older brothers Hudson and Abel. Brittney will be returning in the office on September 15th.

Thanks for supporting her in motherhood! She will be working on insurance claims and getting caught up ASAP! Please don't hesitate to reach out if you have questions or concerns.



## ■ Cold Plunge

Have you heard of the Huberman Podcast? We are big fans of his content and progressive therapies that truly make an impact in our total health and wellness. Cold therapy is just another tool in our belt to help ourselves, and our patients be their best.

[Take a listen here](#) for the many benefits and nitty gritty science of cold therapy.

You can see some of the protocols [listed here](#).

There are a variety of benefits to cold plunge therapy. Including:

- Deliberate exposure to cold will cause an increase of epinephrine (adrenaline) and norepinephrine (noradrenaline) in the brain and body - making us feel more alert after cold exposure.
- Prolonged release of Dopamine (neurotransmitter responsible for mood, attention, enhancing focus, etc.).
- Highly effective recovery tool after high intensity exercise, or endurance training - even short exposures to cold have shown positive outcomes for muscle power, perceived recovery, and decreased muscle soreness.



## ■ Hyperbaric Oxygen Therapy (HBOT)

HBOT has been demonstrated in several clinical studies to enhance the body's innate ability to repair and regenerate. It is used as an adjunct therapy to complement and enhance the healing process in both chronic and acute conditions.

[Here is a 2 minute video that explains the basics of HBOT.](#)

Dr. Kleene and Miss Abby are taking advanced functional medicine training from Dr. Jason Sonners so that we can bring a HBOT chamber to our new office location. You can see Dr. Sonners and Dr. Mercola discuss the benefits of HBOT and current research being [conducted here](#).

We are very excited to get hands-on learning, and bring a HBOT chamber to our new office. We hope to have it ready for scheduling by October 1, 2023!

## ■ SRT light therapy

Sympathetic Resonance Technology (SRT) is a type of therapy that is done by wearing a belt with Optimizer SRT lights attached to it. By placing the belt on the affected area, it is [allowing the lights to help the cells in that area regain their harmony](#). The lights can also help to restore energy to a tired/run down body, which can also help you heal from whatever stressors might be taking a toll on the body.

Other benefits of SRT light therapy:

- Can increase the function of the parasympathetic nervous system to help the system rest, digest and heal
- The cells in the body will recalibrate to a healthy frequency as emitted by the Optimizer.

## ■ InfraRed Sauna

Some of you may not have noticed we have had IR sauna therapy tucked in the back corner. We will have one room that will have BOTH the sauna and the cold plunge. This room can be rented out for BOTH hot and cold therapy, or just one or the other.

[Benefits to using an IR sauna include:](#)

- Flushes out toxins
- Pain relief
- Improves cardiovascular function
- Boosts circulation
- Fights chronic fatigue

## Shockwave Therapy

Extracorporeal Shockwave Therapy (ESWT): also known as Extracorporeal Pulse Activation Therapy (EPAT) is a form of regenerative medicine that uses high energy sound waves that are introduced into the painful, degenerated, or injured areas of the body. This process **accelerates the healing process in the body** by stimulating local cellular metabolism and enhancing blood circulation to regenerate damaged tissue, reduce pain, and improve function. It is a noninvasive treatment method that is FDA cleared. Oftentimes, the beneficial effects are experienced after only 1 or 2 treatments.

## NormaTech Compression

Norma TechWarm-up and recover like never before. The Normatec 3 uses **dynamic air compression** to create a restorative massage that helps you feel refreshed faster. 7 levels of compression and our patented Pulse technology deliver precise treatment to 5 overlapping zones with ZoneBoost™ by using biomimicry to **replicate the natural muscle pumps** and one way valves of the legs. Trust us, your legs will thank you. Benefits include: - faster recovery - enhanced circulation - Reduce pain and swelling- can be used to treat lymphadenopathy - can induce better sleep esp with patients with restless leg syndrome.



### Our Office Vision:

**Back in Line Family Chiropractic & Wellness** is a group of uniquely skilled providers and team members who work along side each other, keeping our patients' best interests at heart. We focus on getting our patients well and exceeding their expectations.

### Our Office Misson:

**Make healthy contagious.** To help support and encourage those around us to make lifestyle choices to improve their quality of life. Have fun, work hard, play hard, BE contagious.

*We wish Dr. Hannah Anderson the best on her new adventure at Corridor Wellness!  
We loved seeing all the cute babies and new moms and dads in our clinic for care. It has been a pure joy getting to know you and your families. Stay well and never hesitate to keep in touch!*