

Fall 2012

Back in Line Family Chiropractic and Wellness

102 A Ave. Hiawatha, IA 52233

www.mybackinline.com

Cutting Costs without Cutting your Health

In fact, IMPROVING YOUR
HEALTH SAVES YOU \$\$



In today's ever changing health care market, insurance appears to be paying for less and less and not paying for necessary tests or prescriptions. Not to mention, many of our own plans are requiring higher and higher co-payments and deductibles THAT really put a lot of the healthcare decisions in our own personal financial hands. In this newsletter you will find COST SAVING, health choices, lab testing, and activities you can do with your family to KEEP YOU HEALTHY, AND save you money!



Does your work do lunch-n-learns? Would like you Drs. Kleene and/or Weber come present to your office about health and wellness? Call Julie to set up that lunch-n-learn. We'll bring in a healthy lunch made especially for YOU and your co-workers from The Early Bird Coffee Shop! Great lunch! Great Health!

Call today! 892.3363

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Supplements

Never know what you should take? Start with the basics...

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Food

Want to purchase organic? HERE'S A GREAT ECONOMIC WAY!

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Suffer from Depression?

Want to take control? Learn how...

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DETOX

Want a 7day detox? WANT TO DETOX WITH DR. CJ? With the chemicals in the air, all of the electromagnetic radiation, processed foods, stress, etc our liver and gut deserves a little vacation!

Sometimes we feel like we just need a good RE-Charge to help rid our bodies of toxic elements that can build up over time. THIS IS NOT A DIET! This is a detoxification system. However, for many, weight loss is an added benefit. This is a lifestyle (RE)starter kit. Certain foods we eat actually cause us to be internally full of inflammation that can lead to headaches, fatigue, malaise, soreness, chronic low back pain, depression, and chronic sore muscles.

Curious if you think you need to do this? Fill out our Inflammation Questionnaire online to help you determine if this is good for you. In November, receive your 7-day kit (supplements included) for \$80!!!

Supplement Basics

We are constantly asked what supplements should a patient be on? What should I take if I am trying to maintain muscle mass? What about weight loss supplements? Anti-aging? Mental Health, etc ?. At the very basic we recommend the BASIC FOUR.

1. Multivitamin
2. Probiotic
3. Omega 3
4. Vitamin D

An athletic person may want a higher more jam-packed multivitamin due to what his/her body demands compared to someone that does not work out to the same extreme. A woman trying to get pregnant or who is pregnant may want a more specific prenatal the help with the demands of her growing baby. Probiotics also varies from patient to patient depending on their own gut health (history of Chron's, irritable bowel, history of antibiotics, etc.). Vitamin D intake will also vary from patient to patient. A patient that works 3rd shift and has little to know exposure to sun, we would recommend

10,000-50,000 of Vit D intake daily compared to someone that works first shift may only need 1,000-5,000 IUs.

If you would like to be evaluated for what YOU and your family should be taking, call Julie today 892.3363!.

Patient's who purchase a 3month supply of any supplement will receive 20% discounts and savings, purchase a 6month supply and receive 25% off.

Daily supplementation is \$2-3/day for the basic four servings for the avg. adult.

Our office offers quality products we stand behind. Physician-Grade and guaranteed made with top-of-the-line raw materials so you know you are getting the best available to you. Many over-the-counter supplements found at the local grocery store are made with lower quality materials that make it harder for your body to absorb and have lower quality standards.



REAL FOOD = REAL HEALTH!

Azure Standard

I want to state first and foremost, I am a BIG supporter of BUYING LOCAL, and supporting our local organic farmers and natural food producers. However, we live in the Midwest and with cold weather approaching we know that we don't always have access to local produce. I stumbled across (thanks to a patient) www.azurestandard.com.

Azure standard specializes in natural, organic, earth-friendly foods and products. They deliver directly to customers, buying clubs and retailers by semi truck and UPS. They have over 9,000 products and foods to choose from.

Currently, there is a Cedar Rapids drop location. You need to register (for free with no monthly minimum or yearly fee) online. Then you can email Miss Karen Knapp at karenknapp@fmtcs.com to get the drop number for the Cedar Rapids Drop Site.

I encourage everyone who is serious about eating non-genetically modified foods whenever possible. Tyler and I make our daughter her own baby food and have found it to be incredibly cost effective. Most ORGANIC serving of baby food (frozen in ice cube trays) is less than 2-3 CENTS/serving. TRUST ME, you can't find that on the shelves at that price!

We also do a lot of meal prep and fruit/veggie prep...we purchase 5lbs of peppers, potatoes, onions, zucchini, squash, strawberries, etc at a time and freeze them in gallon bags to pull out for easy-to-cook stove top meals. It's healthier and preservative/artificial flavor free. Just the basics, not to mention the tons of money we save by purchasing and prepping our foods this way.



Feeling a little blue? Do you suffer from depression? Are you wanting to know what you have a healthcare TEAM that can help?

Lead by friends of Dr. Kleene, Dale and Leesa Morrison, offer a faith based approach to GETTING your life back! Dale & Leesa found a growing number of family members and friends suffering with the struggles of depression and anxiety in their lives. Wanting to help and praying for recovery for each of them they were introduced to Dr Neal Nedley's Depression Recovery Program.



This is what they found: Depression is reversible. It does not have to be tolerated as a lifelong condition. Dr. Nedley's Depression Recovery Program has had great success in both its outpatient clinic and 10-day residential program. Dr Nedley has an 8-part series in which he presents depression, the causes, and the steps to recovery from depression. During the program you will hear testimonies from people just like you who have suffered from depression and through Dr Nedley's program have reclaimed their lives.

Dale & Leesa have seen firsthand the benefits from this program as people have followed these steps and overcome their struggles with depression finding a new freedom and enjoyment in life. Recovery from depression is possible and a life without medications can be a reality.

Come to our introductory orientation on **December 17th at 6pm** at Back in Line Family Chiropractic and Wellness. Reserve your spot today! **892-3363**. You do not need to be a patient in our clinic in order to participate so please share with friends and family! The 8-week session will begin Jan. 14th.

Learn how to:



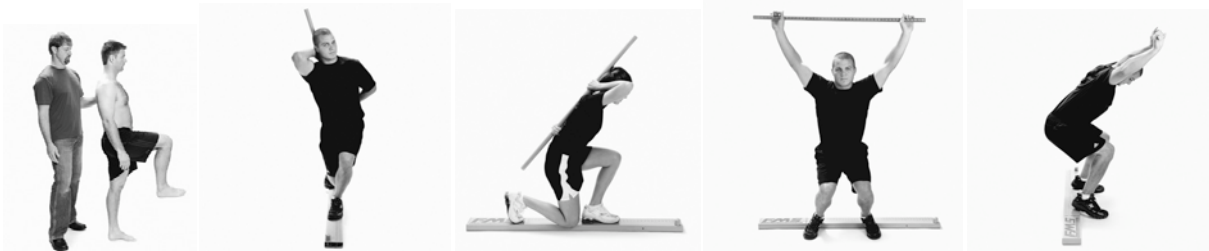
- Identify depression and its causes
- improve your emotional intelligence
- enhance your energy levels and mood
- overcome depression through positive lifestyle choices
- eat for optimal brain function
- manage stress without distress
- live above loss, improve brain function
- defeat depression through right thinking
- achieve peak mental performance

Your chance to play doctor.

What does balancing on one leg, a squat, and a lunge have to do with my knee pain?

By. Dr. Nate Weber

Mike/Mary is a middle aged American who is BUSY BUSY BUSY between life at work and at home, but somehow M still finds some time to get a workout in – but lately, due of time constraints, M has been skipping pre/post stretching on run days, and has been less consistent with trips to the gym for strength training. M is now having slight knee pain, but can't remember any event that might have caused it – taking common advice, M takes NSAID's, which helps with the pain somewhat during workouts, but is still having daily knee pains when going down stairs. M decides to go to BIL to get the knee pain checked out, and during the exam is asked to balance on each leg, perform a squat, and single leg lunges, and wonders “what does this possibly have to do with my knee pain?”.



From the images provided we can observe/infer that the single leg balance test shows inability to balance on one leg for even 10 seconds - which indicates poor motor control of the ankle/foot, or stability issues with the gluteal/core musculature. The single leg lunge shows the left moving out, with the knee moving in – this not only shows poor motor control at the hips, but also places HUGE stresses on the knee joint, causing localized patello-femoral/tibio-femoral joint inflammation, it may also indicate lack of mobility at the ankle joint; the lunge also shows lack of extension through the thoracic spine, resulting in a forward flexed posture with the eyes gazing down at the floor. Finally, the squat test also shows poor hip/knee control (knees bowing in – not good), but shows that the majority of the “squat” doesn't come from the hips/lower extremity, it comes from the LOW BACK –

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From this simplified example we observe see several key points – knee pain is the chief complaint, but it's not the primary issue – lacking stability of the core/glutes contribute to increased stresses at the knee, lack of mobility in the thoracic spine/hips, & excessive mobility in the lumbar spine also contribute (future recipe for low back/neck/shoulder pain?), and lack of mobility/motor control at the ankle also play a key role. What is, then, the best treatment for M? Soft tissue/kinesio-tape at the knee? This will probably help alleviate the SYMPTOMS in the short term, but long term PREVENTION of future issues would be better addressed by dealing with the PRIMARY issues - LACK OF MOBILITY in certain areas, LACK OF STABILITY in other areas, and finally, re-establishing normal MOTOR CONTROL of the movement patterns essential in all of our daily activities!

The goal of this exercise is intended to show that all of the parts of the body are interdependent on one another - shoulder/neck/low back/knee/ankle pain is rarely due to problems in those areas alone, often times it takes examination of FULL BODY movements to identify fundamental MOVEMENT DEFECTS, and resolution of those issues will not be 100% until those movement patterns are corrected!

Want a functional evaluation on yourself to optimize your workouts? Schedule with Dr. Nate today! Call 892.3363 for appointments.



Are food allergies causing you discomfort?

Could the very food you're eating be causing your pain, your headaches, your chronic fatigue? Our clinic is now offering blood stick draw IgG (antibody) food for 96 common foods (including dairy, gluten, egg, peanut, AS WELL as many fruits and veggies. In fact, Dr. CJ found out she was allergic to CRANBERRIES...AND HER HUSBAND, SUNFLOWER SEEDS! Yikes! Something we were consistently eating and putting in our energy snacks. IgG is an antibody that is produced when our bodies perceives something as foreign and starts to attack it. The problem is that we don't want our body to attack something we are supposed to be gaining vital nutrition from. Basic 96 panel food allergy is \$139. You may use your Flex or HSA to pay for the test.

Happy with your care at BIL?

Your resource for TOTAL HEALTH!

WE STRIVE TO ENCOURAGE HEALTHY BEHAVIOIR AND LIVE BY THAT EXAMPLE. Our office will continue to work hard to be a trusted name in the community when it comes to a wide variety of treatment options.

We work to offer AFFORDABLE, healthy, everyday solutions for you and your families health!

Please share and tell your friends and family about your care at BIL and how it has helped you obtain a happier, healthier life!



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