

F A L L 2 0 1 4

Greetings from...

Back In Line

Family Chiropractic and Wellness Center



The temperatures are cooling off, but things at Back In Line are heating up! We have some great (FREE!) events coming up this fall. As always we are focused on helping you move well, eat well, and live well. With that in mind, we have an introduction to health coaching, a fall salad challenge, and a free night of hot yoga on our calendar. We hope you will join us, and bring friends! Details can be found below and on our Facebook page.

Save the Date!

Health Coaching

October 14th

6:30pm

Sponsored by
Honest Living with
Jackie Fetter
hosted B.I.L.

BURST CYCLE

November 12th

6:30pm

5300 Fountains
Dr. NE, Suite 112
Cedar Rapids

Salad Challenge

November 20th

6:15pm

Free Salad Shaker!
Keep off that holiday weight
Hosted at B.I.L

Happy Fall!

CHECK OUT...

Page 2: A note from Dr. CJ about body maintenance; why rest is vital to how your body functions

Page 3: A healthy fall recipe to help you make the most of seasonal produce

Page 4: A note from Hannah Anderson about why infant car seats should stay in the car.



You might notice Hannah Anderson around the office more and more, as she will start her internship at BIL this November. We're excited to have her!

Body Maintenance

A note from Dr. CJ

I often get asked...

“How frequently should I get an adjustment or tune-up at Back In Line?” What seems simple is actually a loaded question, and I wish I had the perfect correct answer for each person that asks me. Truth be told, it really depends on the patient, and what their goals are for *their* individual body.

Often times people don't view their body as a wonderful machine. That “machine” sweats when it's hot, shivers when it's cold. When it gets a cut, it has the ability to heal itself. Every day the body comes in contact with hundreds of bacteria and viruses and has the ability to fight them off. Many times, the reason you get a fever is because your body is fighting an infection. Too often patients are tempted and encouraged to prevent or reduce a fever before the body has a chance to do its job. A fever is something the body goes through to heal itself, yet many inhibit this vital process.* The body is an amazing machine!



I often find myself telling people “...the more miles, wear-and-tear you put on your body, the more maintenance and body work you are going to require.” Endurance athletes and AAU athletes alike go non-stop and require more visits to the chiropractor for adjustments and soft tissue work. The same goes for people who sit at a computer desk all day, and fail to create proper mobility in their spine and extremities. These desk dwellers are more likely to suffer from aches, pains, gut disturbances, and more!

While most of our patients enjoy the luxuries of insurance covering their chiropractic services when pain is present, keep in mind there is no harm in being treated in the absence of pain. Granted, your insurance **ONLY** covers care when you are in pain, but there is great value in preventative care. Studies and patient testimony suggest regular treatment visits prior to experiencing pain can reduce long-term out-of-pocket expenses, while also improving immune function and promoting spinal mobility.

It's not **JUST** regular “tune-ups” that help prevent ailments and disease, but regular exercise and proper nutrition, spiritual well-being, financial security, social support, and purpose. These all play a pivotal role in how the potential for the body to work optimally. (*check out our calendar-of-events to come to FREE events focused on tackling many areas of health and wellness*) The better nutrition as well as balance of proper movement and **rest** (I cannot emphasize rest enough!) that you give your body, the more your body will reward you for your maintenance schedule. These benefits will appear well into your **golden years** and beyond! Remember, its about quality of life.

**in some cases, sustained body temperature for 103+ degrees F for over 4 hours can be dangerous. However, most childhood fevers never peak over 103 degrees and break within 15 minutes. Please seek medical attention if a fever of this quality does not reduce after 60 minutes. **This article is not intended to diagnose or treat, but to share educational tidbits ONLY.*



Pumpkin bread, pumpkin pie, and pumpkin beer all taste great, but they don't necessarily carry the nutritional benefits of pumpkin. Soup on the other hand, is an easy way to get the goods and perks that come with fall vegetables. This minimally processed recipe (below) is vegetarian and gluten free, and could easily be

Your in-season SUPERfood: Pumpkin

made dairy with some minor substitutions.

- 1 cup of cooked pumpkin has 200% of your daily Vitamin A intake. This seems like a lot, but luckily Vitamin A cannot be toxic when it comes from a plant, only when it comes from an animal source. So no need to hold back! Vitamin A is essential for eye protection and sight.
- Pumpkin is a great source of fiber and can help keep you full on fewer calories.
- Pumpkins contain the antioxidant beta-carotene, which helps fight cellular stress and damage.
- A cup of pumpkin contains more potassium than a banana, making it an ideal food for an energy boost during the day or refueling after a workout.
- Pumpkin seeds contain phytosterols that can be helpful by improving cholesterol levels

Pumpkin Soup

Olive Oil

- 1 Brown onion (peeled and diced)
- 4 Large garlic cloves (peeled and minced)
- 2 stalks of celery (cut into 1cm slices)
- 1 kg Pumpkin (seeds removed, peeled, and cut into chunks)
- 1 large white potato (peeled and chopped)
- 1 liter free range chicken (or veggie) stock
- Spices: ½ tsp Cumin, ½ tsp sage, ½ tsp dried chili flakes, ¼ tsp thyme
- 2 heaped tablespoons sour cream (optional)

Warm 1 tablespoon of olive oil in a large, deep pot. Add onion & sauté for 3-4 min over medium heat. Add the minced garlic & continue to cook together for 4-5 min, stirring often & taking care to not let the garlic burn. Add celery & cook for 2-3 min then add in the potatoes, pumpkin & stock. Season well with salt and pepper then bring to boil over high heat, & simmer over medium heat until pumpkin & potato are cooked through. Transfer the entire contents to a blender and whizz until full smooth (you may have to do this in one or two batches depending on the size of your blender). Add the blended soup back into the same pot then add the spices and 2 heaping tablespoons of sour cream. Stir all together and season again if you think it needs it. Simmer the soup over low-medium heat for 20 minutes to infuse flavors then serve piping hot in bowls with an extra dollop of sour cream.

Recipe and photo courtesy of www.whatkatieate.com

Car Seat Consequences

A note from Hannah Anderson

Car seats were developed for safety in vehicles and are absolutely necessary for any trip with an infant in tow. However, due to their convenience, babies are often buckled in for not only the car ride, but daycare, walks, and naps as well. No matter how plush or deluxe the device (yes, even the escalades of the baby world), infants should not be spending their entire day in the car seat.



Too much car seat time can lead to...

- Flat head syndrome (aka Plagiocephaly)
 - This skull misshaping occurs from constant pressure on the baby's head from lying in the same position for long periods of time. It can interfere with development if not treated.
- Cervical spine subluxation
 - Many babies who spend large amounts of time in strollers or car seats constantly tilt their head to a particular side. This is a good indication that their cervical spine is out of alignment (they need adjusted!), which can lead to all kinds of signs and symptoms.
- Hip problems
 - Babies' hips need kicking, wiggling, pushing, and crawling in order to develop correctly. It's hard for proper movement to happen when the body is always in a reclined position.
- Malformed posture
 - An adult's spine is shaped like an "S" when viewed from the side, but we're not born like that! Our spinal curves develop from a "C" shape we hold as babies, into an "S" shape to help us maintain flexibility and absorb stressors like walking, running, and jumping.
 - The proper curves develop as the baby begins to hold his or her head up during "tummy time", pushing off of things, and crawling. Staying in the seat can interfere with spinal curve development, and therefore the future posture of your child.
- Depriving baby of touch and stimulation
 - When not in a seat, infants are likely held in someone's lap, talked to, played with, walked around, or put on the floor with toys. These are all better options that promote attachment to others and neurological development.
 - Laying the infant alone on their back (unless they're asleep!), can actually be emotionally stressful and developmentally inhibiting to some infants.



So next time...

When you travel with your infant, buckle them up safely! THEN take them out and *carry* them to the next destination, and give them plenty of play time on the floor where they are free to move.

References: Schon, R. (2007). Natural Parenting-Back to Basics in Infant Care. 5(1), 102-183. from Evolutionary Psychology from <http://www.epjournal.net/filestore/ep05102183.pdf>; Morningstar. (2005). Reflex Control of the Spine and Posture: A Review of the Literature from a Chiropractic Perspective. International Chiropractic Pediatric Association. Baby Wearing: Suggestions for Carrying your Baby. <http://www.icpa4kids.org/research/children/babywearing.html>; Photos:Lawyers.com;

Events Calendar

It's no surprise The Back in Line Team tries to give our patients & their families and friends plenty of opportunities to learn about health & wellness! Rounding out the end of the year the list below is what we have in stock before yearend. PLUS some events already slatted for 2015! Please feel free to pass along our calendar-of-fun to your co-workers, family, & friends & challenge them to a friendly health challenge. These events are all FREE-PRIVATE events for friends of Back in Line. RSVP by calling 892-3363 or emailing allie@mybackinline.com

Oct 14th – Group Health Coaching by Honest Living With Jackie Fetter – starts at BIL at 6:30

Nov 12th – BURST CYCLING SPIN CLASS! Hosted at Burst Cycling in the Fountains (off Edgewood NW). Come work your tail off at the premier cycling studio in town! From beginner to pro – YOU BETTER BE THERE! (class starts at 6:30, come early to fill out your waiver and reserve your bike).

Nov 20th – SALAD CHALLENGE! Join the Back in Line crew in a holiday salad challenge lead by Mrs. Hannah Anderson. Enjoy sampling different salad recipes, get a **FREE salad shaker bottle**, and 21 days of ideas to help keep that holiday weight off (perfect for lunches M-F btw Thanksgiving and Christmas) Class starts at 6:15-7:45

By Dec 31 – Register for the supplement club! Commit to 12 months worth of your foundational supplements (multivitamins, probiotics, vitamin D, omega 3's and more). By committing to a 12 month supply charged monthly or quarterly, you get 30% OFF YEAR ROUND! Email Allie@mybackinline.com for details.

Oct 1-Dec – GUESS BOY or GIRL! Dr. CJ is preggers with baby #2! She, husband Tyler, and big sister Porter are eager to meet the little peanut but are waiting to find out the gender until that bundle arrives! EVERY time you swing into the office, make a guess to BOY or a GIRL and be entered into a chance to win a prize! Official due date is 12/24... any guesses as to when that little blessing will arrive?

Jan 8, 2015 – Curious about injectable HcG for weight loss? Listen to clinical nutritionist Karla Schmidt walk you through the research, data, and safety of medically supervised weight loss. Class begins at Back in Line at 6:30pm.

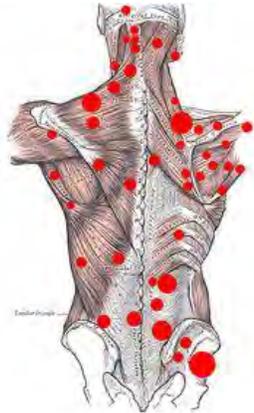
Feb 7, 2015 – TIME TO GET YOUR HEAT ON! Hot yoga that is! Grab your water because you're going to NEED IT, and join Back in Line at Heat Yoga (in the Town Center) from 9-10am to have a great workout and yoga session lead by studio owner Beth McClelland.

March – EVENT TBD

April 11 – Dr. Anderson's Open House! Dr. Anderson will have her official welcoming party and open house on Saturday morning from 9am-12noon. This event is fun for families and friends!

May 7th – Ladies NIGHT OF HEALTH, WELLNESS, AND INDULGENCE – ENOUGH SAID! JOIN US FROM 5:30-8PM!

Food Intolerances? Food Allergies? Wondering if you maybe having health issues as a result of foods? Schedule your appointment to talk with Dr. CJ about the difference between food allergies and food intolerances. Food intolerance testing is offered at Back in Line through Dec 31 for \$150 for IgG testing on 96 foods. In 2015, the price will rise to **\$199**... so schedule today and don't delay!



Trigger Point Dry Needling

For almost a year now Drs. Nate & CJ have been offering trigger point dry needling as a service to help reduce pain. On top of their acupuncture training, trigger point dry needling is a nice alternative to pain relief that is drug free, fast, and effective. Few providers in the area are offering this service. Tired of foam rolling? Try a round of trigger point dry needling (TPDN). TPDN is an effective therapy to treat muscular tension and spasm that commonly accompanies conditions such as arthritis, nerve irritation, muscular strain, ligament strains and herniated discs. It is called “dry” needling because there is no solution injected as with a hypodermic needle during a flu shot. With Dry Needling, the needle itself and the effects it produces within the tissue is the treatment. Studies have even indicated that dry needling is more effective than

lidacaine pain injections.

At the end of October Dr. Nate will head to Boulder, CO and will be taking additional training in the dry needling arena and learning more specific protocols for Pain Management and Sports Medicine. Give TPDN a try today! Be sure to ask the doctors or call and schedule for a treatment today!

Back in Line strives to offer innovative ways to you solutions to live a better quality of life. In 2015 Back in Line will boast having THREE of the most credentialed physicians trained and specializing in the areas of pediatrics, pre-natal, sports medicine & rehabilitation, acupuncture, dry needling, functional medicine, supplements, and of course CHIROPRACTIC! The Back in Line Team TRULY cares about helping our patients with evidence-based, cost-effective solutions. Not everyone is made the same and heals the same. We do not believe a cookie-cutter approach is effective care management. Our individual patients need individual treatment plans and options. We believe in honoring our patients' time, money, and their health. Our goal is to improve quality-of-life in our patients quickly...let's get back to enjoying life! We feel confident in a variety of our treatment options and network and co-manage patient care with other area health experts.



Supplement of the month - Vitamin C

COLD AND FLU season is upon us!

Enjoy 30% off Vitamin C! Try Ortho Molecular's buffered Vit C powder. It contains 2,350mg (almost 5x the daily recommendation) of Vitamin C, 350 mg of calcium, 350 mg of magnesium, and 99mg of potassium! A spoonful of this in your child's warm water or your hot tea with honey can help you combat that cough, runny nose, and more this winter. Vitamin C can reduce symptoms and help your family feel better quicker! Vitamin C can also improve thyroid function when the liver is compromised (ie, a patient is on medication like antibiotics, Tylenol, etc), helps with hormone regulation, and iron absorption.

Foods rich in vitamin C are broccoli, brussel sprouts, leafy greens, cauliflower, sprouts, oranges, red & green peppers, hot red peppers, strawberries, and papaya!

Infrared Sauna Detox! Remember – feeling tired, lethargic, run-down? Schedule 30minutes in our High-Tech Health IR Sauna for riding your body of unwanted toxins including a festering bacterial or viral infection. The sauna is also good for our little ones with the cold & flu, recent vaccine detoxification (will help rid the body of unwanted ingredients and can help prevent the side-effects of vaccines), and more. Call to schedule: 892-3363! Individual sessions start at \$15 but packages are available for significant reduction in price!



Reminder...

It's year-end you and may have unused FLEX \$ or HAS \$ to spend on your health! Don't let it run out! We can put you in touch with personal trainers, health coaches, nutrition experts, and more on various ways to help you jump start being healthy in 2015.



Please LIKE US on Facebook!

<https://www.facebook.com/pages/Back-in-Line-Family-Chiropractic-Wellness-PC/125352713239>

Happy Fall!



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