

F A L L 2 0 1 5

Greetings from

Back In Line

family chiropractic and wellness



The SHERO Recap!

The Back In Line girls had a fun day at the Shero Experience earlier this month. Dr. CJ had the privilege of treating keynote speaker, Ernestine Shepherd, the world's oldest female body builder! The day was filled with all kinds of healthy activities like climbing, ziplining, meditation, yoga, salsa dancing, canoeing, kayaking, and dance club cardio! Dr. CJ also got to emcee the event and interview local KCRG anchor Ashley Hinson. It was a full day of fun and inspiring female leaders! Join us next year!

Save the Date!

Join us for Dance Club Cardio!

9/17/2015

Join us at 6pm at the Hiawatha Community Center for Dance Club Cardio (similar to Zumba) for FREE! And stay after for a free class about inflammation and weight loss starting at 7:30

102 A Ave. Hiawatha, IA 52233

www.mybackinline.com

319.892.3363

What's new!

Read on to find out more about...

- Allie got married!
- Meet Sarah, our newest teammate
- Shero SUCCESS
- Brain Injury – Concussions w/ Dr. Fitzgerald
- Mr. Cooper update
- Vegan protein and molecular hydrogen
- Well Labs – giving back!
- Hannah learns NET
- New electronic records



Allie got hitched!

Allie got married on August 1st, and we couldn't be more excited for the new "Mrs. Maley". The B.I.L. crew had a great time celebrating with this beautiful bride! (see left for pictures!) It was a

beautiful day and we were excited to

be a part of it. As many of you know, Allie has her own business (Iowa Elite Nannies). She has been so busy because her business is going great! As a

result she will be spending less time

at B.I.L. While we will miss her smiling

face she has still agreed to help us out from time to time, because we just can't lose her for good!

She has a great business and we wish her all the best. You can friend her Iowa Elite Nanny site on

Facebook to keep tabs on her and watch her business take off!

She was a
STUNNING
Bride!
Congrats
Allie!



Meet Sarah

The newest member of the Back In Line Team!

Sarah has joined the crazy cool Back In Line family! She will be in from 2:30-6:30 Mondays, Tuesdays, and Thursday's. She is learning the ropes as we have some significant transition from our electronic record system, to our outsourced billing, new ICD10 coding effective Oct 1, and our always-evolving office. We're excited Sarah has been able to jump right in the our family! Watch for her updated bio on our facebook page and on the Back in Line website in the coming weeks.

She can be emailed directly at: sarah@mybackinline.com.



VISION IN MOTION

Back in Line Drs. Kleene, Anderson, and Weber alongside Dr. DeAnn Fitzgerald (2nd from the left) meet to learn how concussion impacts brain health.

Vision in Motion
3235 Williams Pkwy #1
Cedar Rapids, IA 52404
319.364.2311

Believe it or not, Chiropractors and Optometrists have a lot in common. Often times, chronic headaches and migraines could be correlated not only to issues stemming from the cervical spine, but the eyes as well. We had heard Dr. DeAnn Fitzgerald, OD, of Fitzgerald and Associates was doing some cool things in our community. We reached out to her and learned more about the specific technology and training she is offering for Traumatic Brain Injury and Stroke Rehabilitation. We learned she has a systematic and comprehensive protocol in dealing with traumatic brain injury. Hands down, her protocol and system BLOWS our minds with how wicked awesome and smart she is. We are LUCKY to have her in the corridor.

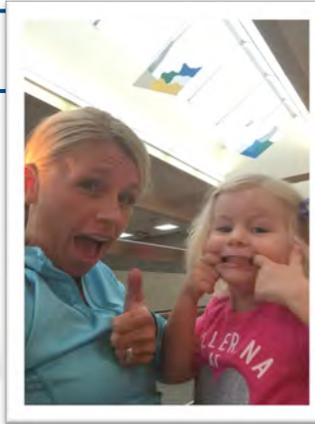
As football season is underway, we find ourselves seeing head trauma more and more frequently. We understand in Iowa, football is a way of life. From youth football, (and even soccer) to the intense college rivalries, we see concussions and brain injuries appearing at younger ages with significant implications. While the trauma alone is substantial, so is their overall health. An injured brain from a direct trauma combined with the typical American Diet (McDonalds, sugary drinks, lack of sleep) multiplies how significant these injuries become. We have developing brains that require lots of good fats, good nutrition, enough rest, and proper stimulation.

OUR RECOMMENDATIONS:

- A good daily multivitamin for your youth (stop in for Wee Nutes or our high powered Multi-Vit from Well Labs)
- A fish oil (1-2 grams/day)
- Regular Chiropractic Adjustments throughout their athletic season
- REST, REST, REST
- Cut the sugar drinks (even the sugar free drinks aren't necessary and contain ingredients that are not necessary for brain development)
- Increase water intake
- Limit the processed foods, add good veggies for fiber and dense nutrition
- **If injury does occur, please call our office for evaluation – we'll want to work with you, and Dr. DeAnn and her team on helping restore brain function.**



*Photo Credit,
studioksqared.com



An Update on Mr. Cooper!

From Dr. CJ

I have to admit, personally and professionally, 2015 has been my craziest year yet! I cannot express in words my gratitude for how kind our Back In Line family has been in our personal lives. From patients understanding reschedules and staff putting up with last minute cancellations, I am forever grateful. The kind words, thoughtful notes, texts, and emails checking in on Mr. Cooper is humbling. In June, Tyler and I went back to the U of I for a check up on Cooper's kidneys. Much to my surprise, he is still kidney stone free (if you had asked me to bet \$100, I would have put my money on stones forming again, glad I was wrong). Genetic testing, labs, and images all came back negative. Praise God. Throughout all of his hospitalizations, I was able to grow as a mother, wife, healthcare provider, Christian, and business owner. While it has been a wildly painful year, it has also brought a lot of clarity to my life. I've harbored a love for the simple things. I've grown closer to God and really have become mindful of the constant struggle I have to surrender EVERYTHING, including MY WILL to God's plan. I have learned to be patient. I have learned to live in the

here and now. (Ok, ok, I'm still working on this ☺) I feel thankful for how the Back In Line crew (Julie, Allie, Nate, Hannah, and now Sarah) extending compassion and dedication to running Back In Line. This allowed the office to run as if I was never absent, and allowed me to focus on my #1 priority, my family. I am thankful for my family's health. Never before have I been rendered so helpless in my entire life. The crazy thing, while I can talk about how difficult this year has been, in reality it's nothing compared to the journey some kiddos and families face on a daily basis down at the University of Iowa. I met some pretty courageous little kiddos that are fighting for their life every day. I am grateful that I grew personally rather than harbor anger for how 2015 did not follow my plan ☺. While painful, I do hope everyone has a moment(s) in their life that allows them to grow in such an emotionally enlightening way.

Thank you for all of your kindness, LOVE, support, and prayers.

Xoxo

CJ and family (Tyler, Porter, & Cooper)

7.2 Vegan Protein

Health made simple!

Busy with back to school? Need a quick, easy, on-the-go meal replacement? Swing in to try a free sample of our new favorite protein powder and greens! These bad boys got our stamp of approval because they are FREE of dairy, soy, artificial sweeteners, GMOs, and more!



Struggling with inflammation?? Grab a bottle of 7.2 recovery to help you throughout the day, or the Alkaline Booster to reduce your acidic burden while you sleep at night. Many of our patients are reporting better sleep, clarity, and even a little weight loss. GASP! If you want to know more, please join us at the Hiawatha Community center on September 17th at 7:15 pm for a short presentation on inflammation and how it's created, and how we can reduce it! Need a helping hand? The 7.2 product line can be helpful for those of us that need the EASY BUTTON every once in a while!

Back In Line gets CHIROTOUCH

New technology and updated electronic health records are coming to the office! These additions will help streamline office procedures, allowing for a more efficient office flow! From appointment text/email reminders, to quicker patient notes, the system will make the check in process easier. Soon a visit to Back In Line will be easier for the patient, doctors, AND front desk.

Starting October 1st...



The healthcare industry will go through a major transition in the billing and coding industry. With our new software transition, we will also be outsourcing our insurance billing through a 3rd party company. The move to outsource billing will help alleviate disruptions in our day-to-day needs, and will give our patients access to very qualified billing specialists! We thank you in advance for your patience while we integrate our new technology and systems!

Introducing...

WellLabs

Back in Line Family Chiropractic & Wellness will be the first official supplier of Well Labs Supplements. Well Labs is a Cedar Rapids based company founded by Drs. Kleene & Anderson, and friend and food blogger, Alexa Schirm. The decision and new venture came on sort of organically, and honestly, we feel like it was an act of God. The three girls had been tirelessly trying to create easy, affordable, frequent, and convenient ways to host our Making Healthy Contagious Events. (you maybe familiar with the 21 day salad challenge, the 21 day smoothie challenge, meal prep on a budget, free fitness and more) They wanted to make them free, frequently offered, and fun! However, three busy chicks didn't have a lot of time, or endless financials to be able to support such a venture. Through brainstorming, the girls together have combined forces to create Well Labs. Well Labs is a physician, pharmaceutical grade supplement company with a social mission. Well Labs' and their clients gain access to high quality supplements, with the convenience of online shopping, auto shipment options, one time purchases and more plus the ability to help Make Healthy Contagious! 10% of all sales will be giving to Making Healthy Contagious. Our target market is to pair ACTIVELY making healthy contagious not only in the

corridor, but all around the United States. (Hey, the girls can dream right?!) A significant problem in the US is not having enough accessible and affordable ways to be healthy and active in the United States. We have TONS of local talented individuals all across the US that share our passion and mission. From personal trainers, yogi's, massage therapists, integrative and progressive & alternative medical professionals, nutritionists, health coaches, and informed individuals like you will have access to the same great high quality supplementation that used to be only provided in doctors office's and physician offices. Well Labs Online goes live Oct 15th. Sign up for emails and check out our story and more details on www.mywelllabs.com. Be a part of the Healthy Contagious Movement! Get Health. Give Back.



COMING SOON!!!!

Dr. Anderson brings the Neuro Emotional Technique (N.E.T.) to Back In Line

Dr. Anderson is headed to Denver this fall to learn a vital and applicable skill to help our patients!

N.E.T. is a technique that removes neurological imbalances related to the physiological affects that unresolved stress has on our bodies. N.E.T. can help with an unlimited number of conditions. Emotions and stress can be TOUGH on our bodies and show up in numerous ways. N.E.T. doesn't magically heal the patient, but removes roadblocks to natural healing. Stay tuned to the B.I.L. newsletters and social media to stay updated on this stellar new service!

Supporting the Vaccinated Child

**Are you kids getting vaccinated soon?
Or did they just get vaccinated at their pre-school year check ups?**

Vaccination is a hot topic to say the least! In August we hosted an informational class about vaccines, and it will be back soon by popular demand! Our overarching message to you, is that we want to support your children in EVERY situation. If you choose to vaccinate your family on a full or partial schedule, there are ways nutritionally (and otherwise) to make it safer. To get the full scoop you'll need to come to our next vaccine class, but in the mean time did you know:

- Vitamin A, Elderberry, and Zinc can help prevent bad side effects from vaccine ingredients AND prevent illness in the first place!

We stock a TASTY liquid form of A + elderberry + zinc at Back In Line. Let us know if we can hook you up!

