

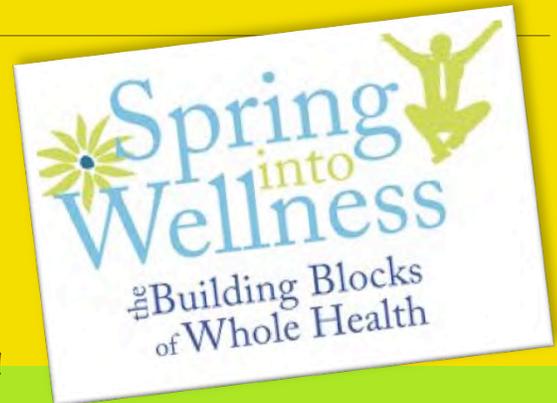
# THINK SPRING!

## Back in Line Family Chiropractic and Wellness

102 A Ave. Hiawatha, IA 52233  
www.mybackinline.com  
319-892-3363



FIND US ON FACEBOOK!



March – April – May

## SAVE THE DATE

- MARCH CHECK FOR HOURS ONLINE OR CALL FOR DR. CJ'S AVAILABILITY. Thanks for your understanding during Dr. CJ's maternity leave.
- APRIL 26 LADIES NIGHT! MARK YOUR CALENDAR NOW AND TELL YOUR GIRLFRIENDS
- MAY 3 Home-made baby food workshop! Email Dr. CJ for details...  
[drcj@mybackinline.com](mailto:drcj@mybackinline.com)



## Back in Line

Greetings from Drs. Weber and Kleene! CAN YOU BELIEVE ITS 2012, LET ALONE ALMOST SPRING?! We are itching to get outside and continue being active! We hope this letter finds everyone happy and healthy! We had some great winter months without too much snow and ice (thank heavens) and we are excited to see you all out and about this spring and summer! We've made it to a few local Cedar Rapids area middle and high school events cheering on a few our own at their extra circular activities! (Keep us posted, we love showing up and supporting our patients! You make us so proud!)

In this newsletter you'll find out what's in store for the office in the next few months as well as some healthy tips!

BLESSINGS AND HAPPY SPRING!

DRS. NATE AND CJ

## WANT MORE INFO ON A CERTAIN TOPIC?

WANT TO KNOW MORE ABOUT A RECENT STUDY? WANT OUR OPINION ON A CERTAIN NEW DIET OR WORKOUT PLAN? LET US KNOW, YOU MAY NOT BE THE ONLY ONE, AND WE'LL RESPOND AND PUT IT IN OUR NEXT NEWSLETTER OR ON OUR BLOG!



# GETTING READY FOR WARM WEATHER?

WE ENCOURAGE YOU TO MAKE HEALTHLY GOALS FOR YOU AND YOUR FAMILY.

As we look and listen to the media, everyone is helping us and encouraging us to live a healthier life. Unless you've been hibernating all winter, you should HAVE YOU HEARD OF "GET HEALTHY IOWA?" Help make you and your family a part of it. Check out our website UNDER THE "IN THE COMMUNITY LINK". Drs. Weber and Kleene along with office manager, Julie, participate in many events geared towards physical activity right here in our community. From 5ks, to

sprint triathlons, health presentations, etc. we are motivated to keeping you informed of what you have at your in your own back yard.

This spring and summer is a great time to sign you and your family up for your first 5k. START MAKING YOUR GOALS TODAY! You can walk and/or run them. No need to stress out about "not being in shape", you can walk it! Just starting and taking the initiative is half the battle. YOU

WILL FEEL GREAT ONCE YOU'VE ACCOMPLISHED IT! We can encourage some good reading material if you're wanting to run your first 5k! We can also encourage a proper training plan and diet along the way. Get your kids involved, it's amazing what they CAN HELP YOU ACHIEVE when you make it a family goal. Interested in learning more? Email us and we'll help you get started.

## LADIES NIGHT 2012

We are getting excited for our 3<sup>rd</sup> annual LADIES NIGHT OF INDULDGENCE & we are gearing up for our biggest year yet! Mark your calendars, make sure you've got someone to run the kiddos and hubby has plans, AS WE WANT YOU TO KICK BACK AND RELAX IN AN EVENING FOR YOU! We've got GREAT doors prizes lined up (even better then last year) from women

who work in healthcare and offer you services for keeping YOU at YOUR best! COME ON you deserve it! We'll have chair massages, tasty treats, information on NEW services from BIL in 2012, acupuncture sessions, ion detox, info on Breast Thermography, fitness classes, nutrition, bio-identical hormone specialists, skin care services and products, all-natural food spices and recipes for us and our busy



lives, AND of course, info on Back in Line Family Chiropractic and Wellness! It's a perfect time to share HEALTH AND FUN WITH YOUR BEST GIRLFRIENDS!

APRIL 26 - 5:30PM-8:30PM! Please RSVP (so we have plenty door prizes and coupons!) 892-3363

## Spring AND Summer 2012 @ BACK IN LINE



- Ladies Night (April 26<sup>th</sup>)
- Breast Thermography Appts (April 27<sup>th</sup>)
- BIL FITNESS CHALLENGE (REGISTER BY MAY 16<sup>TH</sup>)
- BABY FOOD WORKSHOP (MAY 3)
- PIGMAN SPRINT TRI (JUNE 3<sup>RD</sup>)

What are you doing this  
spring and summer?

### HOW ABOUT THE BIL FITNESS CHALLENGE

We challenge you to get active in Cedar Rapids! COME ON – IT'S FOR YOUR HEALTH!

Let us know if you are signed up for your first 5k or marathon, first triathlon, joined a gym or ANYTHING FITNESS and exercise related! Those who let us know will be entered into a drawing for a FREE WELLNESS BASKET that includes massage therapy, acupuncture, balance, supplements, candles, protein bars, and many more! WE SALUTE THOSE WHO TAKE CONTROL! (drawing will be held May 16<sup>th</sup>)

Doesn't matter if you're a beginner or a seasoned athlete...let us know what you're spring and summer fitness goals are!

AGES: 12YEARS-100 YEARS



Need ideas on how you can get active? Give us a call and we can help out! We have contacts with several local fitness gyms as well as personal trainers (even those that travel to you!).

Want to take your workouts to the next level? SIGN UP FOR A TRIATHLON – OR MARATHON - STEP OUTSIDE YOUR COMFORT ZONE!

You deserve and owe it to yourself and your family! Make it a family challenge! There is no better time then RIGHT NOW!

May 3

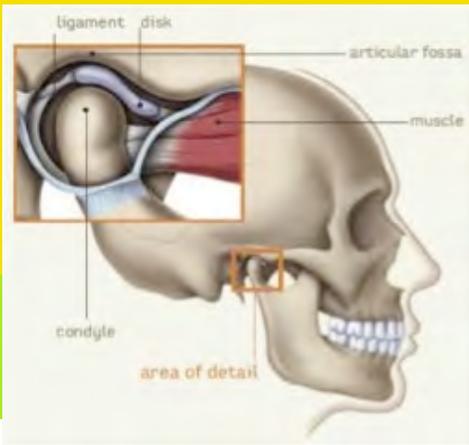
### BABY FOOD WORKSHOP

5:30 - ??

SIGN UP NOW, you'll get the details by email.

EMAIL Dr. CJ or call Julie for RSVP. We plan on making several different kinds of HOMEMADE AND ALL-NATURAL baby food. Grab your friends! EACH SERVING OF BABYFOOD will cost you less than 5 cents!! PLUS IT'S BETTER, and HEALTHIER for your baby!





# TMJ dysfunctions (Temporo Mandibular Joint)

Have chronic jaw pain? Or Issues? Sought help and have not had relief?

By: Dr. Nate Weber

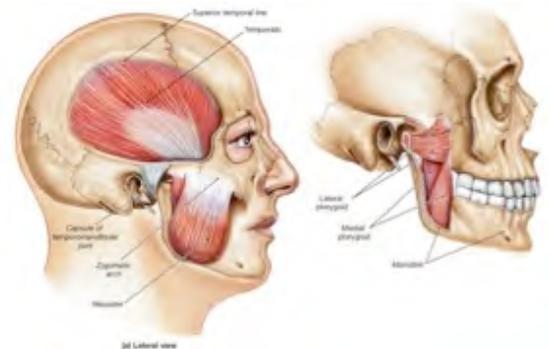
Jaw pain, or pain arising from dysfunction at the temporomandibular joint (TMJ) is relatively common place, with 25% of the general population experiencing this problem each year. Interestingly, studies show a strong correlation between those individuals who are experiencing neck pain with those who are experiencing TMJ related pain. In most cases, the cause of most TMJ related pain can be affected by two different processes: the first is due to derangement of the disc between the lower jaw, the mandible, and the portion of the skull to which it articulates, or the temporal bone; problems arising from pathologies of the disc generally represent only 3-5% of TMJ related cases; the vast majority of TMJ dysfunctions are due to functional, neuromuscular imbalances of the soft tissues surrounding the joint, which can be treated safely and effectively with active

stretching of involved muscles that move the jaw during chewing & speaking, and simple exercises to help retrain the involved muscles.

### **Pain arising due to functional, neuromuscular imbalances of the muscles that move the mandible:**

A common cause of TMJ related pain is due to imbalances of the 4 primary muscles that move the jaw. Three of these muscles, the temporalis, masseter, and medial pterygoid, are responsible for closing the jaw, only one, the lateral pterygoid, is responsible for opening the jaw. When disc involvement is not indicated, addressing soft tissue lesions in these muscles, as well as focusing on corrective exercises to restore coordinated firing of these muscles provides significant relief to those suffering from TMJ pain. Typical active treatments involve 3-6 sessions of soft tissue mobilization of the muscles surrounding the jaw and cervical spine, adjustments to

the cervical spine, and exercises that may seem silly, but are extremely effective at rehabilitating normal coordinated firing of the muscles of mastication and long term treatment of symptoms.



**HAVE TMJ ISSUES? KNOW SOMEONE WHO DOES? IF SO, contact Back in Line Family for a consultation or appointment to take care of the pain and discomfort! Call Julie to schedule today with Dr. Weber! 892-3363**



This summer you'll see us heavily involved with our local tri club, the Midwest eXtreme Tri club (call us if you want more info on how to join!), Foundation 2, the Pigman Triathlons, Hiawatha Kids League events, Farmers Markets, the Cedar Rapids Freedom Festival and Hiawatha HOG WILD days! We hope to see you at a few of these events! It's a great way to get the family out and enjoy the community!



While you are out and about this spring keep in mind we are the area's ONLY clinic that offers Graston Tool-Assisted Soft Tissue Mobilization AS WELL AS full-body certified Active Release Technique certified clinic. You would be AMAZED at all the things we can treat with these soft tissue techniques and treatments (not just your back pain!) The chiropractic adjustment is HUGELY beneficial for your health, however, taking care of your muscles, ligaments, and tendons helps reduce your treatment frequency and increase the rate in which you can return to a pain-free life!



NEW BUSINESS SPOTLIGHT! A NEW COFFEE SHOP OPENED DOWNTOWN AND WE WANT TO SHOUT IT ON THE ROOFTOPS! THEY'RE GREAT FOR CATERING TOO!

The Early Bird.

We are a family business providing downtown Cedar Rapids with the perfect nesting place for coffee, breakfast and lunch. The Early Bird brews Intelligentsia brand espresso, coffee and teas to provide our customers with the highest quality. Our shop features cupcakes from the Wright Touch Bake Shoppe and Cupcakery. Each item is packaged individually that makes catering a breeze! Wanting a healthy treat? We have plenty of options from our menu that frequently changes with the season. From salads, to wraps, to soups and sandwiches, yogurt parfaits we've got it all! We also have a small boutique area featuring greeting cards by local artist, Kelly Frey. Inside the shop you'll find low- and high-top tables, comfortable chairs for visiting with friends, and a high-bar area facing the street level. Free Wi-Fi is available to our customers, and we encourage the use of your laptops! We are located in the Town Centre building. The entrance to the shop is through the Shive Hattery doors located on Second Street between Third and Fourth Avenues. The Early Bird hours of operation are M-F 6:30am-2:00pm. We are closed on weekends however we do host private parties and events in which you may inquire through our website or within for more details.

Website: [www.theearlybirdcr.com](http://www.theearlybirdcr.com)  
 Phone: 319-261-4901  
 Email: [theearlybirdcr@gmail.com](mailto:theearlybirdcr@gmail.com)



FOAM ROLLERS -  
\$12

**SPRING DETOX  
ION CLEANSE  
SALE!**

SINGLE SESSION (\$5 OFF)  
\$45

3-PACK (\$30 OFF)  
\$120

Buy 5 – Get 5 FREE  
(\$250 savings)  
\$250

**Acupuncture Sessions**

Seasonal Blues PICK-ME UP  
Two treatments within 5 days - \$45  
(\$30 savings)

Sinus Infection Clear-Up  
Up to 4 sessions within 2 weeks - \$60 total  
(\$100 savings)

Buy 5 – Get 5 Free  
10 individual sessions - \$250  
(\$250 savings)

**Acupuncture with Detox  
Package**

Stress Reduction Acupuncture Session + Ion Foot  
Detox  
\$50  
(\$50 savings)

\*Offers expire March 31<sup>st</sup>  
Multiple packages maybe  
purchased/family – SO STOCK UP  
NOW!

**SUPPLEMENT CORNER!  
Visit our online store**

We are often asked what supplement lines are recommended and which ones are best for your health.

There are many great products out there and daily recommendations of proper dosage for many supplements. We sincerely feel the best way to get the nutrition we need from our food, we realize it is becoming more and more difficult to EAT ALL OF THE NECESSARY requirements without going over our recommended daily caloric intake.



We have been very happy with the Douglas Labs products. We feel confident they are one of the top physician grade supplements and mineral suppliers on the market. (No offense GNC or other over-the-counter manufactures but most of the supplements you can purchase are NOT being properly absorbed in your body).

Some of the most commonly purchased and ordered supplements can be found on our online store. From your omega's, to kids multivitamins, joint support, anti-inflammatory, Vitamin D, probiotics, prenats, and even detoxification supplements can be purchased online.

If you would like to talk more about supplements that you may need, set up a nutritional supplement consultation. (\$35/session). Call 892-3363.

If you would like us to start ordering your everyday supplements, you can mention that to us at your next appointment.

\*Most orders placed on Monday would be shipped and available for pick up by that same Friday

## Back in Line Family Chiropractic and Wellness

We have been very blessed by many of your word-of-mouth referrals. Thank you for helping spread the word of wellness and health! We have had record months seeing many new patients that are YOUR FRIENDS AND FAMILY! We are sincerely appreciative of your time in telling others about us! We enjoy each opportunity to work with your loved ones and help them achieve a pain-free better life!

### HERE'S TO YOUR HEALTH!

Dr. CJ Kleene

Dr. Nate Weber

Julie Daughetee



FIND US ON FACEBOOK!

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

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