



BE HEALTHY IN 2013

Back in Line Family Chiropractic & Wellness

102 A Ave. Hiawatha, IA 52233
www.mybackinline.com
319.892.3363

Life at Back in Line is never dull and always moving towards offering the most innovative therapies and services to our patients. Drs. Kleene and Weber have enrolled in programs in the arenas of functional movement and medicine to continue to establish our office as the best healthcare office in town.

Dr. Weber has already completed some of his studies from the McKenzie Institute. The McKenzie Method® is a philosophy of active patient involvement and education for back, neck and extremity issues. Its centerpiece is a data and research proven methodology backed by therapists worldwide. Currently Dr. Weber has completed the lumbar spine series. Know someone with lumbar disc issues? Have them schedule with Dr. Weber for his assessment of functional movements to avoid based on the specific needs of that patient. Not all lumbar disc bulges and irritation are the same from patient to patient. His assessment will give you a complete understand of how to protect and strengthen your back, avoid surgery, and countless pain pills.



Dr. Kleene, post having her daughter in 2012 quickly learned that we can no longer rely and trust a failing medical model (which is subject to insurance coverage) that neglects our current trends in health. Many "health" clinics lack basic health planning and prevention as part of their curriculum to their patients. "Preventative Medicine" does not come from a pill, syringe, or supplement; it's a healthy LIFESTYLE. Moving well, eating well, stress reduction, adequate sleep, spiritual fulfillment, financial planning, AND chiropractic care and more ALL play a vital role in helping us to be healthy. In 2013, we have reports of 1 in 88 with autism, 1 in 133 with celiac disease, over 10% of the population having a major food allergy/sensitivity to gluten, and far more having sensitivities to dairy, soy, and now the emergence of fructose. Why in the middle of our best medical advances do we live in a society severely declining in health? In this newsletter you will briefly learn of her newest endeavors in studying the best of medical tests and exams to fully understand your health, simple lifestyle modifications to improve your health!

MEET KAYLIE!

Back in Line welcomes Miss Kaylie! We are excited to have Kaylie join the team! Kaylie is a fun energetic, health-driven individual! Here's a little more about Kaylie!

I am pursuing my bachelor's degree in nursing and I desire to get my doctorate in nurse partitioning and open my own practice as a pediatric DNP.

I am involved heavily with my local church; including being a member of the worship team and serving in the children's ministry. I am a member of Alpha Sigma Alpha and LOVE being with my sorority. I love working out with my sorority sisters, nothing like bonding and getting sweaty all at the same time! My family is the most important thing in the world to me and I love spending time with my parents and new puppy, Gideon.

I am so excited to be a member of the Back In Line team! I am looking forward to learning all I can about this area of the health care field. Knowledge is invaluable! The staff at BIL is incredible, and I can't wait to make awesome connections and friendships! I see endless opportunities coming from joining the team and I can't wait to see where God takes me on this



Kaylie is a Sophomore at Coe College



Meal Prep Course

HSA-FLEX SPENDING

If you have a high deductible insurance plan, unfortunately, you cannot use that money to pre-pay for acupuncture sessions, chiropractic treatment, or any other services. (this is mandated by these policies, not a BIL policy). However, if you do have this policy, you have the opportunity to run various labs, pay for medically warranted supplements such as Vit D for a lab tested vitamin D deficiency, probiotics for poor digestion regulation or poor immune response, etc.

If you prefer to utilize a pre-paid package plan, you may do so by signing a ABN form and paying with your personal account.



Join Top Chick-a-dee Brooke Fitzgerald of the Early Bird downtown and Dr. CJ on March 6 from 5-7pm for a freezer meal prep workshop.

You'll help prepare 15 meals (12 chicken, 3 beef) meals with veggies, marinades, a glass of wine, snacks, and good time with the girls! You'll also get a list of recipes and great pairings to go with each meal. Each meal will contain a veggie + protein for 4 people according to 4-6oz/serving of proteins and 4-5 servings of a mixed veggie per meal!

Cost is \$125/person
Space is limited to 15 people

Call today to register! 892-3363





Health tip 101: Stop Eating Poison

By: Dr. CJ Kleene

The sad truth is that the vast majority of us take better care of our cars than we do our bodies! We take our cars in for tune ups, we change the oil, we wash them, we clean out the garbage from the side pockets and we will generally heed the advice of a licensed mechanic if he suggests a new fan belt or a new battery install. But to whom do you refer for general health maintenance? You can start with your favorites at Back in Line! But also consider these tips for your self-care maintenance at home.

1. Less IS MORE. Not only in caloric intake BUT INGREDIENTS TOO! Ditch the Lean Cuisines and Smart Ones.... Check out that ingredient list!? If you see more than 5 ingredients or you can't pronounce half of that list...trust me, you shouldn't eat it. Just because the microwavable dinner claims to be "healthy" I would sincerely question the quality of what you are eating. They are all MAN-MADE, CHEMICALLY LADEN FOODS! Grab a banana, or orange, almonds, a rice and veggie mix, etc. LESS IS MORE! The more processed foods your liver and intestines have to break down, the harder it will be for you to lose the weight in the long-term.
2. Glycemic control. Eating many real health food snacks throughout the day does a better job at keeping your glycemic readings within a maintainable balance. Skipping breakfast makes you dip too low in your bodies ability to produce and regulate sugars. Keeping a food diary and journal may help those struggling to lose weight to not only keep track and monitor the caloric and nutrition intake but also serve as a reminder to include healthy snacks and frequently throughout the day.
3. Eat real organic food. Studies show that your child's acquired taste is fully developed by age three. Yes, that means, if you feed them a "base" of mac-n-cheese, and hot dogs, that becomes the foundation of what they will crave and desire as adults. Instead, considering cleansing their pallet with the same nutritious foods you are eating. Real fruit puree, (not the store bought brand loaded with preserves and artificial flavorings), chicken that you've prepped, steamed veggies that you've cut for your own supper, etc. It doesn't have to be a gourmet meal but allow them to eat REAL FOOD, not processed food that will keep for weeks-to-months in your pantry and refrigerator.
4. Stop buying into the myth that you don't have time to make healthy food for your family, OR THAT you simply can't afford it. NON SENSE, you can't afford NOT to eat healthy and have your family do the same. This is coming from a career-oriented, business-owner, community driven, board serving member, wife, AND mother. I'll admit I may have given up some free-time FACEBOOKING, but I have made my family's meals a priority. When I was a kid in middle school and high school, MAYBE one classmate had a food allergy or sensitivity, TAKE-A-LOOK AROUND my friends, our kids and family members are more sick today than ever before. If you think it's because we have better methods of testing... harsh love coming from Dr. CJ here, you're buying INTO THE MYTH. REAL health starts with REAL ORGANIC FOOD, GOOD SLEEP, MODERATE EXERCISE, and STRESS MANAGEMENT.

If you want help getting started with simple ideas check out Catherine McCords Book and link on our website for SIMPLE, easy ideas to get your and family eating FANTASTIC meals made with REAL food. If you want personalized one-on-one guidance, you may call Julie for an appointment to evaluate your current concerns and get a game plan for you, or child, or both!

www.mybackinline.com/weelious.html

Healthy
Living



Need a sweet treat for your kiddo's birthday?
Check out Health Girl Bakery!

The bakery is a locally owned business specializing in sweet treats that are GLUTEN-FREE! The "Healthy Girl" herself is a Cedar Rapids native and loves baking sweet treats your gluten-free loved one has been missing!

*Items can be dairy free and egg free upon request. Contact Miss Stephanie Neighbor – Kubik : healthygirlbakery@gmail.com

Place your order today for the co-worker that is gluten-free, or your niece or nephew that is gluten, dairy, or egg free!

www.healthygirlbakery.com



Does your child have average or high intelligence, but seem to struggle with reading, writing, and spelling? Does your child reverse letters or whole words? Does he put letters or words in the wrong order,

omit letters in reading and writing, misread little or simple words, add words that don't appear, or guess wildly at words whether they make sense or not? Do you find yourself saying, "try harder", but it is just not enough? I write this with the most sincere form of love and adoration of any parent struggling with this potential issue. As a life-long person with a profound case of dyslexia, I feel fortunate my parents didn't allow me to use my learning disability as a "crutch", however, helped supply me with the tools to learn differently in order for me to achieve my full potential.

I met Miss Melissa and her two amazing children as patients and quickly learned of Melissa's love and passion for teaching and education. A teacher turned stay-at-home-mom, Melissa is an Orton-Gillingham trained tutor in Marion who specializes in using one-on-one multi-sensory teaching methods to help struggling readers and/or children with a learning disability. Melissa works with students to build fluency, comprehension skills, as well as raise their self-esteem while reading, writing and spelling.

*Summer openings available
Please contact Melissa at 319-432-1883



Does your child struggle with reading, writing, and spelling?

Meet
Melissa!

Who said you'd never use physics?

Written by Dr. Nate Weber
email: drnate@mybackinline.com



you pick up heavy objects" talks – BOOORRIINNGGG! We all know this stuff right? We don't need to be shown over and over how to squat, sit, talk on the phone, work at the computer, etc, right?! Well, apparently we do.

Imagine dropping your credit card at the grocery store – how do you pick it up? Do you “drop it like a squat” and blast your glutes, hamstrings, quads, hip flexors & adductors in one magical and fantastic orchestrated symphony of human biomechanics and movement in action (?) – or do you bend at the waist in some grotesque, aberrant, Dr. Jekyll science experiment gone wrong which neglects all of those major primary movers, overloading your low back erectors and representing everything you've been told not to do??

The most intelligent rationale I've heard so far (from Gray Cook, btw) as a proponent of “perfect form, every-time” is simple – it takes basic principles of physics into account (don't ZONE OUT, we won't get too nerdy) – those principles are simple – moving a load a certain distance requires a certain amount of energy - the movements our body produces require energy – we make the energy, produce the movements, and the result is energy spent in the form of Calories by our muscles and heat given off as a by-product – with perfect systems, energy is not wasted – lets describe our perfect human biomechanics as perfect systems – every movement we perform perfectly burns calories and we have no wasted energy – AWESOME!

Lets now look at our “typical movements” – go back to your credit card on the floor, how are you picking it up, & be honest – most of us are bending at the low back, not making music through our well greased hips and perfectly synced squat – we've just wasted energy through movement - instead of using that energy to perform perfect movements along correct lines of muscle tension by turning on the biggest muscles in our body to drop our squat, we isolated our backs – these are not muscles that should be used for this movement - the pattern is inefficient, your muscles still burn calories and produce movement, but the energy put into the system was used inefficiently and along improper lines of stress and tension– the “wasted” energy goes into stress on those tissues that were used in the wrong way.

No big deal, right? No, not once, not twice, not occasionally, but we do this every day, over & over, for years –micro-trauma to the muscles – this leads to silent trigger points, then active trigger points, tendinitis, tendinosis, & eventually we have one “wrong bend” that sends us running to the medicine cabinet (or favorite chiropractor ;) – I THREW MY BACK OUT, DARN THAT CREDIT CARD ON THE FLOOR, IT WAS JUST TOO HEAVY!! Really? It was that one episode, that one time you bent wrong that crippled you for a week? Nope, wrong thought process Jack/Jill, it was YEARS of inefficient movement patterns that caused repetitive micro-trauma to your muscles, ligaments, tendons, bones, etc – wasted energy. Who said you'd never use physics?



Lab Testing and YOUR Health

Many people aren't aware of lab testing that they can request to get a total picture of their overall health. Did you know you can do a heavy metal toxicity test? Food Allergy, celiac panel, 24-hour cortisol saliva panel or complete thyroid analysis (plus more) to evaluate your health?

Many of our patients suffer from thyroid conditions, gut permeability (leaky gut), general hormone imbalances and have not had a total picture of really what is going on with their health. Many patients have not had a partner in their journey to be healthier.

We commonly encounter patients that are concerned their thyroid maybe off due to weight gain or inability to lose weight (while working their tail off), brittle hair, dry skin, decreased libido, excessive sweating, etc. Unfortunately we find they have not had a full evaluation of their thyroid. We'll request previous lab reports and find they only had TSH (thyroid-stimulating hormone) checked which is really a hormone of the pituitary...and is supposed to turn on the thyroid. In digging deeper, we find they were told they were "fine" leading to misdiagnosis and mis-medicating a patient with depression and anxiety OR WORSE, told "it's just a part of aging" and are left still feeling like garbage and not having their concerns addressed and a game-plan started.

In today's world, we all fall victim of what insurance will and will not pay for and standard-of-care is usually convoluted with CYT (covering-your-tail) testing from a physician standpoint. My challenge is to help patients understand exactly what is going on before "masking" their symptoms with drugs. It is also important to have a dedicated physician evaluate and explain what needs to be done next. Sometimes medications are warranted, but many of us want to know ALL of our options and a majority of us are willing to make lifestyle changes to avoid drugs and surgery.

If you want a closer look and evaluation on your health goals and concerns call and schedule your wellness consultation with Dr. CJ today. These appointment times and sessions book out several weeks in advance. Functional medicine and lab testing is a process and is often separate from traditional covered chiropractic services.

Expected Cost Examples:

- Basic 96 IgG food = \$150
- Thyroid = \$180 + \$25 lab draw fee
- Cortisol/DHEA = \$180
- Complete Hormone Assessment = \$400-\$500
- Amino Acids = \$280
- Comprehensive Stool Analysis = \$350
- Oxidative Stress = \$290
- New Patient Evaluation = \$200
- Follow-up = varies, \$45-85/email or one-on-one session

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The best compliment we can receive is a referral from a current patient! We hope you feel satisfied with your care and continue to tell others about your experience at our office. We appreciate those that bring in their family members, their friends, and co-workers! It has helped us grow at an exceptional rate and we feel BLESSED to have won your confidence.

Please continue to share!

Sincerely,

Drs. Weber & Kleene

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