

wellness: 101

Brought to you by Back in Line Family Chiropractic & Friends!
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SPRING 2014

Is it spring yet?!?! We are loving life knowing that warmer weather is upon us and thank goodness it is, WE WANT OUR VITAMIN D AND NATURALLY! In this newsletter we are sharing some new and exciting things that are ALWAYS shaking at Back in Line.

Save the Date!

LADIES NIGHT

APRIL 17TH

Grab your girlfriends and head over to the BIL office for apps, a beverage or two, and door prizes and fun!

Meat Head Challenge

May 3

Rise and shine 8am workout w/ the BIL crew!
Invite the family and neighbors for a fun, challenging morning!

BIKE NIGHT

JULY 10

Join us for a few miles around town and beverage to end the night at the SAG wagon!
RSVP to the office!

RSVP by calling: 892.3363 or emailing Mandy @ mandy@mybackinline.com

Spring is in the air and that's for sure! We hope our patients are welcoming spring and a chance for new beginnings with your personal health with the improved weather! We encourage you and your families to get busy and get active!

One of BIL's founding principles was to help be a resource for our community and for our patients in the health sector. In times of insurance uncertainty, high deductibles, high premiums with little to no coverage, now is the best time to invest in your health. At our core, our main goal is to honor our patient's

1. TIME
2. MONEY
3. HEALTH

AND WE DON'T WANT TO WASTE ANY OF THE 3! We hope this is just one more way to honor you! The true meaning for doctor is "to teach". Drs. Nate and CJ feel this plays paramount to their role as your health care provider





honest living : jackie fetter

We would like to introduce you to Jackie Fetter! Jackie is relocating her space out of the Back in Line offices (she's next to Lisa! ☺). Jackie is just another addition to the synergy we are trying to create about BIL by helping our patients get healthy and be happy!

Jackie is a board-certified health coach and board-certified with the American Association for Drugless Practitioners, the AADP, and owner of Honest Living and Katering Kitchen. Areas of study have been an herbalism internship, attending Institute for Integrative Nutrition and Kirkwood Community College. In 2009 her love for community outreach and volunteerism led her to volunteer at Waypoint Services where she received a Level 1 Victims Advocate certification for domestic abuse and sexual assault.

Honest Living is purely devoted to education about clean, local, fresh produce and how to be healthy in body, mind and soul. Originally memberships were sold to order meals each week. This has now been made a division exclusively for health coaching clients in group or one-on-one setting.

As of 2014 Jackie works at The Ghosh Center each weekday between 12-4pm giving healthy food demos, nutritional assessments and coaching.

She is also the nutritional liaison for J&S Total Fitness in Hiawatha. This includes working out with the fun and knowledgeable group there and teaching free and open to the public nutritional workshops on the weekends.

The Mission: "The mission is simple; to provide individuals and families with the power to be healthy and increase longevity. The future of Honest Living will include teaching in a garden for kids and families to begin learning about fresh flavorful produce. We will also be taking our mobile unit into all areas of the community to reach each person interested in learning about sustainable, wholesome and organic gardening and produce." ~ Jackie

You are what you eat!



Traditional Medicine Cabinet



My Medicine Cabinet



rawforbeauty.com

Gluten-Free, Paleo, Atkins diet, Ideal Protein what?!?!

By: [Calla Jayne H. Kleene, DC](#)

I literally get asked all-the-time by friends, family members, and patients...

“what is the best diet for me?? How do I know if I shouldn’t eat gluten? Is protein bad for me? What about soy? My husband can’t have dairy but I can’t eat eggs or peanuts?”

OR BETTER YET,

“I have NO IDEA what I can and cannot eat, I saw some blogger wrote about sugar, and 13 different toxic elements that are in all of my favorite foods and on top of that I SWEAR, ALL OF MY FRIENDS ARE ALLERGIC TO EVERY POSSIBLE FOOD COMBINATION, WHAT IN THE WORLD DO I DO?!”

While I hope you all find some comic relief in that statement, how TRUE IS IT?! We are literally bombarded with tons of information that can overwhelm us and it is really hard to understand and decipher were to start and even begin if we don’t get bogged down before we can even begin.

HOWEVER, I do think this topic on foods and healthy foods is worthwhile to spend time considering and investigating for everyone, regardless of “symptoms”

Some things to consider:

1. What is the main goal? Are you looking into a diet change based on ...
 - a. Weight loss?
 - b. Symptom, disease based? (thyroid Alzheimer’s? MS? ADD, ADHD, Pain? Gut issue Etc)
 - c. Potential food allergy/intolerance?
 - d. Wellness planning, literally just wanting to be healthier, or STAY HEALTHY!
 - e. You watched the documentary Food, Inc or Forks over knives, or FAT, SICK, AND NEARLY DEAD and now your view of food has now been rocked! YOU.WANT.TO.CHANGE!
2. Real-Life Factor
 - a. How realistic is your goal/idea behind this planning? Do you have time to plan and/or financial resources to plan for this? (Surprisingly, I can promise you IT IS CHEAPER TO EAT HEALTHIER!)
 - b. Do you have a support system or is your husband/wife/partner/in-law/child thinks you are just as crazy as your “VODOO CHIROPRACTOR ☺ “

*One of the main things I encourage is to have a support team. IF you are considering the fact that our very own food supply maybe causing you to be ill (headaches, back aches, chronic fatigue, depression, acid reflux, gas, constipation, diarrhea, hair loss, oily skin, dry skin, brittle hair and nails, weight gain, and more could literally all be signs of food intolerances or under lying disease that could be causing you to be ill.

Continued on page 3

3. Where do I start?

a. **Food Intolerance Testing** with CJ? \$150 for IgG 96 foods (example reports online)

b. **Pure Elimination Diet.** I recommend starting with the JJ Virgin Diet (buy the book or check it out online) – this is my favorite and my first recommendation, however, back to the “real-life” factor...WHICH LEADS TO OPTION C.

c. **HIRE JACKIE FETTER!** – have a personal health coach guiding you along the way, helping you track, measure, and ATTAIN your health goals. Jackie is a hands-on coach that will help educate on how to eat clean, healthy, local, and on a budget. She can help develop individual and family plans health plans and more. She can even travel to your kitchen!

d. **Attend a DETOX WITH YOUR DOC EVENT** on May 13th at 6:30pm! This is a free event hosted by BIL. RSVP by May 7th by calling the office. Bring a friend! Today, we are exposed to more pollutants than ever before. Your body was not designed to deal with the considerable onslaught of these toxins. But, by cleansing these toxic materials from your body and lowering your exposure to further toxins, you can feel better and reduce your risk of illness, and lose weight. By attending you will receive a free dextoxing sauna session and 10% your 7-day kit. Bring a friend and receive two detox sauna sessions as does your friend!

*Some of you may have unused HSA/Flex money that can be used for medical weight loss, or wellness planning. Not to mention, we are all on a budget and don't want to waste countless \$\$ on food if we don't have to. It takes methodical and intentional planning on budgeting not only financial resources but your TIME resources as well.



LADIES NIGHT – APRIL 17TH, 5:30-7:30PM

BACK BY POPULAR DEMAND! This year marks the 4th Ladies Night in Back in Line's five years in practice! As always, grab your best girlfriends and come over for a night of health, wellness, and fun! We will have cupping education and demo's with Lisa Lyons, Fitness fun with J&S, Rehab and low back disc management with Dr. Nate, Honest Living with Jackie Fetter, a clean and environmentally friendly skin care line introduction, promo's for supplements, nutrition counseling packages, healthy meal prep on a \$ and TIME budget, samples of healthy frozen meals for sale, and more! Hors d oeuvre and beverages! Invite every female in your life! Please RSVP so everyone gets entered into door prizes and receives a goodie bag! Our goal is to introduce as many people in the area to HUNDREDS of possibilities to be HAPPY AND BE HEALTHY!



CHEERS TO BEING HAPPY AND HEALTHY!

DETOX WITH YOUR DOC EVENT!

Today, we are exposed to more pollutants than ever before. Your body was not designed to deal with the considerable onslaught of these toxins. But, by cleansing these toxic materials from your body and lowering your exposure to further toxins, you can feel better and reduce your risk of illness.

Let me guide you through a 7-day, science-based detox program that I've experienced and trust. During the kick-off presentation I will share with you the expectations and benefits of the Core Restore Program and answer any questions you may have. I'll be communicating with you each day of the program through email; sharing tips, recipes and encouraging you throughout the week.

WHEN: MAY 13, 2014 @ 6:30 PM.

Where: Back in Line Family Chiropractic and Wellness

RSVP: 319.892.3363



Internal Detoxing Power
CORE RESTORE BT

Functional Detoxing Skincare
+ SOPHYTO PRO. =

THE MOST COMPREHENSIVE INSIDE+OUT DETOX STRATEGY AVAILABLE.

The image shows various product packaging for CORE RESTORE BT (boxes and bottles) and SOPHYTO PRO (bottles and tubes).

Infrared Sauna Therapy

Back in Line now offers far infrared therapy. Sessions can last up to 30 minutes and can help a wide variety of health conditions (Even for children and adolescents suffering from ADD, ADHD, and acne) The High Tech Health Sauna Brand that we offer in house was specifically designed for detoxification. Did you know 15 minutes of vigorous sweating does more for detoxing your body than your kidneys are capable in a full 24 hours? Sessions start at \$8 when coupled on the same day of a treatment. Packages can also be purchased for detoxification protocols, or time to have 30min to yourself while detoxing and improving your health. No cell phones allowed ☺



FIGHT HEART DISEASE! AND INFLAMMATION, AND AGING!

FOUNDATIONAL SUPPLEMENTATION THAT EVERY IOWAN NEEDS TO BE ON! Including babies! PJ Kleene (amazing 2 year old, BTW) literally eats 200mg/day of fish oil! SHE'S A ROCKSTAR
Purchase on the first Wed of the month and get 25% off!!





Chicken Avocado Salsa Dinner

- 2 tablespoons minced fresh cilantro
- 2 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons olive oil
**check out Olive's Oil in Cedar Rapids!*
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt

-prepare marinade and combine with chicken. Let stand for at least 20min or even prep the night before and refrigerate.

Grill/Sauté/Bake Chicken w/marinade until done.

- 1 cup chopped tomato (about 2-3)
- 2 tablespoons finely chopped onion
- 2 teaspoons fresh lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 avocado, peeled and finely chopped

Stir gently to combine. Serve over cooked chicken and enjoy! Pairs great with a southwestern rice bed or salad.

FAMILY DATE NIGHT CHALLENGE

We live in a fast-passed always on the go world. Work demands, kiddos schedule, after-school practices, volunteer commitments, the whole-nine yards we really lose track of our families and things going on right under our nose.

We would like to challenge your family to a date night. **Everyone put the cell phones in the drawer for a night focused on the family!** Sounds lame but I promise you it'll be worth your while.

Step 1: Schedule the night! Put a date on the calendar and let everyone know.... It can be during the week or schedule a weekend night. (for you empty nesters or those wo/kids... this goes for you too!)

Step 2: Spend some time looking online for a few fun, healthy recipes the whole family will like. Be daring and try something new!

Step 3: Assign tasks of who's responsible for what part of the meal (main course, side, salad, dessert, and beverage).



Step 4: Make your grocery list and head to the store!

Step 5: Plan to have your kitchen TORN APART AND A FUN NIGHT WITH THE FAMILY. Having games set up afterwards (or if empty nesters or no kids) even inviting the neighbors and their family over will make for a really great night. This will be fun and allows for time to reconnect and slow down. Enjoy your time together!

AGAIN – REMEMBER NO CELL PHONES ALLOWED!

All of our EVENTS ARE FREE and you are encouraged to invites friends and family members to these events! The more the merrier and what a great way to spend time with your loved ones and doing things the bring health to those you love most. Maybe for some of you, some of these activities are uncharted waters...

AND THAT'S OK! We have to start somewhere and who knows, maybe you have a hidden talent of swinging a kettlebell, have fun, and get great ARMS AND LEGS as a result!! Maybe the yoga helps relax the stress and tension in your head from all the chaos going on around you. Even FUN IN THE KITCHEN!

These events are always held in a non-threatening environment and everyone is welcome. If you have any questions, please don't hesitate to connect with either Drs. Nate or CJ, or shoot Julie, Mandy, Lisa, or Jackie and email if you have more questions.

Back in Line CALENDAR 2014!

As many of you know, the Back in Line team has invested much of our 2014 **BACK** INTO OUR PATIENTS HEALTH! What we mean is that instead of spending more money advertising online, phonebooks, and other means, we are spending a significant portion of our budget in events for our patients and their families and friends. In fact, we feel significantly blessed to have what is considered a “referral based” practice. Over 90% of our new patients are coming from referrals from our existing patients and from other local healthcare providers in town. We find great pleasure in THANKING our patients that continue to tell more and more people about the services we offer at Back in Line Family Chiropractic and Wellness!! Our goal is to help introduce our patients to fun and exciting ways to be happy and healthy! Not only is seeking care at Back in Line important, but being able to stay happy and healthy WITHOUT relying on your doctors ;) – you



can enjoy a variety of physical activity and ways to be happy and healthy along the way! We have partnered with area businesses we feel worthy and credible of being part of your health care goals! There is no better time to start **BUT NOW!**

In February we had a great night at Heat Yoga. Heat Yoga studio owner Beth McClelland held an extra class exclusive to BIL patients. We filled the room with 26 friends for a great night of sweating and fun! In March we had a exciting Thursday night with Derek from Kettlebell Advantage in Hiawatha for another night of being physically active and having fun. (WHO DOESN'T LOVE SWINGING A KETTLEBELL !?!?) As you can see from our cover letter we have a full calendar of events we help host and participate in. We try to encourage a healthy lifestyle from every angle, EAT WELL, MOVE WELL, BE WELL!

Calendar of Events (*FREE BUT RSVP IS REQUIRED)

APRIL 17TH --- Ladies Night 5:30-7:30PM

MAY 3 – MEAT HEAD CHALLENGE, 8AM @ BIL

MAY 13TH – DETOX WITH YOUR DOC EVENT WITH YOUR DOC EVENT!

JUNE 1 – PIGMAN SPRINT ***post-race care team**

JULY 10 -- BIKE NIGHT, starting at BIL AT 6PM-7:30PM – finishing at Sag Wagon!

AUGUST 7 - COOKING WITH JACKIE FETTER & HONEST LIVING

AUGUST 17TH – PIGMAN DISTANCE ***post-race care team**

AUGUST 17TH – 5 YEARS OF BACK IN LINE! WHOOT! WHOOT!

SEPTEMBER 9 - J&S night – COME GET YOUR FITNESS ON!! 6:30PM

OCTOBER 16 - Group Health Coaching with HONEST LIVING AND JACKIE FETTER

NOVEMBER – BURST CYCLE STUDIO, time and date TBD

DECEMBER – NO EVENT – ENJOY THE HOLIDAYS! WE LOOK FORWARD TO A FANTASTIC 2015!



BACK IN LINE Family Chiropractic & Wellness



Taken from: <http://www.bhssolutions.com>

The Back in Line Crew would like to thank you for taking the time to read about our upcoming events and different ways to help you obtain and maintain health. Being Healthy isn't a destination but a journey. Life keeps us busy, and we all can use a helping hand along the way to help make ourselves the best moms, dads, sisters, brothers, friends, co-workers, and mentors. If you would like to see a certain education event on a topic please let us know and we will try to connect with the proper local experts in the field. We love to partner with other like-minded individuals.

Dr. CJ Kleene, DC,
FAARM, ABAAHP,
CCAc

Dr. Nate Weber, DC, MS,
CCAc

Julie Daughetee – Office
Manager

Mandy Wink – Office
Assistant

Lisa Lyons – Independent
LMT

Jackie Fetter – Health
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