

SPRING *into health* with

Back In Line Family Chiropractic and Wellness



Upcoming Events:

March 26th
**Free to BIL
patients!**

Missed our Salad Challenge? Dr. Anderson is doing a mini version at the Hiawatha Community Center to show healthy food preparation skills.

April 11th
Free to ALL!

Dr. Anderson's open house! Bring your whole family for free food, giveaways, and kid's activities ☺

May 7th
Free to ALL!

Ladies night! Join us for a night of natural health, wellness, and indulgence.
5:30-8:00 PM

June 4th
Free to ALL!

Our first ever 21-day juicing and smoothie detox, led by Dr. CJ!



Visit our website and like our Facebook page for updates on all upcoming events!

Everything is NEW!

We have done a stellar job of making and trying new things so far this year. A new baby, a new doctor, & new ways to be healthy! Dr. CJ made us a brand new baby, just to keep us busy at the office ☺. Cooper Kleene was born on New Years day & keeps us filled up on happy baby vibes every day.

You've seen her around as an intern but now it's official! Dr. Anderson began as a full time Chiropractor on March 10th.

You can read more about her expertise in this newsletter.

We have had an awesome turn out at our events for our

#healthyiscontagious series this year. In January we had a full house for "A Taste of Meditation" with Marsha Nieland. If you weren't able to make that event (or you just need more meditation in your life!) check out fusionstudiocr.com for more information on Marsha's 4 week course.

In February, 28 of us got our sweat on with studio owner and YOGI, Beth McClelland, at HEAT yoga. The benefits of yoga and sweating are seemingly unending! Visit heatyogacr.com for more information. See left for our upcoming HEALTHY events!



It's Official!

A note from Back In Line's newest chiropractor, Dr. Hannah Anderson

Hi everyone! You may have seen me around the office a few times since November. I had a wonderful internship where I learned a lot from both Dr. CJ and Dr. Weber. A big sincere thank you to anyone who let me observe in an appointment. You helped me learn without even trying! I'm all graduated and licensed, and started officially on March 10th. I have a slightly different skill set and area of focus than the other doctors. My specialized training caters to pregnant women and children under the age of 12. However, I enjoy seeing patients of all

ages and I would love to see your entire family. I have taken almost 2 years of additional course work through the International Chiropractic Pediatric Association. I have experience with women at any stage of pregnancy, working to relieve constraint and discomfort as the body and belly grow. I have helped infants and children with sleeping disorders, constipation, earaches, bedwetting, stomachaches, and muscle spasms. Through the ICPA I have the knowledge and skill to adjust the cranial bones of newborn babies, as well as extra

gentle techniques for the entire spine. Chiropractic care for children cannot only relieve symptoms and ailments, but really truly help a child reach their potential by removing interference from their nervous system. We all want our kids to have every opportunity to be their best selves. Holistic healthcare helps remove structural and physiological hindrances. I hope to be a resource to you and your families, concerning natural alternatives and healthy habits for pediatric and prenatal patients.

Dr. Anderson's Hours and Services

Dr. Anderson will be available to see patients Tuesday-Friday

Tuesday 8:00 am – 2:00 pm

Wednesday 9:00 am – 4:00 pm

Thursday 12:00 pm – 6:00 pm

Friday 8:00 am – 2:00 pm

In addition to chiropractic adjustments, Dr. Anderson is also trained in Graston soft tissue therapy and nutritional counseling. If you or a family member is trying to eat with a food sensitivity (i.e. gluten free, dairy free,... etc) she is able to consult with you regarding groceries, menus, meal plans, and food preparation.

Spring is FINALLY Around the Corner!

A Note from Dr. Weber

How are your New Year's resolutions coming?! Right now is judgment-free time for self-evaluation – it's not too late to get **re-motivated** and back on track with your health & wellness goals! Here are some things to keep in mind with your fitness routines:

Figure out your diet:

90% of looking better naked is based on your diet. Before you decide to go on a cardio rampage, fix the easy stuff. A colleague laid out the basics very simply –

Want sculpted abs?
Steps 1-5: DROP THE FORK.
Step 6: Get moving.
Step 7: Repeat Steps 1-5.

(<http://www.drdooleynoted.com/category/dooleys-and-dont-leys/>)



Nutrition can be confusing! Marketing think-tanks are paid big money to make it confusing for you – ask for help – we have connections that are here to help you. Figure this out and you will make major gains in your weight gain/loss goals.

Figure out diaphragmatic breathing:

Sounds crazy right? This is a big deal – like you will get stronger/faster/sexier (ok maybe not sexier...but maybe) and have less pain. Our ability to abdominally breathe/brace and stabilize is fundamental – numero uno – if you're not doing this right your fitness pyramid is built on quicksand.

Many of us have gotten used to “sucking in our stomach” – this essentially deactivates the “core” that we “train” so hard with our favorite ab exercises. Guess what, if you're not breathing & bracing right you're using the wrong muscles to stabilize and move you through your range of motions – you're working harder than you need to be and your training is less effective. Additionally this gets into an entire discussion on sympathetic (fight or flight) vs. parasympathetic (rest and digest) nervous system reactions. You may be keeping your body's stress response on high alert. If you fix this, you will get stronger and be healthier (schedule an appointment to discuss your breathing patterns and CORE activation exercises with your next visit).



Learn about this crazy thing called strength training:

If cardio worked like people thought it did, everyone would be skinny. Learn how to lift heavy things and put them down. You will build more muscle (women you will not get bulky), burn more calories at rest, and look better naked (#winning). We have so many patients that **overtrain** in the cardio department and actually create injuries. Get stronger, then you'll get faster – plus you'll be happier with what you see in the mirror.

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Learn quality over quantity, and the value of rest:

Running your body into the ground isn't smart – training to failure everyday isn't a solid long-term strategy. Your body is pretty smart and it's going to adapt to poor training regimens and you may not like the consequences. You can do a large volume of bad/average exercise and get mediocre results while putting lots of mileage on your body (unnecessary wear and tear), or you can do a small volume of great exercise and get phenomenal results (& your joints will feel great). Find people who are smarter than you, listen to them and learn from them.

Overtraining is as big of an issue as undertraining – your body has a limited capacity. We deplete some of this capacity every time we train/workout, and also through other stressors throughout our lives, we replenish our capacity during sleep/rest.

If you're not sleeping well, not eating well, or are stressed at work/home – it may not be a great day to try and crush a workout at the gym. You may injure yourself or mess with your body's internal biochemistry. Understand and **value** rest & recovery days, use them for your mobility work (specific stretching), meal preparation, or family and mental relaxation time.

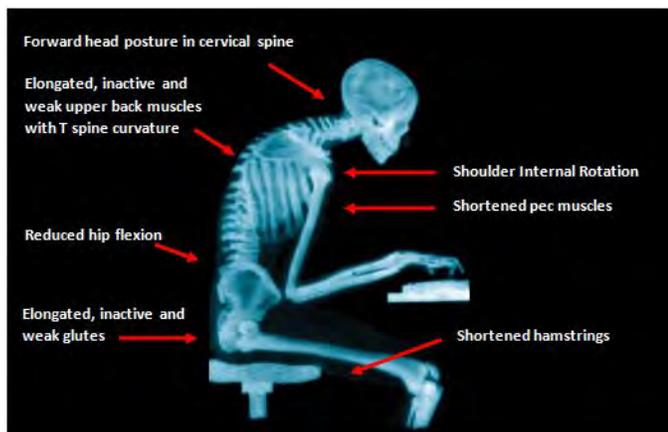
Find your biomechanical weaknesses and work on improving them:

I'll give you a hint – most of us lack: upper back mobility, hip mobility, and ankle mobility; we can't breathe diaphragmatically/activate our core correctly and move too much through our low backs (hint: stop doing massive range of motion ab exercises – stability, not mobility, is critical in the low back).

Also – understand the difference between mobility and flexibility, and **for the love of your joints and soft tissues** - stop blindly stretching things! ☺ This might be mind blowing, but if stretching worked we would all be able to touch our toes since grade school gym class – it doesn't work like that, DANG!

Let's look at a snapshot of all of us sitting productively at work (see photo below).

Here's the point – before you go crush your WOD or start shoulder pressing, doing pull-ups or overhead snatch with poor thoracic-spine mobility and internally rotated shoulders, OR go for a 7 mile run or rep to failure on body weight squats with restricted hip, ankle and upper back mobility – you may want to think about addressing our mobility limitations.



Be comfortable with where you're at today, where you want to go & don't compare yourself to others:

There's women at my gym who rep my squat max – and I'm cool with that. I have my own goals and will continue working on them – but I can't and shouldn't get discouraged or try to compare myself with anyone else.

OVERWHELMED READING THIS?! Not sure where to start? That's ok. Ask us for help! Schedule an appointment to start reviewing some of the basics, ask us for recommendations for a good nutrition or strength coach - a lot of our aches and pains are because of improper breathing/bracing, poor posture, and overtraining/poor form. Back in Line is here to help you break bad habits and get you back on the right track!

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

Wellness and Health In 2015



a note from Dr. CJ

We at Back In Line are definitely ready for warmer weather and time outdoors. While we have lots to celebrate already in 2015, we are definitely ready to kiss the cold goodbye!

We are busy ‘making healthy contagious’, and you may have seen some of our hashtags on facebook (#BILhealthy #healthyiscontagious). While we figured it was something fun to promote our events (most of which are free and dates can be found on our website), the contagiously healthy phrases have created a great deal of positive, healthy behavior from friends of Back In Line. Why should YOU make healthy contagious? For several reasons. In 2015 we live in a world running RAMPENT with diseases that are sincerely preventable. As chiropractors, our main goal is to help patients naturally rid their body of pain, joint dysfunction, and headaches without the use of medication. When we look at the most common reasons patients visit their primary care physician, most visits are for preventable diseases. These include but are not limited to diabetes, obesity, hypertension, headaches due to toxic foods (processed foods, no fruits or veggies, dehydration), depression, chronic gut disturbances, and pain. We feel these issues are opportunities for us to help, heal, and encourage our patients in a variety of ways.

We strongly encourage you and your loved ones to attend our events. From yoga to mediation, cycling, and more, we have an event for you! Never tried YOGA?! No Problem. Need to learn your way around a kitchen? SOUNDS GREAT! The whole purpose is to help welcome you and your family to fun ways to be healthy, and contagious! Even the corporate salad challenges from Nov-December are still going strong around the community! We will offer more events throughout the year to help educate others on different ways you and your family can be healthy and happy with lifestyle changes. It is not a lack of Metformin or insulin that causes Type II Diabetes. It is not a lack of ibuprofen that makes your muscles ache. It may however, simply be a lack of physical activity, poor nutrition habits, or food intolerances, causing your symptoms. Lifestyle medicine is your BEST investment when it comes to LONG TERM health.

Looking ahead, be sure to add Saturday April 11th to your calendars. Grab your kiddos (and/or the neighborhood kiddos) as well as your friends and family, and head to the Hiawatha Community Center from 9am to Noon for Dr. Anderson’s FAMILY FUN Open House Health Fair. This event is filled with kid friendly crafts, happy and healthy information, and more! Plenty of door prizes and discounts/coupons for healthy services.

Starting April 23rd we have more fun events for you and the family. We teamed up with Simple Roots Wellness and The Early Bird Coffee Café for a live food demo! Check our calendar of events on our website and RSVP today by calling 319-892-3363. Dates for the food demos are April 23, May 14, June 11 at the Early Bird in downtown Cedar Rapids. Food demos are fun ways to enjoy the learning process of preparing healthy foods for you and your family. Space is limited so reserve your spot today.

Continued from Dr. CJ

Welcome to **Mr. Cooper Steven Kleene!**

(He's pretty darn cute!)

Tyler and I along with big sister Porter J welcomed Cooper on 1/1/2015! He was a big 'ol bundle of joy weighing in at 9lbs, 8oz. I did enjoy some time off and soon ventured back to the office for a few hours here and there and was allowed the opportunity to get the best of both worlds (mommy and chiropractor!). The Back In Line team has been awesome helping out, and our patients have been incredibly understanding with reduced schedules and occasionally a crying baby in the background when they call. By mid-April, I plan on being back to my regular hours. Thank you for the well wishes! Words can't describe how much love my family has felt these past few weeks.



Photos below:

Left: Dr. Weber showing Cooper how to fist pump... oh boy.

Right: Miss Tanya M. won the guess-the-gender contest.



Why Back In Line? The Power of Three

As you may have noticed, we keep active at Back In Line and have welcomed our third chiropractic physician to the team. As the cost of healthcare skyrockets and lack of insurance coverage continues, we owe it to our patients to be specific and highly specialized when it comes to common health ailments. By having one office with multiple providers we can best care for our patients by offering many techniques for diagnosis, treatment, and efficient recovery. Instead of one doctor struggling to be a "Jack of all trades", Drs. Nate, CJ, & Hannah all work specifically in their areas of interest to best treat their patients. **Our goal is to honor our patient's TIME, MONEY, & HEALTH.**

We don't want to waste these resources, as they are vital to your happiness. Having three specialty chiropractors has helped us become a one-stop-shop for many families in the area. From sports injuries with Dr. Weber, to pediatric care with Dr. Anderson, and functional family medicine and acupuncture with Dr. Kleene. All

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The Power of Three - Continued

three doctors have a specific skill set that can best help you. We welcome and encourage seeing a combination of physicians if it will improve your health. Sometimes, it may be beneficial for a patient that Dr. CJ has been treating for a gut disturbance to see Dr. Nate for TMJ pain. It may be necessary for a super-star athlete patient of Dr. Nate, to see Dr. Hannah when the patient becomes pregnant. We aim to offer the best individualized care that allows for the quickest, safest, and most economical care when treating our patients. If you have a preference for one physician only, that is ok too. We encourage you to see the physician you are most comfortable with. We often refer if we feel to another physician if we feel they have more training and experience with your condition. For example, Dr. CJ *can* treat a TMJ problem, Dr. Nate *can* talk to you about clean eating, but Dr. Nate has more experience with TMJ, and Dr. CJ spends more time testing food intolerances. Dr. Hannah *can* treat a sprained ankle, but if the patient needs to return to athletic competition quickly, she may refer to Dr. Nate for more aggressive rehabilitation.

We always encourage our patients to take ownership of their current healthcare status. Some people ONLY want pain management (available under all 3 doctors). Some patients want to get pain free while learning how posture and movement cause them to having continual back pain, sprained ankles, or knee injuries (Dr. Weber). Some patients want to understand toxic burden from food intolerances (Drs. Kleene & Anderson), or want an allergen free meal plan (Dr. Anderson). Some patients need help navigating blood tests, lab work, and chronic disease reversal (Dr. Kleene).

With more and more insurance policies trending towards high deductible, the finances in

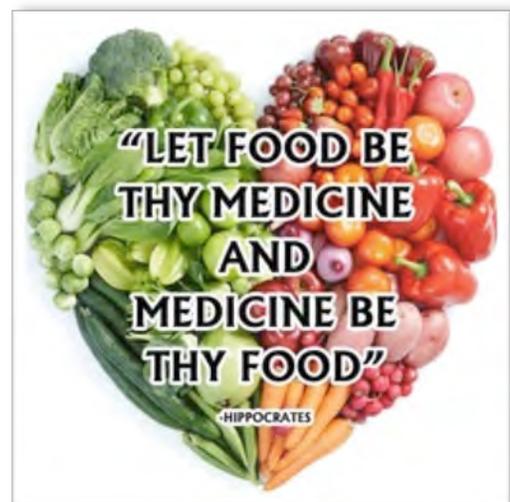
the healthcare market are shifting. For general aches, pains, muscle spasm, and sports related injuries, one may sit in the office of their primary care for diagnosis and pain management. These primary care office visits can get costly. On average, \$150-\$300 for the office visit alone, not to mention costs of prescriptions (\$10-\$500) which may only mask pain for a few days. Even with the flu and sinus headaches, it generally takes 3-8 days find symptom relief with medication. While we sincerely recognize a time and place for medications, we feel it may be a better use of your money to invest in BUILDING UP your immune system through adjustments, exercise, organic whole foods, and nutritional supplements.

We hope you find our concept of healthcare refreshing and necessary for the wellbeing of your families. We welcome any questions and offer complimentary consultations for current and new patients. We feel it is necessary to have the patient be an active member in his or her healthcare.

Sincerely,

Drs. Anderson, Kleene, & Weber.

3 | **POWER**
of **THREE**



Visit <http://www.jackie-fetter.com/introduction-to-floating/> and use the MindBody link to schedule your float!

Honest Living Has Expanded! Honest Living is now offering Honest Floating

We have added a float tank to our services as of November 2014. This service can help with relaxation, muscle soreness in athletes, and a wide variety of personal reflection. Lay back and let the tank do the work!

Each session is about 90 minutes due to the pre-shower, which is for removing oils from the skin and hair, as well as a post shower to remove the salt solution from your body. The first float is a bit longer due to the tour and instructions. You are welcome to use the restroom before as well, as this will ensure you are most comfortable.

Ear plugs are used to help cancel out noise.

The combination of water, quiet, and serene provides a place that people are rarely able to access in their mind. The benefits of a float tank has a wide variety of uses from athletic benefits (due to the

Epsom salts), to introspection for those working on personal development. Many people experience stress reduction due to the quiet break from an everyday sensory overload.



Floating is part therapy, part meditation, part transcendence, and all relaxation.

Classically known as “sensory deprivation”, floatation therapy is suitable for professionals, athletes, and everyone in between.



Feed Iowa
FIRST

Back In Line is now a proud sponsor of Feed Iowa First! This local non-profit is dedicated to growing and delivering high quality organic produce to those who cannot otherwise obtain it.

Feed Iowa First supports local farmers at every stage, from planting to harvesting. Through their knowledge and support, they help feed the nearly 26,000 people that go to bed hungry right here in Linn County.

Meet the farmers, and learn more at Dr. Anderson's open house event in April!

Find out more at feediowa1st.com

• Back In Line Family Chiropractic and Wellness, P.C. • 319.892.3363 • www.mybackinline.com •

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