

S U M M E R 2 0 1 3

# Newsletter

Back in Line Family Chiropractic and Wellness  
102 A Ave. Hiawatha, IA 52233  
[www.mybackinline.com](http://www.mybackinline.com)  
319.892.3363



In this article you can learn about a few specials going on at Back in Line Family Chiropractic and Wellness as well as a few more certifications and tools we have gained since the last newsletter.

Drs. Weber and Kleene have invested more than \$30,000 this year alone towards continuing education above the basic state requirements. We don't sit still! We value higher education and higher credentialing allowing our patients to receive the BEST in quality care in Eastern Iowa.

## Happy Summer!

We hope you have a minute to check out our latest newsletter highlighting some great things happening in our office and around Hiawatha and Cedar Rapids. We are committed to being a resource of all things wellness driven in our community. Several local businesses are highlighted and are those who chose to GIVE BACK and promote HEALTH in the community, activities for the family, and health information to share with you and your family.



### We've been busy...

#### Pigman Sprint

June 3

Some of our very own patients did an outstanding job at the Sprint!! WTG!

#### Pigman 70.3

August 18

Need inspiration? Check out this great event for the long course!

Want a challenge?

Join the TRI Club!

[www.mwxtri.com](http://www.mwxtri.com)



What is your summer adventure? We always encourage our patients to challenge themselves physically, mentally, and spiritually. Do you have something amazing planned this summer? Maybe it's your first 5k race, a celebration of recovery, a birth of a grandchild, learning to EAT RIGHT, give up gluten, start eating more vegetables, more time for prayer and meditation, financial planning, starting to move well and move often? All of the above? If you feel you are stuck in a rut and want to set a goal and game plan for something more than you've ever achieved or imagined give us a call! We can offer suggestions and help you to safely plan for these events. The best way to start is by goal planning and getting that accountability partner!



Feel like you need a good workout? Check out Cedar Rapids Heat Yoga. Want to learn more? Check out their website and try out a class. Yoga done correctly is a great way to stretch, relax, calm the mind and build the spirit. Or heck, let's be honest... a great way to DETOX BY SWEATING!

3607 1st Ave SE, Cedar Rapids, Iowa 52402  
Phone: (319) 804-9642

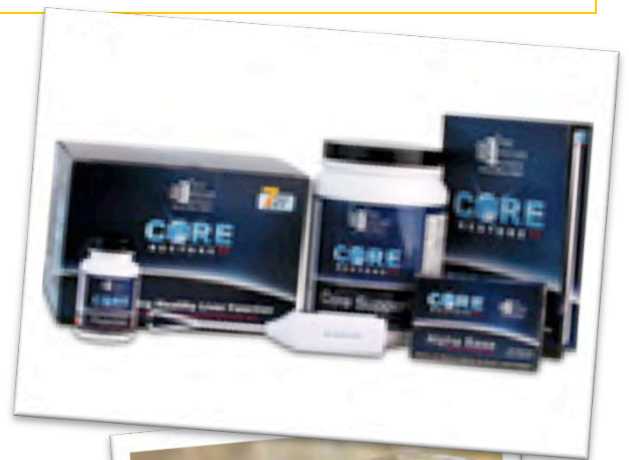
## Summer Drag?

Are you experiencing a rut? Mentally? Emotionally? Physically? Have the summer BBQ's caught up with you? Sometimes all you need is a revamp on your dietary intake. The best way is to detox with 7 days of liver and gut (phase 1 and phase 2) detoxification.

Summer bathing suits and tank tops are just around the corner. Start with a Summer DETOX Special at Back in Line. Enjoy \$20 off the Ortho Molecular 7-day detoxification program. (Normally \$98) This will help cut the garbage diet and start you on a path to better eating and a healthier life! Call Julie to make sure there is kit left for you! You deserve to feel good!

892.3363.

\*System includes meal replacements AND vitamins for the 7-days.





## Supplement Basics

At Back in Line we feel most of us need a basic foundational support to help achieve a healthy active lifestyle. At the very minimum, we feel strongly about a few basic daily supplements

Those CORE 4 are:

- Multivitamin (the basics of vitamins and minerals)
- Probiotic
- Omega 3 Fatty Acids (DHA:EPA of 3:2)
- Vitamin D.

Since Dr. CJ began her Fellowship through the American Academy of Anti-Aging and Regenerative Medicine her guidelines for prevention have become stricter and the call for supplementation has grown stronger. The reality is simply our food sources are just not as great as they were 100 years ago or even 20 years ago, not to mention the processing of many foods has denatured many health benefits natural non-processed foods do.

Many people still want more scientific evidence and proof of such deficiencies for each individual. Thankfully, micronutrient testing exists today. A micronutrient test is a blood panel that tests for our B vitamins as well as vitamins D, K, and antioxidants such as glutathione, our carbohydrate metabolism, glucose interaction, a variety of amino acids and more. The test is \$350 and has a 2 week turn-around. For examples, please visit our website to view Dr. CJ's own personal results. We also feel Vitamin D blood testing along with many other basic labs are key to prevention of disease and discomfort. Please consult with your primary care or schedule a functional medicine health evaluation with Dr. CJ today to be on the forefront of scientific, data driven prevention.

\*Please be advised, scheduling for FM exams have a wait list until the end of August. We apologize for any inconvenience.



## New baby?

**Save money and be healthier by making homemade baby food!**

Did you know you can make your own baby food which is more affordable and better for your baby? It's true. Many of the baby foods on the market are full of fillers, artificial flavors, sugars and fake sugars. Studies show that a child's taste buds are fully developed by age 3. That means it is absolutely vital to start their diet correctly AND keep it clean and natural! Stop the "picky eater" mentality now and help your kid love food as a fuel source and not an emotional connection. Email Dr. Kleene if you need help giving a great baby gift of helping a loved one make their new baby healthy and nutritious first foods.

[drcj@mybackinline.com](mailto:drcj@mybackinline.com)





## Things to do this summer!

### Farmers Markets

The 1<sup>st</sup> and 3<sup>rd</sup> Saturday of every month! Bring your walking shoes and enjoy local produce, arts and crafts and fun! Be sure to stop by The Early Bird Coffee Shop and Natty's Squeeze spot booths to quench your thirst and fill that tummy with good, LOCAL, health food!



### Freedom Festival 2013

This is an exciting year for the Festival and we are celebrating our 30<sup>TH</sup> BDAY!! From Dock Dogs to Imagination Square, our Tribute to Hero's dinner, the 4<sup>th</sup> of July concert downtown, SAND IN THE CITY AT NEWBO, and Ballon Glow at Bruce more. We have had a jam-packed schedule of events that has something for everyone! Buy your \$3 button and get free entrance to all events! We hope you enjoy the last few days of the festival. Dr. CJ has enjoyed serving on the Board of Directors for the Festival the past 3 years.



### Grab a healthy lunch & support Nora!

**NutriSport & Smoothie**



On July 11 purchase a healthy snack or smoothie at Nutri-Sport's Southwest side location at **2315 Edgewood Road SW**. Proceeds for the day will go in support of Nora Sanderson. Nora's official diagnosis is Acute Lymphoblastic pre-B cell Leukemia with evidence of leukemic cells in her spinal fluid. At just two years of age, Nora is undergoing intense chemotherapy treatments for a minimum of 2 1/2 years. You can only begin to imagine the emotional and financial hardship this diagnosis has brought to the Sanderson family.

On July 11 you can enjoy a healthy, tasty, LOCALLY OWNED treat and support this little girl in her courageous fight against cancer!

**NORA, we are CHEERING FOR YOU GIRL!!!**



Dr. Nate Weber, DC, MS

Continuing with the pursuit of being the most qualified physical medicine and functional rehabilitative clinic in the state, Dr. Weber has most recently completed his training with the Functional Movement Screen Seminars. What does it mean to be FMS Certified? Along with being the top Sports Chiropractor in the area, Dr. Weber has a specific set of criteria aimed at helping find specific weak areas in each individual that can potentially manifest into a more serious game-changing injury. Our student athletes and today's marathoner and triathlete cannot afford an injury or set-back during the heart of the season. Read more below to find out specifically what the FMS protocol is and why you and the athletes in your family need to be screened.

“The Fundamental Movement Screen captures fundamental movements, motor control within movement patterns, and competence of basic movements uncomplicated by specific skills. It will determine the greatest areas of movement deficiency, demonstrate limitations or asymmetries, and eventually correlate these with an outcome. Once you find the greatest asymmetry or deficiency, you can use measurements that are more precise if needed.

The original idea of the screen was to portray movement-pattern quality with a simple grading system of movement appraisal; it's not intended to diagnose or measure isolated joint movement. Attempting to measure in isolation does a disservice to the pattern – the body is too complex to take isolated movements seriously in the initial stages of screening.

This system was developed to rate and rank movement patterns in high school athletes, but through a two-year refining process, we discovered uses beyond its original intended



purpose. While we have not changed the screen since its official introduction in 1998, the information gathered from its use has broadened our scope of corrective exercise, training & rehabilitation. The screen has taught us how to use it, and helped us gain timely and valuable feedback from our attempts at movement correction.

Our collective experience has come from working against the screen's standard, not from modifying the screen every time things got confusing or inconvenient. We have changed the way we look at the screen data many times, but we have not changed the way we collect the information. In a way, this work represents our evolution, not that of the screen. The screen patiently waited for us to see and understand all it was providing in return for about 10 minutes worth of time.

The FMS is comprised of seven movement tests that require a balance of mobility and stability. The patterns used provide observable performance of basic, manipulative and stabilizing movements by placing clients in positions where weaknesses, imbalances, asymmetries and limitations become noticeable by a trained health and fitness professional.

When a screen's movements mimic athletic moves, it is merely coincidence. The screen is not a training tool, nor is it a competition tool. It's purely an instrument for rating and ranking movements.

The screen's usefulness is its simplicity, practicality, and ability to fill a void in the toolbox we use to judge performance and durability. It is not intended to determine why a dysfunctional movement pattern exists. Instead, it's a discovery of which patterns are problematic. The FMS exposes dysfunction or pain – or both – within basic movement



Many people are able to perform a wide range of activities, yet are unable to efficiently execute the movements in the screen. Those who score poorly on the screens are using compensatory movement patterns during regular activities. If these compensations continue, sub-optimal movement patterns are reinforced, leading to poor biomechanics and possibly contributing to a future injury.”

-Gray Cook MSPT, OCS, CSCS – FMS Manual – Introduction

Take home points – for those of you who “just want the facts”:

- The screen evaluates movements and identifies asymmetries, dysfunctional patterns, and identifies the most likely sources of potential injury risk.
- The FMS is predictive – we cannot say anything will prevent an injury from occurring – take Kevin Ware - Duke v. Louisville in this year’s NCAA men’s basketball tournament – this guy has access to some elite level trainers and clinicians – he landed funny & snapped his leg in two – LIFE HAPPENS and you cannot prevent injuries from occurring – but if you can identify the most likely sources of compensation/dysfunction and improve those patterns you can reduce your risk of an injury/compensation occurring.
- Dr. Weber will be including the FMS screen as a part of our regular school/sports physicals.



Please contact Julie or Caitlin at 892.3363 if you would like to have yourself or your child screened and help with establishing a specific strengthening program developed for you or them. You may also contact Dr. Weber directly if you would like to schedule a screen for a running club, performance therapy group, and more. [Drnate@mybackinline.com](mailto:Drnate@mybackinline.com)

The Early Bird.

Need a healthy alternative for that next work lunch-in? Call on Back in Line’s favorite shop for your next catering event. Ask for Top-Chick-A-Dee, Brooke Fitzgerald at Cedar Rapids’ own, The Early Bird Coffee Shop & Boutique. Grab the Birdie Salad or the Turkey Avocado, and mix-n-match for everyone’s taste buds to be wowed! Breakfast meeting?! No Problem! Breakfast sammies and yogurt parfaits TO-GO!

316 Second Street SE, Cedar Rapids, IA

52401 319.261.4901

[www.theearlybirdcr.com](http://www.theearlybirdcr.com)





## Congratulations to Dr. Nate!

We are excited to announce that Dr. Nate is **honored** and **privileged** to be a member of the 2014 Leadership of 5 Seasons class managed by the Cedar Rapids Metro Economic Alliance. The goal of the L5S program is to **prepare emerging and existing leaders in the Cedar Rapids area to be community trustees**. The goal of the program is to empower and inspire diverse individuals to actively lead in shaping and enhancing our quality of life - supplying the community with informed, skilled leaders willing to serve as active volunteers.

The program prepares individuals who have demonstrated a capacity for leadership, who have exhibited interest and commitment to the welfare of the Cedar Rapids community and who have potential for exercising substantial leadership in the future. This is just one more way Back in Line is committed to personal development and community service. Congrats Dr. Nate.

### ... for your referrals!

We cannot thank our current patients enough for their generosity in sharing their stories with friends and family in regards to BIL. Our clinic's phone has been ringing off the wall with calls for new patients that are referrals from our current patients. Drs. CJ and Nate cannot thank you enough in the most sincere form of humility how honored BIL feels that you take the time to share your success stories. Referring a loved one to the clinic is the greatest form of flattery and we feel privileged to work with you and your loved ones. When our clinic receives new patient referral from current patients it allows us to continue to reinvest our resources in our education and training (WE WILL BRAG ABOUT THAT!) . THANK YOU AGAIN! We offer complimentary consultations to discuss a new patient's healthcare condition or goal. We know sometimes when it comes to health, it takes an entire team to properly co-manage a patient's health, or make recommendations to improve ones wellbeing.



Please feel free to share our newsletter with friends! The more we can help people achieve a pain-free and wellness based lifestyle the better!  
Questions, Comments, or if you want to see a specific article on a healthcare condition, please let us know!

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