



Back in Line Family
Chiropractic &
Wellness wishes
you and your
family a FUN, and
SAFE, 4TH OF JULY!

Supplements

Sales on supplements
and check out a new
ORGANIC LOCALLY
MADE skin care for
EVERYONE in the family!

Pediatrics

Meet Hannah and
read her first article
on chiropractic care
for mom's-to-be!

Fit & Healthy

Read Dr. Nate's newest
article on the
importance of proper
exercise habits

It's SUMMER TIME!

WHAT ARE YOUR PLANS THIS SUMMER? Family
vacation? A new adventure? Your first 5k?



After a LONG WINTER it feels good for some warmth! We have enjoyed a great start to our year with meeting new patients and seeing some of our favorite WEEKEND WARRIORS. (It's hard to believe it's JULY!) While we hope you work hard to stay healthy and pain-free, we know that everyday wear-and-tear takes a toll on your spine and muscles and we are happy to see you back again!

We encourage all of our patients to move well, and move often! We have a few upcoming events that we want you and your friends to be a part of! Mark your calendars for July 10th! Awesome Bike Night at Back in Line starting at 6pm! Bring your bikes and friends and meet at 6pm at the office! Please RSVP at 892.3363.

We also have back to school family fun in the kitchen night with Jackie Fetter! This is perfect for the kids, mother-daughter, father-son, hubby-wifey, brother-sister, a few girlfriends or ANY COMBINATION of people that enjoy time together and want a healthy change -up to a few family favorites! Starting at 6:30 on Aug 14th! Location: TBD – but RSVP and we'll let ya



102 A Ave. Hiawatha, IA 52233

www.mybackinline.com

We offer a **WIDE VARIETY OF SERVICES** and **TREATMENT options** for many common ailments. Here is a list with a brief description of each.

Acupuncture - acupuncture needles are placed to help reduce pain, decrease the toll stress has on our life, increase sleep, and relaxation.

Therapeutic Activities - specific exercises to help increase strength and stability for your spine and joints!

Functional Movement Screen – this screen is designed to help find out areas you maybe weak and reduce the likelihood of injury. This is perfect for your student athlete and should be done 2-4 times per year and in between sport seasons (football to basketball, swimming to dance team)

Chiropractic Adjustments – manipulation to remove joint dysfunctions or subluxations. CMT

or manipulation reduces pain while improving range of motion of the spine and extremities.

Active Release Technique (ART) – a dynamic therapy aimed at treating soft tissue/muscle pain and dysfunction.

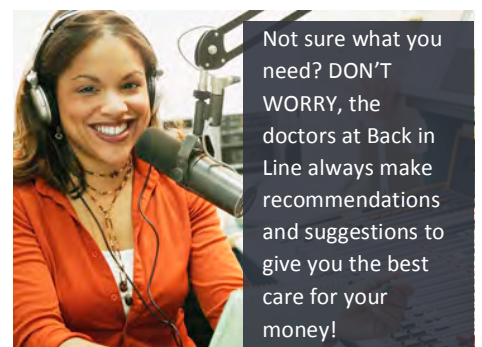
Graston – a tool assisted soft tissue treatment. Great for those sore and tight muscles

Trigger Point Dry Needling – different than acupuncture, but a needle is used to reduce trigger point pain. It is called “DRY” needling because no pain medication is injected into the patient’s body

IR Sauna Detox - can be done in single sessions or in package session for weight loss, for specific detox (infertility), ADHD, weight loss and more!

Nutrition and Supplements: Depending on health goals we offer a variety of supplements, daily foundation (multivitamins, fish oil, probiotics, etc) and more.

Free Consultations and Second opinions as well as conservative management options – at Back in Line we like to consider ourselves as part of your integrative health time. We feel modern medicine has some advantages and there is a time in place for more invasive measures like surgery and drugs. **HOWEVER**, we have a strong belief that for many people, less-invasive measures are never considered or suggested that can be done that are safer, less risky, and more affordable than medications and surgery. Let us give your our opinion on how we would handle your care for your condition. Please remember every individual is unique, so we do encourage you to schedule a complimentary consultation.



Not sure what you need? **DON'T WORRY**, the doctors at Back in Line always make recommendations and suggestions to give you the best care for your money!

Meet Hannah Anderson!

Hannah is a student at Palmer College of Chiropractic and will be completing her internship with us starting in November!



Hannah Anderson was raised in Swisher, IA. She attended Luther College in Decorah, IA where she obtained a bachelor's degree in Biology and met her husband of 3 years. She is currently finishing her Doctor of Chiropractic degree from Palmer College of Chiropractic, the world leader in chiropractic education. Hannah is also a member of the Iowa Chiropractic Society.

Hannah has a love for nutrition and a passion for pediatrics and prenatal care. In addition to her education at Palmer, Hannah has taken multiple courses in nutrition and is currently studying to obtain her certification in chiropractic care for pregnant and pediatric patients through the International Chiropractic Pediatric Association. She is certified in

Webster Technique, which works to alleviate intrauterine constraint allowing baby to be in the best possible position for healthy and happy birth.

As a physician in training, Hannah strives to empower her patients with knowledge, so that they can be responsible for their own health. She believes that true preventative healthcare begins before birth, but is beneficial at any moment in your lifetime. Hannah is extremely excited to join the Back In Line team, and would love to talk to you about how chiropractic can benefit you and your entire family!

[See her first article on the next page!](#)



Chiropractic for the MOM-TO-BE!

BY: Hannah Anderson*

*Palmer Student, Diplomat Candidate in Pediatrics

My absolute favorite chiropractic journal article tag line (nerdy to have one, I know...) is "chiropractic shown to decrease labor time and make labor easier." WHAT? Isn't that what every child-bearing female wants to hear? Chiropractic has endless benefits for both mom and baby that begin before birth, and last for a lifetime. Chiropractors work to enhance the body's ability to adapt and function normally with gentle adjustments to the spine.

Benefits of chiropractic adjustments for mom:

- Balances the pelvic structures (muscles, ligaments, tendons) to allow for a more comfortable pregnancy, and ultimately an easier birthing process
- Decreases interference in the nervous system, which not only controls the womb, but everything else in the body
- Decreases the potential for unnecessary birth intervention, or deviation from your birth plan
- Shorter labor time (for first time birth, AND succeeding births)
(<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2647084/pdf/main.pdf>) **Benefits for baby (even before birth!)**
- Decreasing interference in mom's nervous system has the same effect on baby, and allows growth and development to progress more efficiently
- Pelvic balance in mom allows the uterus to be relaxed and roomy! This gives baby more room to develop and move themselves to the most beneficial position for birth
- Proper position allows for an easier birth not only for mom, but for baby as well, which will decrease the chance of injury during the birthing process

Some people wonder whether or not chiropractic is safe for pregnant women. The answer is yes, it is absolutely safe! There are no contraindications to adjusting a pregnant woman outside of those for non-pregnant persons. Special tables and pillows easily accommodate for growing bodies and bellies. Studies show there have been no reported adverse effects of chiropractic adjustments on pregnant women





Exercise, Fitness, and Health

By. Dr. Nate Weber, DC., MS

I attended a conference recently which provided opportunities to hear presentations from some of the top strength coaches, athletic trainers, physical therapists, chiropractors, and medical doctors in their respective fields - the summit was all about making trainers and rehab professionals better at their jobs - here are some of the take home points:

- **Importance of movement evaluation:**

If we don't know where you move well - and where you don't move well - how can we ever help you? This applies to ALL medical professionals dealing with musculoskeletal issues as well as trainers. You've heard the old adage "the ankle bone's connected to the knee bone; the knee bone's connected to the hip bone" - its spot on. If you come in with knee pain - I need to know how your ankles and hips are moving, because the knee is a scape-goat - it goes where the foot and hips tell it to go. Same with shoulders - you may have shoulder pain and/or limited range of motion - but it might not be because you have crappy shoulders, it may be because you have anterior head carriage and/or poor extension and rotation in your thoracic spine (upper back) which are limiting your shoulder motion - if we don't evaluate your movement we are shooting blind and that is unacceptable.

- **Mobility vs. Stability vs. Strength:**

All joints of the body should have a certain degree of pain free range of motion - we need this joint "mobility" first. Next we desire "stability" at those joints to prevent injury. If we have appropriate joint "mobility", and joint "stability" - then, and only then, should we consider adding "strength" exercises to those areas. "Don't put strength on top of dysfunction" - such a simple phrase that is ignored by almost everyone - if you try to put strength/endurance exercises on joints with limited mobility or stability - you are asking your body for problems, creating injury (and KEEPING US IN BUSINESS! ;-)



- **Previous injury is the #1 predictor of future injury:**

If you sprain an ankle - research has shown us that your gluteal activation will decrease and can stay diminished for years after if not rehabbed appropriately - and no I don't mean balance training on one leg or a bosu ball or whatever fad "functional" exercises that are "trending". Injury of the left side of the body can cause you to shift weight to the right side, your now placing more weight on the right hip/knee/ankle - combined with your "sleeping" glutes, 6 months later you decide to return to running - your ankle no longer hurts - but your muscle firing is off, your hip stability is compromised and now you can't control your right side hip/knee/ankle - maybe you wind up with R sided hip bursitis, iliotibial (IT) band tendinitis, or sprain the right ankle. Previous injury causes changes in muscle activation - a local injury affects other regions of the body - every time.

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- **Limitations of stretching:**

People LOVE to stretch & think it's the greatest thing since sliced bread (btw - I don't think bread is great for you either - ask Dr. CJ why ;) - probably because our gym teacher taught us it was good for us and virtually every standard performance measure bases our "level of fitness/flexibility" on outdated standards - remember the seated toe touch in gym class, or at your last fitness evaluation? If you can't touch your toes you are considered to have "poor" flexibility. What if your hamstrings are tight because they're trying to protect you? Often in cases of low back pain people try to stretch their hamstrings - what if they are tight to prevent excessive motion from the pelvis and lumbar spine - you just "stretched" out your bodies way of protecting you and probably made your pain worse. What if your hamstrings are simply "tight" because they're trying to keep you from face planting into the ground because you don't know how to stabilize through your core and posterior weight shift - stretching "tight" muscles without knowing why they are tight is not a great idea.

- **Movement quantity vs. movement quality:**

Let's be clear - we were designed to move, and move often but in today's society we sit more than we should, and often times we don't move well. Many of us go to the gym - for 30-45 minutes we may focus on squatting, lunging, etc - and then we go home and bend from the waist to pick up the kiddos and other bad habits of day to day routines we find ourselves "un-doing" some of the fitness specifics we worked on so hard at the gym. Often times our focus is so much on reps, or time, or keeping up with the person next to us, or taking selfies in the mirror - that we forget about form, breathing, alignment, control and QUALITY of movement. 10 perfect squats when you activate your entire body does more for you than 100 poor squats - plus 100 poor squats places a ton of micro-stress on your hips/knees/ankles and low back. Think of your last plank at the gym - how long did you hold it? 1 minute? 2? 3? 4??? Awesome, and we're all really impressed - truly. But check out the picture below - perhaps a bit of an over-exaggeration - but I've seen tons of people doing this - sagging mid backs, poor alignment through neck, shoulders, mid/low back, no activation through their bodies - this person is literally just letting her spine hold her in place and trying not to fall over. Then check out baby on the left with perfect combination of stability, alignment, breathing, and motor control. Whose strategy is really more effective & which one is more likely to get injured?

Where did things go so wrong?



If it is a "strength" issue, how can a baby with very little muscle mass and a big melon get into a good position?

Maybe the reason most people struggle to do a single good push up is because 73 year old Chuck Norris did them all.
Maybe.

If you would like talk more or set up a one-on-one of the specifics of your movement and where potential weaknesses in areas you maybe more prone to injury, feel free to set up an appointment so we can make you better!

892.3363

Supplement SALE!



PROTEIN! Get your PROTEIN!

Getting proper daily nutrition can be challenging for many people. LifeCORE was designed to complement individual dietary needs by providing wholesome foundational macro-nutrition. It provides 18 grams of protein per serving and combines the potency of pea and organic brown rice protein to provide a GLUTEN-FREE, DAIRY-FREE, SOY-FREE well-balanced amino acid profile. (chocolate & vanilla) – **SALE!!**
\$45...normally \$70!! - Perfect for those of you wanting a better BEACH BOD and/or a meal replacement!

COQ10

FEELING THE PAIN FROM YOUR CHOLESTEROL MEDS? Your statin medication can be reducing your Liver CoQ10 stores... CoQ10 helps protect your heart and skeletal muscles. CoQ10 should be taken in the morning and dosing ranges from 100-300mg/day.

(Sale = 30% off for the month of July!)



ALL MULTI-VITAMINS!



Enjoy your basic foundational supplementation in July for 30% in savings! Multivitamins are essential for your basic nutrition and wellness. No matter if you are a clean-eater or need a little TLC this summer, EVERYONE NEEDS TO BE ON A MULTI-VITAMIN. Call Allie today to have yours put aside for your \$\$ savings! We have a variety of multivitamins, even for the little ones! Price points range from \$30-\$75 before discount!



LiLi's Naturals

Back in Line is now selling LiLi's Naturals. LiLi's is a locally owned family owned business we have had the pleasure of getting to know over the years. (God blesses us with some pretty amazing patient's that have an amazing story and gift to share with others). Danae Voigt, amazing mother of 3, and wife to Josh, has some great products that will not disappoint. HOWEVER, this is much more than a family business, this hits to the heart of motherhood and our determination in helping our kids be healthy, happy, individuals. Read below to hear the story behind LiLi's. Not only is it a great story, these products are sincerely amazing. We not all personally use these products (the soaps are my favorite!), they are insanely affordable, organic, and preservative free! - Price points averages ~\$5-10 depending on the items. Soaps, diaper ointment, facial and daily moisturizers, and specialty products for specific skin types (eczema and psoriasis), lip balms, and more!

'When our daughter Lilianna was diagnosed with a cancerous brain tumor at age 2, it set us on a course in life we were not expecting. After surgery and recovery, my goal, as her mother, became doing everything in my power to keep our environment clean of chemicals and harmful, cancer-causing ingredients that may cause the cancer to come back. It set me on a course of researching and changing our lifestyle over the past 3 years.



I quickly became frustrated at how expensive it was to provide quality, truly chemical-free health and beauty products for my family, and began to learn how to make my own. After months of testing and tweaking formulas, I feel confident in the products we provide. They are effective (who has time for natural products that don't work) and I work my hardest to keep them at a price the average family can afford, while not compromising on high quality ingredients.

I'm very picky about what ingredients I use (right down to how they are manufactured). You can buy with confidence. Our products are made with 100% cold-processed, unrefined, organic oils. The exception to this is the essential oils. Organic essential oils do not always mean high quality, therapeutic oils. I use high quality essential oils in all my products, some organic, some not. There are never chemical fragrances (i.e. fragrance oils), preservatives, parabens, or other synthetic ingredients used in the making of our products. Most of our products are tallow-based as the healing, skin-regenerating and moisturizing properties of tallow cannot be equaled. It's how people cared for their skin centuries ago, before chemicals. Our skin is our body's largest organ and readily absorbs what is put on it. Safe ingredients are important!

We are excited to offer these products and hope you find them as enjoyable to use as we have; knowing they are safe for your family. My philosophy is "If we don't love using them and if they have ingredients we aren't comfortable using on our family, we don't sell them!"

<https://www.facebook.com/LilisNaturals>





What is Health Coaching?

Have you ever received good advice that you were unable to follow? Has your doctor ever recommended a lifestyle change that you found to be unsustainable? Have you ever wanted something in your life, but found you couldn't achieve it alone?

Health Coaches are knowledgeable advisors who provide ongoing support and guidance as you set goals and make sustainable changes that improve your health and happiness. As your Health Coach, I will listen carefully and help you to navigate the world of contradictory nutrition advice to determine what changes are necessary for you.

Your personalized program will improve your health and happiness. Together, we will explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

As a client of my one-on-one health coaching program, you will...

- set and accomplish goals in a way that is empowering and exciting
- understand and reduce your cravings
- increase your energy levels
- feel great in your body
- improve your personal relationships
- discover the confidence to create the life you want

Which includes...

- online support between sessions
- your personalized online tracking and communication tool
- coaching and support to help you make the dietary and lifestyle changes you want
- simple but informative handouts that will increase your nutrition knowledge
- my personal commitment to your health and success

I invite you to schedule a free initial consultation with me via mail@jackie-fetter.com.

**Jackie is an independent contractor within Back in Line Family Chiropractic. She owns and operates her life coaching business and is non-affiliated with Back in Line Family Chiropractic, PC.*



We are so thankful for YOU! Our patients' have referred over 85% of our NEW CLIENTS!

We are so thankful for the time you TAKE to tell other's about us. We are continually humbled by how valuable word-of-mouth referrals have been for Back in Line. This allows us to focus on doing what we love most... taking care of

people, helping them live pain-free, headache-free, STOMACH ISSUE, free with the help of services we offer! We thank you for your trust and confidence in caring for those you love most!

Please let us know what we can do better and to improve your experience with our clinics and service! We strive to work for you and your family!

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We hope you enjoy your summertime festivities! Please stay safe and active!