

BACK *in line* FAMILY CHIROPRACTIC AND WELLNESS

SUMMER 2015 • Making HEALTHY contagious in the corridor since 2009! • www.mybackinline.com

Summer Event Calendar

June 18th – Join us for a bike ride and some free yoga! The BIL crew will be biking to yoga in the park. Call the office for details!

July 9th - Join us for a bike ride and some free yoga! The BIL crew will be biking to yoga in the park. Call the office for details!

August 6th – Vaccines 101: Let's talk about scientific research, informed consent, patient rights, and likelihood ratios! Get information, not persuasion, at this informal presentation hosted at Back In Line.

Words of Wisdom...

“Just like light will illuminate a dark room, health will overtake your body if you treat it the way it needs to heal.”

- Marcia Schaefer, DC



Real Food, Real fun!

Back In Line has had a BLAST volunteering with Feed Iowa First to plant and farm organic produce in Hiawatha! We are thrilled to help support FIF's mission to grow quality food sustainably in Linn County! Healthy food = healthy people! Find out more about this mission at FeedIowa1st.com.

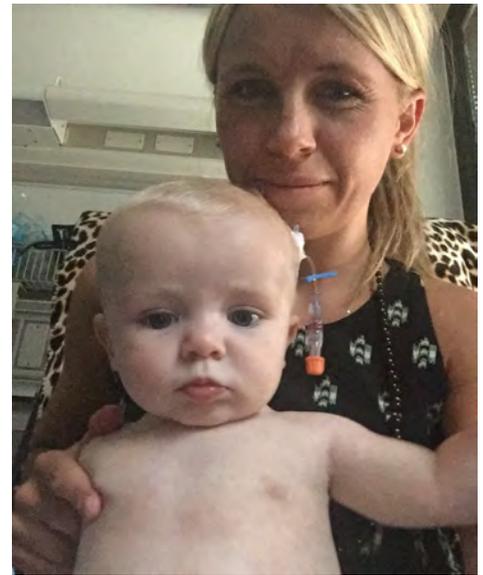
**Follow us on Facebook at Back In Line Family
Chiropractic and Wellness, P.C. for updates on our
FREE events!**

Humbling Moments in Health

By Dr. CJ Kleene

As I write this quarter's newsletter article I must admit it might possibly be at one of the most vulnerable places in my life personally and professionally. My 2015 started by welcoming Mr. Cooper Steven, my second born child. At a HUGE 9lbs, 9oz, Cooper won my heart just like his sister did 3 years before. He has been a great baby. When I say a great baby, I mean, the child hardly fusses. He's genuinely happy and content. In March big sister Porter started daycare at a center. We LOVED the center, however, HATED the childhood illnesses that plagued our home. Porter managed stomach bug and respiratory issues for a good 8 weeks while her immune system adapted to life in a daycare center. Humbling moment #17,843...MY CHILD got sick. In my 6 years of practice I have been **REALLY** good at telling parents of sick kids what to do with their sick kids, but no personal experience with sick kids of my own. Want to know what's NOT fun? Making bone broth with one kid coughing up a lung and the other kid throwing up, while your husband is traveling for work, AND trying to pump breast milk, and seeing patients the whole day prior ☺ - ha! Seriously! REAL LIFE was not that EASY. Previously, I gave good healthcare advice without understanding just how hard living the all-natural life is, and how hard it is to "balance" it all when you, or your children, or BOTH don't feel the best.

In April, my ego suffered another blow and in a significant way. Cooper was hospitalized for an upper respiratory viral infection. It knocked me on my knees. Seriously, I'm a chiropractor, I'm THE QUEEN of prevention, and what do you mean MY child has a viral infection that is so bad he needs to be hospitalized? After 24 hours, Cooper was sent home, Tyler and I still in shell-shocked because he seemed to progress so rapidly. Just a few weeks later, Mr. Cooper decided to go for yet another hospital stay for once again, another viral infection. It was maddening. Several weeks passed and Cooper seemed to be doing much better, breathing returned to normal, eating well, LIFE WAS GOOD. I could go back to my normal job of relieving pain and helping others PREVENT disease and illness. ;-) My ego needed the break!



Fast-forward to our current status, Mr. Cooper has been hospitalized again and is awaiting genetic testing for various conditions including cystic fibrosis, liver enzyme dysfunction, and more. My little man was able to create massive kidney "stone-like" substances. We have no clue what the crystalized material is, that's another waiting game, 1-2 weeks on avg. to find out what they were made out of. And I'm not talking about 2-3 stones, his kidney's were OVERWHELMED by this material. No one at the U of I had even seen anything like it. I'm not surprised, I knew I always had a one-of-kind-child, ;) just not that UNIQUE ;-).

What I've learned in the past few weeks is that I still need to keep learning. I will still need to keep navigating health and the sickcare health system of America. I will need to be an advocate for Cooper. I will need to ask questions and lots of them. I will be OK with being that mom who "googles" and looks up information from online peer reviewed articles. I have learned that many of our patients wind up on our schedule after spending countless hours in the medical model without answers. Thankfully we help many of them, others, it takes awhile before we can really pinpoint what is going on. I have humbly realized that some of our patients have spent literally 1,000's of dollars trying to get answers for their pains, headaches, stomach issues and more ONLY to found out that one food intolerance test or adjustment reduced their symptoms significantly. Drugs don't work for everyone, and/or drugs aren't always the best long-term solution. Medicine shouldn't be used to mask symptoms.

Sometimes we need medications. Medications are good when an organ system LITERALLY does not work. But what caused that organ system to stop working? We have to critically analyze what is being told to us. It is not due to a lack of Tylenol that a child gets a fever. It is not a lack of Xanax that makes you feel down-in-the-dumps. Are they necessary? Sure, for short-term use. But are you asking yourself, **why** do I need this? Can I control my health? What can I do to improve the situation? Is my goal to depend on medication to feel OK? What about the side effects? Long term is this really safe?

I have also learned that no matter how much I attempt to live the “crunchy all natural life”... My children can still get sick. I have learned that I still need the best-of-the-best in the medical community caring for my children. I also need the best of the best in the HEALTHcare system caring for my family. I have learned that I have to pray for their skill. I have learned that a doctor that entertains my millions of questions deserves my utmost respect. I am grateful for their knowledge, without surrendering my momma bear gut instincts and being an active part in my son’s care. I need to always be aware and communicate my concerns. I need to be explained to (IN DETAIL) exactly what they are doing with my son and what their potential diagnoses are.

Many people also don’t realize I don’t even treat my own family if when they need chiropractic care. My husband sees Dr. Nate, and my children see Dr. Anderson. I get the benefit of being treated by the both of them. I hate to admit, but I am the least objective when it comes to my family. They deserve the best. They also deserve all the GRANOLA-CRUNCHY-all-natural stuff too, like adjustments, sauna treatments, good nutrition, and more. They deserve the combination of care. In fact, **even more so** when they are sick.

It is hard navigating healthcare. Statistically, patients that ask more questions and are more engaged in their healthcare decisions have fewer incorrect diagnoses and arrive at the proper diagnoses quicker.

In Closing, (I literally could make this article 5 pages long) **I’ve learned I’m just a mom loving my children.** I too need help and guidance. I’ve learned that the people I need to lean on are my work family, and my family right here in Cedar Rapids. My patients have been more understanding and kind than I could have asked for. They’ve offered insane prayer circles, their time, and their skills. The best things I can continue to ask for are prayers for Cooper’s health, his doctor’s care, and for the practice itself. Being a self-employed chiropractor, the practice depends on the ability to be able to see and treat patients. I appreciate patients that are flexible with Cooper’s schedule as well as those of you that continue to tell others about our practice. Drs. Nate and Hannah are my rocks. Julie and Allie have been my angels.

It takes a village, and I’m very grateful for my village.



Helping Ear Infections... How?!

(Let's get nerdy with Dr. Anderson)

Ear infections are the 2nd most diagnosed illness in children, only surpassed by the common cold. Chiropractic treatment often provides relief, or ends long-standing battles with ear infections. Many people struggle to connect the dots between the two, so let's shed some light on how chiropractors can help!

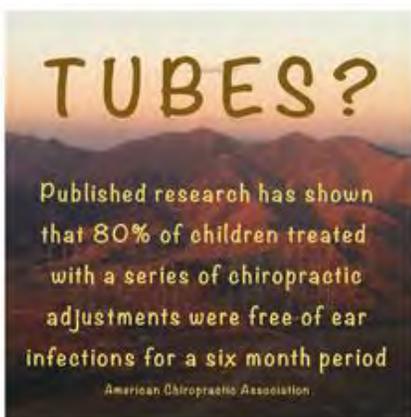
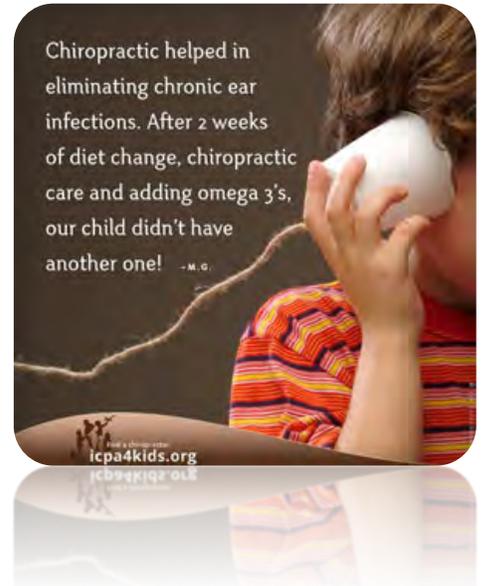
What and Why?: Otitis Media (ear infection) can be caused by many things, including but not limited to: viral or bacterial intruders, allergies (dairy, wheat, or sugar, most commonly), mechanical obstruction, nutritional deficiency, birth trauma, pacifier use after 10 months of age, and iatrogenic/medical causes. Otitis media is even listed as a side effect of some vaccines. Children born by cesarean and formula fed are also at a greater risk due to decreased immune system strength as an infant. Children are more prone to ear infections than adults because their Eustachian tubes (connecting the ear to the throat) are horizontal, not angled, like an adult. This makes drainage more difficult. Throat inflammation or congestion of the cervical lymph nodes can easily close off the Eustachian tube, causing a build up of pressure and pain.

Common Treatment: The American Academy of Pediatrics advises a watch and wait approach to ear infections (wait a few days, and see if it goes away), however only about 20% of medical pediatricians follow this recommendation. More commonly, parents are sent home with antibiotic prescriptions that may or may not be effective depending on the type of infection. Antibiotics only work on bacterial, not viral, infections. This is unfortunate because the *majority* of ear infections are viral in nature.

Additionally, antibiotics are not an effective treatment if the cause is allergy, obstruction, or trauma related. Even in the rare case of a bacterial infection, 80-90% will resolve on their own in 4-7 days. Although antibiotics may (or may not) speed healing by a few days, they can have some unfortunate side effects. These include upset stomach, diarrhea, nausea, oral thrush, diaper rash, and allergic reactions. Antibiotic use also increases susceptibility to NEW ear infections by weakening the microbiome in the gut, which contains 75% of the immune system.

So, if the illness is NOT caused by bacteria all of these side effects may be experienced without the benefit of symptom relief.

Another common intervention for otitis is the insertion of tubes in the tympanic membrane. These can backfire as well, as the body often treats tubes as foreign objects and forces them out before they can serve their purpose. No doctor wants to put a child through unnecessary surgery, so this treatment is often used as a last resort after several rounds of antibiotics.



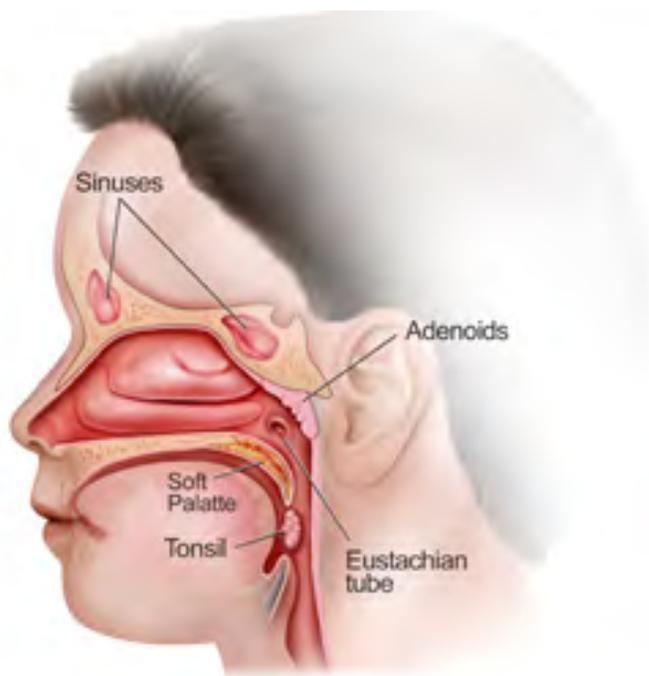
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Less Invasive Options: So how does chiropractic play into all of this?! Chiropractic addresses otitis from multiple angles. First, let's talk about mechanical obstruction. Chiropractors can assess and adjust the cervical spine, jaw, and skull. Decreased motion in these areas can cause fluid build up around the eardrum by causing cervical lymph node congestion. Muscles surrounding the Eustachian tube opening in the throat (levator palatine and tensor veli palatine for you nerds out there!), contract to help open the tube. The nerves that control these muscles originate in the neck (our specialty!). If these nerves don't work because of a subluxated neck, the tube may not be able to open. Your child likely acquired their first subluxation at birth (after all, even natural birth is pretty traumatic), and a few along the way from bumps, falls, and sleeping in funny scrunched positions. Additionally chiropractic adjustments give the **WHOLE** body a good immune system boost to help fight infections.

For those of you who need some extra proof, recent studies have supported chiropractic care for otitis in children. In a recent study in the Journal of Clinical Chiropractic Pediatrics, 80% of children with previous ear infections did not experience another ear infection within a 6 month period of receiving a chiropractic adjustment. This is especially encouraging for kids who have experienced multiple infections!

Nutritional Support: Dietary changes can also help your kiddo kick an infection. During symptomatic times (or all the time, if you can) eliminate added sugars and processed foods. Decreasing or temporarily eliminating wheat, dairy, and orange juice can also speed up healing time by decreasing mucous production and inflammation. Pairing additional supplements with chiropractic care can help tame symptoms and speed up recovery time, including: natural ear drops (unless ear drum has ruptured), probiotics, vitamin D (mom can increase her intake if breastfeeding), and vitamin C.

Chiropractic adjustments help to remove interference from the nervous system by correcting misalignments in the spine and cranial bones. There are no drugs, tubes, surgery, or harmful side effects. It works by decreasing inflammation, improving nerve signals, reducing muscle tension, and establishing proper blood flow and lymph drainage. **Chiropractic allows the child's body to heal itself, which builds up his or her immune system rather than breaking it down.** Chiropractic care is non-invasive and does not have any dangerous side effects. All patients, but especially children, should be treated with the least invasive measure first, to avoid unnecessary harm, and in the case of ear infections, chiropractic care is about as non-invasive as it gets.



So next time you suspect your little one has an ear infection, get them to Back In Line so we can help them structurally and nutritionally!

Resources:

<http://www.nytimes.com/ref/health/healthguide/esn-earinfections-ess.html>, <http://www.askdrsears.com/topics/health-concerns/childhood-illnesses/ear-infections>, <http://www.healthychild.com/chiropractic-for-chronic-ear-infections/>, <http://newbeginningschiropractic.net/chiropractic-approach-to-childhood-ear-infections/>
Fallon JM. The Role of the Chiropractic Adjustment in the Care and Treatment of 332 Children with Otitis Media. *Journal of Clinical Chiropractic Pediatrics*. 1997; Volume 2, No. 2:167-183.; Coulter ID. Efficacy and Risks of Chiropractic Manipulation: What Does the Evidence Suggest? *Integrative Medicine*1998;1:61-66



5 Signs you might have a food sensitivity

What is a food sensitivity and why do we test for it?

In our office we value gut health as much as any other. You need a healthy gut not only for proper digestion, but because over **70% of your immune system** is in your gut. We test for food intolerances because they play a huge part in the health of your gut. Healthy guts = healthy people!

Food sensitivities, intolerances, and allergies can be confusing. Traditional food *allergies* are an immune reaction that takes place immediately after a food is consumed. This reaction (typically associated with nuts and shellfish) stimulates IgE antibodies, causing severe symptoms like anaphylaxis. These allergies can be, but are not always, genetic.

Food *sensitivities* are when symptoms occur 2 to 72 hours after consuming a certain food that stimulates IgG and IgA antibodies. A reaction may include but is not limited to: stomach pain, fatigue, headache, nasal congestion, eczema, gas, cramping, diarrhea, constipation, heartburn, or bloating. This reaction can occur the first, or tenth time you consume the food depending on your body's level of inflammation. A sensitivity is often the due to the buildup of repeated exposures, and are often difficult to diagnose without an elimination diet or blood test. Sensitivities are MUCH more common than food allergies.

Food *intolerances* exist when your body lacks something essential to digest the food you are eating (i.e lactose intolerant people cannot digest dairy because they lack the lactase enzyme). Intolerances often have similar symptoms to food sensitivities and are difficult to differentiate. Intolerance is a possibly to blame, but less likely than a sensitivity.

Patients in our office have seen improvement with itchy watery eyes, energy levels, rashes, constipation, diarrhea, bloating, headaches, etc. simply by acknowledging which foods are right for their unique body.

1. **You eat “pretty healthy” but still experience unwanted symptoms or struggle to lose weight.** Inflammation causes you to hang on to weight no matter how many veggies you eat or miles you run.

2. **You don't feel like your best self.** For some reason, you have had short or long term bags under your eyes, low energy, constipation, anxiety, infertility, trouble sleeping, or headaches.

3. **Your seasonal allergies last a long time.** Symptoms that seem like hayfever, but last more than a few months could be a food sensitivity.

4. **You're tired, but you can't sleep.** Food plays a HUGE factor in our hormone cycle, and hormones control our sleep patterns!

5. **You couldn't imagine giving up (insert food group here).** A lot of people tell us, “oh, I could never give up dairy” or bread, or cookies, or whatever. That's a great sign that you are addicted to something that might not be healthy for you! Too much of a good thing can be bad for you. We don't ask you to give up anything for the rest of your life, BUT, right now, it may be worth it for the sake of your health! **It's your best asset, and you're worth it!**

Testing for 96 foods is available at Back In Line with a quick simple finger prick.
Call our office (319.892.3363) for more information.



Hannah, Nate, Julie, Allie, and Lisa at the Doubletree downtown to receive the award!



Did you know?!?!

Back In Line was honored to receive an award for one of this year's COOLEST place to work in the corridor!

Thank you Corridor Business Journal!

