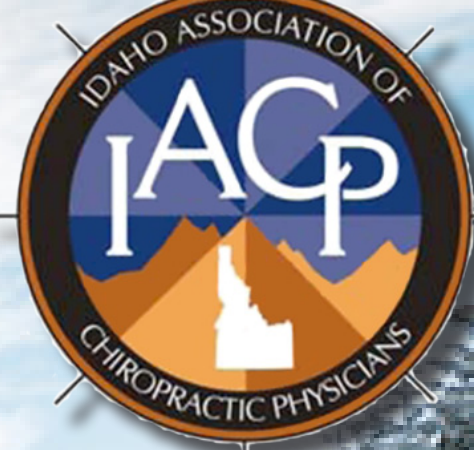
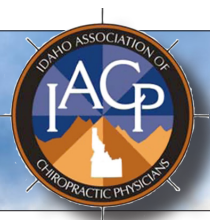


*The IACP News, Vol. 9, No. 12*  
*December 2025*



**HAPPY HOLIDAYS**

*The IACP Board of Directors and staff  
wish you and yours a most joyous  
Holiday Season and  
a prosperous New Year.*



# IACP

*The mission of the Idaho Association of Chiropractic Physicians (IACP) is to act as the unified voice, leader and stalwart supporter of the individual licensed doctors of chiropractic and supporting associates who provide exceptional health care and wellness to the patients and communities of Idaho. In supporting our Idaho chiropractic physicians, the IACP will work diligently to protect, enhance and build opportunities for the chiropractic industry and increase public access to chiropractic care.*

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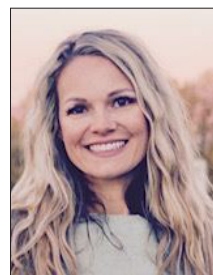
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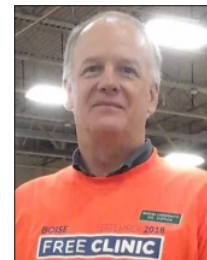
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## Idaho Association of Chiropractic Physicians

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# A chiropractic care approach to concussion care

Recently, National University of Health Sciences (NUHS) invited alumnus Steven Paliakas, DC, to lecture and share insights on concussion care in a clinical practice with students in the doctor of chiropractic medicine program. Dr. Paliakas earned his Doctor of Chiropractic Medicine (DC) from NUHS in 2000. He owns and operates Nova Rehabilitation Acupuncture Chiropractic in Wheaton, Ill.

During his presentation, Dr. Paliakas discussed the first step when treating a concussion is to rule out any red flags through imaging and referring to emergency care, if necessary. Dr. Paliakas emphasizes that recovery is not solely based on symptom resolution.

His treatment plan is usually four sessions long. He starts by explaining the process to his patient to eliminate any uncertainty and fear.

“Understanding the problem can take the fear out of it, and concussion can be very frightening. So, I do a slightly less technical spiel with them to help them understand what concussion is, and I present to them whatever their symptoms are and the timeline of their recovery. That gives them a sense of validation, encouragement and hope. Presenting a treatment plan is critical the first time a patient comes for care,” Dr. Paliakas said.

Session one includes an initial evaluation, where he performs a musculoskeletal assessment and immediate treatment for neck pain. During session two, he conducts the Buffalo Concussion Treadmill Test to establish a safe

exertion margin. He assesses eye tracking and vestibular system function during session three and recommends an anti-inflammatory nutritional diet during the fourth and final sessions.

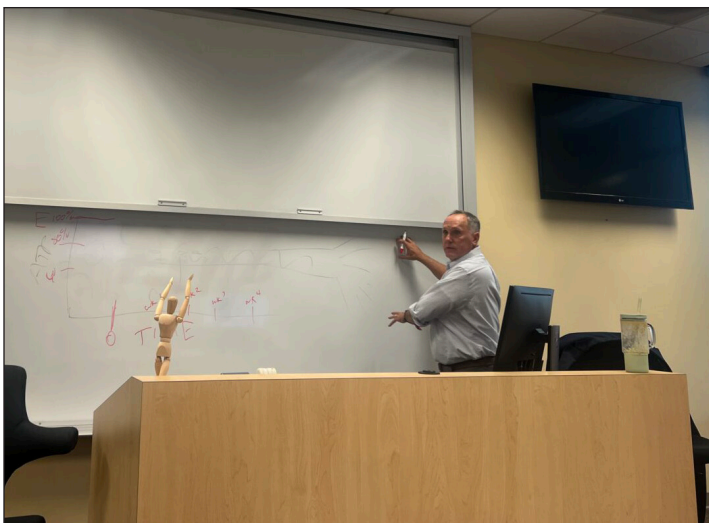
Dr. Paliakas highlighted that chiropractic physicians with neuro-based training and expertise in rehabilitation are uniquely equipped to treat concussion patients. He incorporates techniques such as dry needling, spinal manipulation and targeted rehabilitation exercises to support patients in managing their symptoms and progressing in their recovery.

Chiropractic doctors provide holistic care that addresses more than the physical symptoms of concussions. Dr. Paliakas makes sure to educate his patients on their condition and recovery process, provides nutritional guidance to ensure an anti-inflammatory diet and recommends supplements to support brain recovery. Additionally, he recognizes the emotional toll of chronic concussion symptoms and refers patients to appropriate mental health resources when needed.

An article entitled, *Chiropractic Care for Concussion Recovery*, was posted by [Chiro-Trust.org](https://chiro-trust.org) in August of 2021 which stated in part:

“A December 2020 study used a multi-modal management approach in a group of three patients (two sports-related and one non-sports related concussion), and each within a different stage of recovery (acute, sub-acute, and chronic). Treatment plans were tailored individually and included patient education, sub-symptom threshold exercise, soft-tissue therapy, manipulative therapy, and visual/vestibular rehabilitation exercises. The study made three important observations: 1) the efficacy of three different multi-modal treatment plans based on suggested clinical profiles for patients with PCS (post-concussive symptoms); 2) that the delineation of concussion literature based on mechanism of injury (sport vs. non-sport) may be unnecessary; and 3) these cases provide encouraging evidence to support the use of manual therapists—such as chiropractors—as part of the multi-modal, interdisciplinary healthcare team.

“As an interesting side note, the authors cited recent studies that reported cognitive rest until the point of



symptom resolution—one of the most common treatment recommendations for concussed patients—may NOT be necessary. They also highlighted a systematic review that stated that complete rest for more than a few days was not supported by recent literature, and this was seconded by a statement from the American Medical Society for Sports Medicine. Also noteworthy, they discussed the use of anti-inflammatory nutritional supplementation, especially in the acute stage including omega-3 essential fatty acids, vitamin D3, and curcumin as well as limiting the intake of white sugar and processed meats.

“Many chiropractic providers offer a multi-modal treatment approach for patients with cervical musculoskeletal disorders that routinely incorporates a combination of manual therapies (joint manipulation, soft tissue mobilization, massage therapy, trigger point therapy, myofascial release, and more), exercise training, diet and nutritional counseling, physical therapy modality applications, and more.”

The [website](#) for the Integrated Brain Centers states that chiropractic neurology offers an integrated approach to concussion care. “By focusing on how the nervous system works in our body, and understanding the relation between metabolic and immune systems, and coupling this with the most cutting-edge knowledge in functional neurology and clinical neurology, its possible to achieve success when dealing with concussions and brain related injuries.”

The website adds: “Because of the research and science

into the brain-body connection, chiropractic neurology therapy and rehabilitation can be an excellent alternative to conventional medicine for the care of concussions and brain injuries.”

The NorthEast Spine and Sports Medicine [website](#) adds: “Though your first stop for a suspected concussion can and should be an MD or other emergency room personnel, a doctor of chiropractic can help with everything from evaluation to management, especially in the long-term. Chiropractors with advanced training in sports medicine are likely especially well-suited to concussion treatment, but all chiropractors have the basic knowledge and expertise to lend a helping hand.

“Conventional medicine focuses on two issues surrounding concussions: prevention and medicated management of symptoms. Both concerns are valid, especially the idea of prevention; wearing a helmet and other protective gear while playing sports helps prevent a TBI in the first place. It also helps ward off repeated brain injuries, the consequences of which can be increasingly catastrophic.

“With chiropractic care, however, we take treatment one step further by addressing all the peripheral concerns caused by your concussion. Rather than throwing anti-inflammatories at your muscle pain or prescribing painkillers to quell migraines, we try to get to the root cause, which is often a dysfunction in the musculoskeletal or nervous systems.” ■

# Join the Pack

The IACP acts as a resource, representative and leading advocate for the chiropractic industry in Idaho. We cannot continue to properly serve the chiropractic profession without the commitment and support of exceptional industry leaders, such as yourself. The IACP Board and its members believe that membership in the Association is and should be mutually beneficial to both the Doctor and the IACP, which makes it a perfect cooperative relationship. As a member, you will have multiple opportunities to obtain learning and marketing opportunities, at a discounted rate, through membership, as well as, have an opportunity to utilize the services of the IACP team and its Board. You will also have an opportunity to get involved in important issues, from the center, along with other industry leaders and spokespeople. At the same time, the Association continues to grow and provide broader services to the industry with your support. Join now and be a part of the “pack” that will lead us into the future!

# The importance of training employees in a chiropractic office

Running a successful chiropractic office requires more than clinical skill. Your practice thrives when every member of your team—from the front desk to the treatment room—knows how to deliver exceptional care and service. Employee training is one of the most valuable investments you can make to ensure efficiency, compliance, and patient satisfaction.

## Why Training Matters

### 1. Enhancing Patient Experience

Your staff is often a patient's first and last point of contact. From the initial phone call to check-out, every interaction influences how patients perceive your practice. Training employees in communication, empathy, and patient flow ensures consistency and professionalism. A well-trained team helps patients feel heard, respected, and cared for—key drivers of retention and referrals.

### 2. Improving Compliance and Reducing Risk

The healthcare environment is complex, with strict rules on HIPAA, OSHA, billing, and documentation. Mistakes can lead to audits, penalties, or reputational harm. Regular compliance training keeps your team updated on regulations and helps prevent costly errors. By incorporating compliance into your training culture, you safeguard both your patients and your practice.

### 3. Boosting Efficiency and Productivity

Cross-training employees to handle multiple roles—such as scheduling, insurance verification, and patient education—builds flexibility into your practice. When team members understand each other's responsibilities, workflows become smoother, bottlenecks are reduced, and staff can step in where needed. This adaptability is especially valuable for smaller offices where resources are limited.

### 4. Increasing Employee Engagement and Retention

Employees who feel supported in their professional development are more engaged, loyal, and motivated. According to industry research, organizations with strong training programs see higher productivity and lower turnover. In a chiropractic office, where teamwork is essential, reducing staff turnover saves time, money, and the disruption of constantly onboarding new employees.

### 5. Supporting Practice Growth

Training does more than maintain the status quo—it fuels



growth. A confident team is better equipped to handle higher patient volumes, promote wellness plans, and explain the benefits of chiropractic care. Staff members trained in financial policies and patient education can help patients understand their options, which in turn supports both compliance and revenue growth.

## Key Areas for Chiropractic Employee Training

To maximize results, focus on these essential areas:

- **Compliance Training:** HIPAA, OSHA, Medicare rules, documentation standards, and financial regulations.
- **Customer Service:** Communication skills, conflict resolution, scheduling, and creating a welcoming environment.
- **Clinical Support:** Proper patient intake procedures, note-taking, and assisting with therapies.
- **Office Operations:** Insurance verification, billing processes, and use of EHR systems.
- **Professional Development:** Leadership skills, team collaboration, and stress management.

By addressing these areas, you ensure every team member contributes to the practice's success.

## Implementing Effective Training

1. **Onboarding Program:** Set new employees up for success with structured onboarding that covers office policies, culture, and expectations.
2. **Ongoing Education:** Schedule regular workshops, online modules, or lunch-and-learns to reinforce skills.
3. **Role-Specific Resources:** Tailor training to each role while encouraging cross-training for flexibility.
4. **Feedback & Evaluation:** Utilize performance reviews and patient feedback to identify gaps and tailor training accordingly.
5. **Leverage External Experts:** Compliance consultants, industry webinars, and professional associations can provide specialized training without overwhelming your in-house team.

Investing in employee training isn't optional—it's a necessity for long-term success. A well-trained team improves patient satisfaction, ensures compliance, enhances efficiency, and supports growth. In chiropractic care, where trust and professionalism are everything, training transforms your staff into true ambassadors for your practice.

When you commit to ongoing education for your employees, you're not just investing in them—you're investing in the future of your practice and the health of the patients you serve.

*Dr. Ray Foxworth, DC, FICC, is the visionary behind ChiroHealthUSA, serving as its esteemed founder and CEO.*

*With over 39 years of dedicated service in chiropractic care, Dr. Foxworth has navigated the complexities of billing, coding, documentation, and compliance firsthand. His rich experience includes roles as the former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Chiropractic Summit and Mississippi Department of Health.*

*Dr. Foxworth is deeply committed to advancing the chiropractic profession, which is evident through his leadership roles. He is an at-large board member of the Chiropractic Future Strategic Plan and holds an executive board position with the Foundation for Chiropractic Progress.*

Go ahead, make your day.





# Adjusted Reality becomes Barnes & Noble best seller

The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization dedicated to informing and educating the public about the value of chiropractic care and its essential role in advancing whole-being health, is proud to announce that Adjusted Reality, the inspiring new Forbes book promoting chiropractic and whole-being health, has officially become a Barnes & Noble Best Seller. Earlier this week, the book soared to #1 and #2 on two of the Top 100 Bestselling NOOK eBook lists.

Main Category Achievements on Barnes & Noble:

- #1 Bestselling in Diet, Health & Fitness NOOK Books
- #2 Bestselling in Medicine & Nursing NOOK Books

The success extended beyond Barnes & Noble, as Adjusted Reality quickly became a #1 Amazon Best Seller and #1 New Release in multiple categories, further proving the growing public interest in natural health approaches.

Amazon Achievements Include:

- #1 New Release in Mind-Body Connection (Kindle)
- #1 New Release in Preventive Medicine (Books)
- #1 New Release in Chiropractic (Books)
- #1 New Release in Back Pain (Books)
- #1 New Release in Aging Nutrition & Diets (Books)

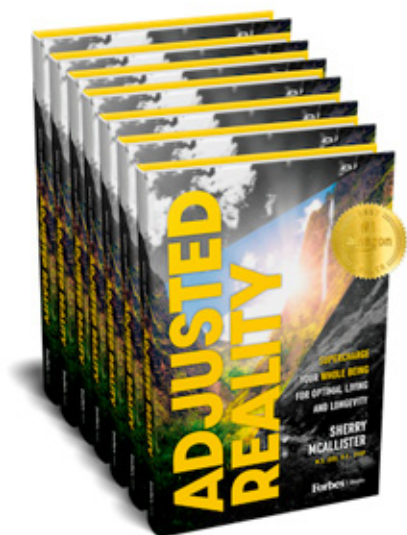
- #1 in Mind-Body Connection (Kindle)
- #1 in Alternative & Holistic Medicine (Kindle)
- #1 in Healthy Living (Kindle)

Adjusted Reality offers readers an inside look at how chiropractic principles, centered on natural solutions and whole-being health, create the foundation for sustainable lifestyle transformation. Through real-life stories, research and practical insights, the book empowers readers to take charge of their health by addressing the mind and body connection.

“This achievement reflects the growing public desire to learn more about the power of chiropractic and a more holistic approach to health,” Kent S. Greenawalt, chairman, F4CP states. “We’re thrilled to see Adjusted Reality resonating with so many people and sparking a larger conversation about what true health really means.”

Now is the moment to build on this momentum. Every download, every review and every conversation about Adjusted Reality helps keep chiropractic care in the national health dialogue, showcasing the profession’s essential role in whole-being health. Doctors of chiropractic across the country are encouraged to get the book, share it with

Unlock Whole-Being™ Health and Order “Adjusted Reality” by Forbes Books Today!



## Adjusted Reality Bundle Offer

Buy More, Save More! Use the Promo Code at checkout to get your discounts off list price.

- The Align Pack (4 books): **REALITY4** for **33% off**
- The Amplify Pack (7 books): **REALITY7** for **40% off**
- The Ascend Pack (10+ books): **REALITY10** for **50% off**

[Apply Promo Code at Checkout.](#)

PLUS, when you order “Adjusted Reality,” for your clinic, you’ll **also receive an impact toolkit** that will include videos for your office, white papers, infographics, posters, tip sheets, podcasts and more!

[Buy a Book Bundle](#)





patients, and distribute it as a resource in their communities. When the profession unites around a message of natural, whole-being care, everyone wins. Adjusted Reality is more than a best seller; it's a movement that's helping millions discover the life-changing benefits of chiropractic care.

Adjusted Reality is available now through Barnes & Noble,

Amazon, Target, Walmart and other major retailers. Readers can also access book bundles and a free Impact Toolkit designed to help doctors of chiropractic integrate the book's message into patient education and practice outreach at [f4cp.org/adjustedreality](http://f4cp.org/adjustedreality).

*The Foundation for Chiropractic Progress (F4CP) is an award-winning not-for-profit organization dedicated to educating the public about the benefits of chiropractic care. With over 39k members, we work to build bridges with other healthcare professions and foster trust through peer-reviewed research, campaigns and industry platforms, all in the service of promoting a drug-free, non-invasive, sustainable approach to healthcare.*

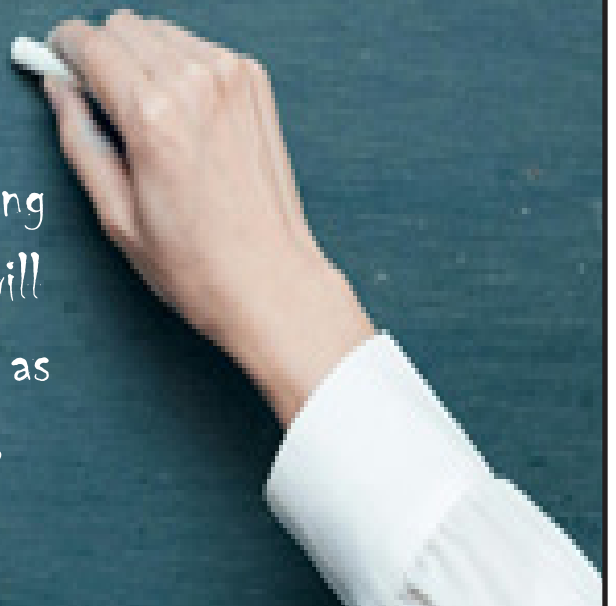
# IACP 2026 Annual Convention

Save the Date: April 24-26, 2026, The Grove Hotel - Boise, ID

Join your fellow chiropractic colleagues for the IACP Annual Convention in Boise. The event will be filled with innovative presentations, networking opportunities, and discussions on our efforts to grow the chiropractic industry into the future.

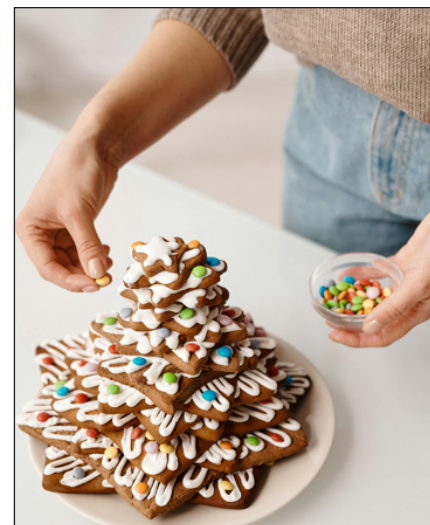


Our fresh and diverse set of speakers, along with our exhibition of industry partners, will provide you with professional development as well as applicable products and services to benefit your practice.



The holidays are here again . . .  
. . . and we all know what that means!

The average American gains a pound or two during the December holidays. While this may not seem like a lot, many never lose this weight afterward.



## New findings may help us all

Recent [work](#) from the Physicians Committee for Responsible Medicine, published in *Frontiers in Nutrition*, reports that people who follow a vegan diet tend to eat more plant-based foods, even those labeled as “unhealthy” by the plant-based diet index. This shift in eating patterns was associated with more weight loss compared to individuals following the Mediterranean diet.

The research, titled, *Plant-based dietary index on the Mediterranean and a vegan diet: a secondary analysis of a randomized, cross-over trial*, had the stated objective of assessing “...the relationship between the PDI, and the “healthful” hPDI and “unhealthful” uPDI, and weight loss in the context of Mediterranean and vegan diets in overweight adults.”

Weight loss was linked to several factors: avoiding animal products; eating items such as potatoes and refined grains, which are categorized as “unhealthy” by the plant-based diet index; and limiting added oils and nuts, which the same index classifies as “healthy.”

“Our research shows that even when a low-fat vegan diet includes so-called unhealthy plant-based foods — as defined by the plant-based diet index — like refined grains and potatoes, it’s better than the Mediterranean diet for weight loss, because it avoids animal products and added oils,” says Hana Kahleova, MD, PhD, director of clinical research at the Physicians Committee for Responsible Medicine and lead author of the study.

The analysis builds on a previous Physicians Committee study that directly compared a low-fat vegan diet with a Mediterranean diet. In that trial, 62 adults with excess weight were randomly assigned to one of the two eating patterns for 16 weeks. The vegan plan included fruits, vegetables, grains, and beans, while the Mediterranean plan featured fruits, vegetables, legumes, fish, low-fat dairy, and extra-virgin olive oil. No calorie restrictions were placed on either group.

After the first 16 weeks, participants returned to their usual diets for a four-week break and then switched to the opposite

plan for another 16 weeks. Results from the original study showed that the vegan diet led to greater weight loss and improvements in body composition, insulin sensitivity, and cholesterol levels.

In the secondary analysis, researchers examined participants' dietary logs to explore how three scoring systems within the plant-based diet index (PDI, hPDI, and uPDI) related to weight changes on both diets. The PDI system labels foods in the following way:

“Healthful” plant-based foods include fruits, vegetables, whole grains, nuts, legumes, oils, coffee, and tea. “Unhealthful” plant-based foods include fruit juice, sugar-sweetened beverages, refined grains, potatoes, and sweets.

The index assigns scores as follows:

- **PDI:** Score increases with more plant-based foods overall.
- **hPDI:** Score increases with more “healthful” plant-based foods and fewer “unhealthful” plant-based foods.
- **uPDI:** Score increases with more “unhealthful” plant-based foods and fewer “healthful” plant-based foods.

The analysis showed that PDI scores rose significantly among participants on the vegan diet but stayed the same among those on the Mediterranean diet. The hPDI score increased in both groups, while the uPDI score rose in the vegan group and decreased among those eating the Mediterranean diet.

Only the increases in PDI and uPDI scores, seen exclusively on the low-fat vegan diet, were linked to weight loss. The rise in hPDI scores did not correspond with changes in body weight in either group.



---

*The Vegan diet  
beats the Mediterranean  
for weight loss  
even with  
potatoes and grains!*

---

Most of the increase in PDI, hPDI, and uPDI scores on the vegan diet came from removing animal products. Cutting back on oils and nuts also contributed to higher uPDI scores. Together, these patterns indicate that replacing animal-based foods with plant-based options, along with reducing oils and nuts, may be effective strategies for weight management.

The work concluded by noting: “...replacing of animal-based foods with plant-based foods was associated with weight loss, even in the context of “unhealthful” foods as defined by the PDI. The findings suggest that the PDI is not a clinically useful measure in the context of vegan diets.”

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**Citation:** Kahleova H, Smith R, Fischer I, Brennan H, Znayenko-Miller T, Holubkov R and Barnard ND (2025) Plant-based dietary index on the Mediterranean and a vegan diet: a secondary analysis of a randomized, cross-over trial. *Front. Nutr.* 12:1666807. doi: [10.3389/fnut.2025.1666807](https://doi.org/10.3389/fnut.2025.1666807)





# **BEST WISHES**

## **FOR A PROSPEROUS NEW YEAR**

**Make the IACP part of your 2026 marketing plan!**

This monthly newsletter will get information about your products or services directly into the hands of the Idaho chiropractic community. There is no faster, less expensive way to reach this exclusive market. Advertising rates on the last page of this issue, or email Steve at [CandSpublishing@gmail.com](mailto:CandSpublishing@gmail.com) for info and discounts.

# Podcast covered Medicare, neck pain, costs, and chiropractic safety

Dr. James Whedon, DC, was recently featured on the Chiropractic Science podcast, where he joined colleague Dr. Brian Anderson (University of Pittsburgh) for an in-depth conversation about their multi-year Medicare research project examining the outcomes, costs, and safety of chiropractic care for older adults with neck pain.

Hosted by Dr. Dean Smith, the episode titled “Neck Pain, Medicare, Costs, Adverse Events” explores the results of three peer-reviewed studies supported by an NIH R15 Research Enhancement Award. The research team analyzed patterns of care among nearly 300,000 Medicare beneficiaries with new episodes of neck pain, offering one of the most comprehensive looks to date at how initial provider choice influences patient outcomes in this population.

Visit the Chiropractic Science [website](#) or [YouTube](#) to listen to the podcast.

During the interview, Dr. Whedon and Dr. Anderson describe how their research group examined Medicare claims data to compare three initial treatment pathways for new episodes of non-traumatic, non-pathological neck pain:

1. Chiropractic care (spinal manipulation)
2. Primary care without prescription analgesics
3. Primary care with prescription analgesics

Over a 24-month follow-up period, the researchers assessed:

1. Rates of care escalation (specialist visits, imaging, injections, surgery, hospitalizations, ER visits)
2. Total and neck pain–related health care costs
3. Safety outcomes and adverse events

**Key Finding #1:** Starting with Chiropractic Reduces Care Escalation. Patients who started with spinal manipulation experienced:

1. 64% lower rate of total care escalation
2. 93% lower rate of surgical procedures
3. 78% lower rate of hospitalizations

**Key Finding #2:** Chiropractic Care Is Associated With Substantial Medicare Cost Savings. The research identified significant financial benefits with chiropractic as an initial strategy:

1. \$435 less per patient in total hospital spending over two years
2. Lower outpatient and medication costs

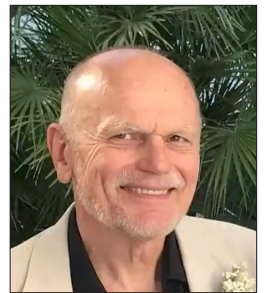
3. \$43 million in estimated Medicare savings per 100,000 neck-pain episodes

**Key Finding #3:** Chiropractic Care Shows Favorable Safety Outcomes. Chiropractic patients demonstrated:

1. 20% lower rate of any measured adverse event compared to patients who received prescription analgesics
2. 14% lower rate compared to primary care without analgesics

These results support national discussions surrounding the Chiropractic Medicare Coverage Modernization Act, which proposes expanding Medicare coverage to include the full range of services chiropractors are trained to provide.

**Dr. James Whedon, DC, MS** is a Senior Health Services Researcher at Southern California University of Health Sciences and Adjunct Professor at The Dartmouth Institute for Health Policy and Clinical Practice. He holds a DC degree from Logan College and an MS from Dartmouth College. He has authored more than 65 peer reviewed publications. He is a charter member of the Academy of Integrative Health & Medicine, and a recipient of the Jerome F. McAndrews DC Memorial Research Fund Award from NCMIC Foundation, and the Scott Haldeman for Outstanding Research from the World Federation of Chiropractic.



**Dr. Brian Anderson DC, MPH, MS, PhD** is an Assistant Professor within the Palmer Center for Chiropractic Research (PCCR) at the Palmer College of Chiropractic, where his research is focused on evaluation of nonpharmacological spine care delivery in the US. His background includes 15 years of clinical experience as a licensed chiropractic physician in a variety of settings, including private practice, a hospital-based integrative medicine center, and a chiropractic academic teaching clinic.



# Chiropractic News

## **ACA Engage January 22-24, 2026 offers new education, social opportunities**

Doctors of chiropractic and students attending the American Chiropractic Association (ACA) annual conference, ACA Engage, in January 2026 will have expanded opportunities to enhance their clinical knowledge and enjoy social time while in the nation's capital.

Along with regularly planned education programs, [Engage 2026](#) will include a post-conference seminar, "Chiropractic Management of Common Infant Conditions." The 2 CE course, presented by Jennifer Brocker, DC, DICCP, president of the ACA Council on Chiropractic Pediatrics, will dive into the three most common presenting conditions of infancy. Using clinical case examples and current evidence, Dr. Brocker will discuss the best management protocols for the conditions. She also brings her 17 years of specialized pediatric practice to the presentation, which is a must for any DC who treats young patients.

In addition to education, attendees can take part in new social events in the form of two group tours: "Monuments by Night," which takes participants around the nation's capital to view storied monuments such as the Lincoln Memorial and the Washington Monument, and "Nightmares and Nightcaps Ghost Walk," an entertaining stroll through Old Town Alexandria peppered with tales of ghostly encounters and featuring stops at local pubs.



"We know Engage attendees want to serve their patients better by continually expanding their knowledge and skills," notes ACA President Marc Nynas, DC, "but they also enjoy simply being together and strengthening professional bonds through networking and shared social experiences. Engage 2026 hits both those marks in a big way."

Engage 2026 will take place Jan. 22-24, 2026, at the Crystal Gateway Marriott Hotel in Arlington, Va. In addition to presentations from chiropractic thought leaders and clinical experts, the conference features continuing education (CE) programs, professional and leadership development, networking opportunities and the profession's only federal lobbying day, Chiropractic's Day on the Hill. For more information, visit [acatoday.org/engage](http://acatoday.org/engage).

### **Ticket sales now open**

Tickets are now available for the Monuments by Moonlight Tour (Thursday, Jan. 22, 8:00 p.m. – 10:00 p.m.) and the Nightmares and Nightcaps Ghost Walk (Friday, Jan. 23, 8:00 p.m. – 9:30 p.m.) at ACA Engage 2026. Grab your opportunity to experience our country's monuments by moonlight or join a custom guide through historical Old Town Alexandria (21+). [Act now, space is limited!](#)

### **ICA welcomes new Board members**

On November 13, the International Chiropractors Association (ICA) Board of Directors elected Dr. Deed Harrison of Idaho, Dr. Patricia Giuliano of California, and Dr. Max Reinecke of South Dakota to the Board of Directors. Both Dr. Harrison and Dr. Reinecke previously served in the ICA Representative Assembly. Dr. Reinecke is returning to the ICA Board after prior service on the board.

**Deed E. Harrison, D.C. FICA**, is a highly respected chiropractic researcher. One of the most published chiropractic researchers in the profession, Dr. Harrison authored (co-authored) over 260 peer-reviewed spine-related publications, 5 spine textbooks, and numerous conference proceedings. Dr. Harrison is a manuscript reviewer for several top-tier, Q1, peer-reviewed Spine journals. He



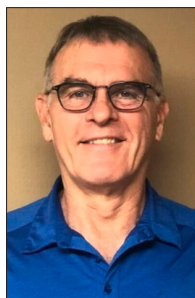


has developed and completed two successful Special Issues on spine rehabilitation for the Journal of Clinical Medicine as a Guest Editor.

**Patricia A. Giuliano, D.C., FICPA, FICA, EMP**, a graduate of Life University, recently stepped back from full-time clinical practice. As co-owner of Westwood Family Chiropractic alongside her husband, Dr. Peter Kevorkian, she has passionately mentored numerous chiropractors and over forty chiropractic student interns. With over forty years of experience, Dr. Patti focuses on empowering individuals to trust their body's innate healing capacity. Currently serving on the board of the League of Chiropractic Women, Dr. Patti has held roles such as president and membership chairperson. She is also President of the Academy of Chiropractic Family Practice and sat on the Chiropractic Licensing Board in Massachusetts for six years.

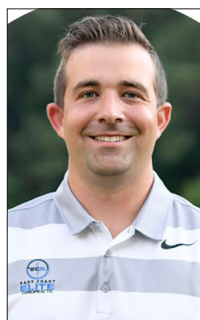


**Max Reineke, DC, FICA**, a graduate of Logan Chiropractic College and a native of Sioux Falls, South Dakota returns to the ICA Board after several years serving in other capacities. Having grown up without exposure to chiropractic, it was only after college that he found his way to chiropractic. Starting chiropractic college, never having been adjusted, Dr. Reineke found the lack of exposure to chiropractic made it easy for him to have an open mind to all techniques and points of view. He wanted to learn any chiropractic method he could to help his fellow man. Dr. Max has always taken the chiropractic subluxation complex seriously. The subluxation was the "it" that happens when the phrase "you got it" is used by doctor and patient. In a career focused over more than 4 decades, Dr. Reinecke has on the identification and elimination of the subluxation.



### **Dr. R. Taylor Myers named President of UVCA**

**Dr. R. Taylor Myers** (Sherman College of Chiropractic class of 2018) has been elected President of the Unified Virginia Chiropractic Association (UVCA). His election was announced at the UVCA Fall Convention on October 4, 2025, in Virginia Beach, Virginia.



Dr. Myers brings a clear vision for

advancing the profession throughout the Commonwealth. His leadership emphasizes open communication, member engagement, and professional growth.

"It's truly an honor to serve as President for the Commonwealth of Virginia and for the UVCA," Dr. Myers shared. "I look forward to growing chiropractic in the Commonwealth and ensuring members of the UVCA are fully informed, engaged, and are heard. Our goal is to increase membership. If any Sherman alumni are practicing in Virginia and aren't members of the association, please reach out. I will personally talk with you to answer any and all questions."

### **Ashari Smith wins 2025 ChiroCongress Cares Legacy of Leadership scholarship**

This year's ChiroCongress Cares Legacy of Leadership scholarship has been awarded to Life University (Life U) chiropractic student Ashari Smith. The Legacy of Leadership scholarship is a \$5,000 award provided to a deserving student each year by ChiroCongress Cares. Smith received an all-expenses-paid trip to Boston to accept the award and be fully recognized at the ChiroCongress Convention this past weekend. The 2025 Legacy of Leadership scholarship is given in honor of Dr. Chris Anderson, continuing the tradition of honoring those who come before us by empowering the next generation of chiropractors.

Smith expressed gratitude for receiving such support and affirmation as she pursues her professional goals.

"With the rising cost of living and increasing expenses, financial support has become essential for me to continue pursuing my Doctor of Chiropractic degree. This scholarship means everything to me. As a first-generation chiropractic student and future doctor, I am forging a new path not only for myself but for my entire family. Receiving this scholarship represents not just financial relief, but also a profound vote of confidence in my journey and my dreams," Smith said.



# Chiropractic College News

## **Campus security enhanced at Cleveland University-Kansas City**

Cleveland University-Kansas City (CUKC) celebrated the completion of the new pedestrian safe path and renovated south entrance, highlighting the University's latest campus improvement project. To celebrate, CUKC hosted a ribbon-cutting ceremony on November 5, at the south end of campus. The event included members of the CUKC Board of Trustees, University leadership, and Overland Park City Council member Jim Kite.

The project was made possible through funds raised by the CUKC Office of Advancement, combined with a 3-to-1 matching grant provided by the State of Kansas through the American Rescue Plan Act (ARPA). This marks the fourth and final campus improvement completed under the grant.

The new safe path features a redesigned descent from the parking lot to the building entrance, a wider staircase, and an automated front door, improving both accessibility and safety for students, faculty, staff, and visitors. Additional upgrades include a tree-lined patio and enhanced landscaping to create a more welcoming and modern entryway.

The improvements mark another step in CUKC's ongoing effort to create a safe, accessible, and beautiful campus environment for students and the community. CUKC continues to invest in campus modernization to ensure a high-quality experience for its students and guests. The university extends its appreciation to the American Rescue Plan Act, the State of Kansas, the CUKC Foundation, the Office of Advancement, and its community of alumni and supporters for their partnership in making these enhancements possible.

## **Partnership enhances chiropractic care**

Two Spartanburg institutions are joining forces to elevate student success both on and off the field. Sherman College of Chiropractic and the University of South Carolina Upstate (USC Upstate) have signed a new partnership that blends health, education, and community impact — providing chiropractic care for USC Upstate athletes while giving Sherman student interns invaluable hands-on experience.

Through this collaboration, Sherman College Chiropractic Center interns, under the supervision of Dr. Michael L. Tomasello, associate professor of clinical sciences and Case Doctor for Sports Outreach, will visit USC Upstate regularly to deliver chiropractic care to Spartan student-athletes.

Chiropractic care plays a vital role in athletic performance — improving function, mobility, and recovery from injuries. With this partnership, USC Upstate athletes will now have access to consistent, professional care right on campus. The agreement, officially signed by Sherman College President Dr. Jack Bourla and USC Upstate Chancellor Dr. Bennie L. Harris, represents a milestone in collaboration between the two Spartanburg-based schools.

"This partnership is a win-win," said Dr. Jack Bourla, president of Sherman College. "Our interns gain valuable, hands-on experience working in a dynamic collegiate athletic environment, while USC Upstate's student-athletes receive the benefits of regular chiropractic care to support their performance, recovery, and overall well-being."

## **Chiropractic students lead National SACA Conference**

Northeast College of Health Sciences chiropractic student Jade Carbuccia (D.C. '26) earned national recognition for her leadership, serving as co-chair of the 2025 Student American Chiropractic Association (SACA) Leadership Conference, held Sept. 12–14, 2025, in Des Moines, Iowa. She was one of only two students in the country selected to help plan and organize the event.

Carbuccia worked alongside Parker University's Victoria Farrar, supported by mentors and chiropractors Dr. Leslie Reece and Dr. Katie Benson and American Chiropractic Association (ACA) staffers Alex King, Rebecca Wang and Christine Canty. Together, they created a student-centered experience that brought chiropractic students from across the country together for a weekend of inspiration and leadership development.

The planning team focused on fostering self-reflection and meaningful connections. "We wanted to strengthen the sense of family within SACA," Carbuccia said. Aptly named Leading by Example: Role Models in the Chiropractic



Community, the 2025 SACA Leadership Conference featured speakers who shared personal stories that resonated with students and professionals alike. “Many of our speakers went off script to speak directly from the heart,” she said. “By the end of the weekend, hearts were full, and the energy in the room was unforgettable.”

During the awards dinner, hosted by NCMIC, Carbuccia received the Outstanding Service Award, a peer-nominated honor recognizing her dedication and leadership. She credits her success to a strong support system that includes her SACA advisor and Northeast instructor Dr. Bill Lauretti, classmates at the Depew Health Center, and her mentor, Northeast alumnus Dr. Bryan Kent (D.C. '16, M.S. '17), who has been “a constant source of guidance and encouragement.”

### Southern California University of Health Sciences students win CalChiro Quiz Bowl

The ballroom buzzed before the first question. Teams checked in, glanced at notes, and tried to read the room. When the round opened, SCU’s table leaned forward together. They stayed that way all afternoon.

By the final tally, Southern California University of Health Sciences had won the CalChiro Quiz Bowl for the second straight year. For the students, the trophy mattered. The way they earned it mattered more: quick recall, steady hands, and a shared rhythm built in classrooms and labs across campus.

“We figured out the team a few minutes prior,” said Jordan Jacobson of Eden Prairie, Minnesota. He smiled at the chaos



that came before the calm. “Feels good to know SCU is giving us the knowledge we need to succeed.”

The rounds leaned on functional anatomy, orthopedic exams, chiropractic history, and case-style questions. That overlap did not happen by accident.

Jacobson said the content aligned with his work for Parts II–IV board preparation. Robles pointed to class guides and her quick review with the club president. Christian Montoya, who grew up in South Pasadena, put it plainly: “A lot of questions were orthopedic. The stuff we learned in courses like IPA, FABS, and GA showed up.” He added a note for younger students: “Whenever you begin to doubt yourself, remember that you know a lot more than you think you know.” The team plans to share study notes with peers and invite first-year students to open practice nights. The goal is simple: keep building knowledge, speed, and trust—on campus and on stage.

A promotional banner for Parker Seminars. The background is a black and white photo of a large crowd of people sitting in an auditorium. Overlaid on the image is text in white and yellow. The text reads: "PARKER SEMINARS PRESENTS", "75 YEARS IN THE MAKING...", "THREE DAYS DESIGNED TO KEEP YOU IN MOTION. BUILDING PRECISION, CONFIDENCE, AND READINESS, SO WHEN OPPORTUNITY STRIKES, YOU'RE ALREADY MOVING.", "February 26-28, 2026", "Caesars Forum Event Center", "Las Vegas, Nevada". At the bottom, there are two buttons: "Register Now" and "Keep Up To Date".

PARKER SEMINARS PRESENTS

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# Office Posters



We have created a FREE [printable PDF](#) of the  
***Tips for keeping your New Year's resolutions***

poster on the following page, and  
the following posters are available online:

***The drug-free approach to pain reduction***

***Get up and move!***

***STRETCHING for better joint health***

***Easy exercises to keep your neck healthy***

***Were you pain free this morning when you got out of bed?***

***Tips for safe stretches***

***Don't let pain keep you from enjoying life***

***Walking helps with back pain***

***Four ways to avoid pain and injury when starting an exercise regime***

Feel free to print out and use any or all of the flyers.  
Or, make them available as handouts to your patients.

They are available on the website,  
[www.IACPnews.com](http://www.IACPnews.com) in an easy to print format.

Each has the following tagline:



***This healthy living information is provided by  
your Doctor of Chiropractic and the  
Idaho Association of Chiropractic Physicians (IACP).***



# Tips for Keeping Your New Year's Resolutions

The New Year is upon us yet again! About half of all Americans make resolutions, but research suggests barely eight percent keep them. Here are a few ideas from your Doctor of Chiropractic to help you keep those Resolutions.

## Advice for people making resolutions

Resolutions are, basically, a desire to make a change in your life. A good starting point for making and keeping positive Resolutions would be to be clear on your 'why.' Ask yourself how this change will benefit your life and support your values. For example, the deeper reason for deciding to quit smoking may be that you want to be a healthy role model for your children. Understanding that can boost your motivation initially and help keep you on track when you hit the inevitable rough patch.

Also, it can help tremendously to be specific about the behavior change you propose to make. Research suggests that the more specific you are about the change, the better. If your Resolution is to exercise more regularly, getting specific might be saying, 'I know I can fit in 15 minutes of walking three times a week.' It's helpful to start with something achievable so you don't feel overwhelmed. You can always increase your goal later.

Finally, it's always wise to ask for help. Getting support from family and friends has been shown to help us make lasting change. It's also good to partner with someone who's making the same behavior change. That creates accountability, and the camaraderie helps too.

## Keeping track of your progress

Research tells us that tracking progress helps achieve goals. Even if things aren't going perfectly, tracking your progress can be viewed as helpful feedback to make course corrections instead of abandoning ship. Plus, when you're regularly logging your progress, it keeps your goal in the front of mind. It doesn't matter how you track your progress. Some people keep it simple and mark the days they exercise on a calendar. Others like technology to track exactly how many steps they take each day.

## Getting through those rough days

If faced with a dilemma around keeping a resolution, slowing down can help. Take pause and recognize that you may have more choices in the moment than you think. If your resolution is to cut back on sweets because you'd like to lose weight, and then someone offers you a piece of cake, your immediate thought may be 'I want that delicious cake!' You could eat the cake and have the immediate gratification. You could also step away for a few minutes to see if the craving for the cake dissipates. Or you could decide to have a small piece and do more walking that day to burn the additional calories.

If you pause, consider your choices and call to mind your 'why' (the deeper reasons for making a change), you can then make a more deliberate decision. You'll feel positive about that, and you're more likely to repeat that mindful approach.



***You can do it!***

***This healthy living information is provided by  
your Doctor of Chiropractic and the  
Idaho Association of Chiropractic Physicians (IACP) .***

# The Idaho Association of Chiropractic Physicians

## *The IACP News*

### Display Advertising Policy, Rates and Information

The Idaho Association of Chiropractic Physician's *IACP News* is a full-color digital newsletter, published monthly and distributed to member doctors of chiropractic across Idaho as well as out-of-state members and student members.

**Format:** *The IACP News* is produced in a state-of-the-art digital format. It can be opened and viewed online from both the IACP website at <https://iacp.wildapricot.org/> and also from the publication site: [www.IACPnews.com](http://www.IACPnews.com). The publication site has both current and back issues of *The IACP News*. Questions about the digital format, the website, or display advertising should be directed to C&S Publishing at [CandSpublishing@gmail.com](mailto:CandSpublishing@gmail.com).

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Full page (boxed)	8" wide by 9 3/4" tall	\$450	\$414	\$378	\$330
Half page	8" wide by 4 3/4" tall	\$267	\$264	\$224	\$190
One Third (V)	2 3/8" wide by 9 3/4" tall	\$190	\$174	\$159	\$140
One Third (H)	8" wide by 3 1/8" tall	\$190	\$174	\$159	\$140
Quarter Page	3 7/8" wide by 4 3/4" tall	\$160	\$146	\$134	\$115
One Sixth	3 5/8" wide by 2 7/8" tall	\$105	\$97	\$88	\$75

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