



Prosperity Through Unity Exceptional Care for Idahoans

December 2023

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Groundbreaking chiropractic research published

In a groundbreaking [retrospective study](#) published in the *Journal of Upper Cervical Chiropractic Research*, chiropractors Joseph J Ierano BSc, DC, B CAO & Phillip S Ebrall BAppSc(Chiropr), GCert(TertLearnTeach), MPhotog, DC(Hon), PhD, FICCS, FACC present compelling evidence of the life-changing benefits of chiropractic care.

The study, titled, *A Retrospective Study of Health Outcomes Following Atlas Orthogonal Chiropractic Care: A Thematic Analysis of the Patient Voice from 393 Self Reports*, analyzed 393 patients from 60 Atlas Orthogonal chiropractors worldwide. It sheds light on the profound improvements experienced by patients in their own words. This research underscores the pivotal role chiropractic care plays in addressing global health concerns and offers a unique perspective from the patients themselves.

In this extensive study, a thematic analysis was conducted to extract trends in patient experiences, satisfaction, and values-expression. Patients who received Atlas Orthogonal upper cervical chiropractic care from certified practitioners were selected from private practice clinics to complete pre and post-treatment questionnaires documenting their presenting complaints and treatment experiences.

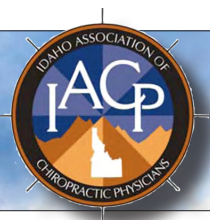
The results were nothing short of astonishing. Patients seeking acute care reported an astonishing 90% resolution in their pain and discomfort within just a 3½ week window of care.

Patients were categorized into two groups: those seeking acute care of up to 6 weeks and those opting for ongoing

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*The IACP Board of Directors, and the 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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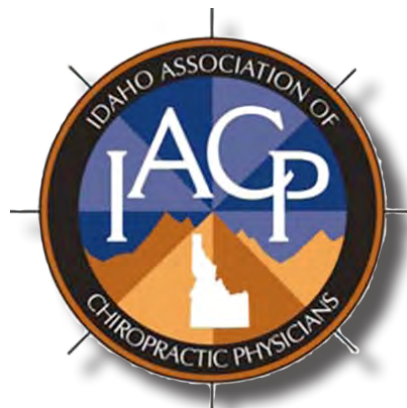
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Groundbreaking chiropractic research published

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maintenance care. Regardless of the category, all patients reported significant improvements in their neurological and functional well-being.

The research noted: “Data were analyzed for themes and aspects pertaining to gender, age, and duration of care. The average patient seeking acute care reported about a 90% resolution in their pain and discomfort within a 3½ week window of care. Patients fell into either acute care of up to 6w, or ongoing maintenance care. Presenting complaints were retrospectively categorized as either primarily Neuro-somatic in nature, or Neuro-functional and all patients reported Neuro-functional improvements as outcomes of care.”

Data analysis was conducted with a focus on themes related to gender, age, and duration of care. Among the most prevalent themes were expressions of patient satisfaction, successful pain reduction, and functional restoration. The “Patient Voice” was vividly expressive, reflecting patients’ perceptions of their journey from illness to health.

Notably, the study showed that Atlas Orthogonal chiropractic care overwhelmingly benefited patients with neuro-functional issues. The technique consistently demonstrated its unique ability to address the root causes of pain and discomfort.

The uniqueness of Atlas Orthogonal care and its profound impact on patient experiences warrant further investigation. These results, however, should not be generalized to chiropractic care in general or any other chiropractic technique. They stand as a testament to the potential of Atlas Orthogonal chiropractic care to change lives and offer hope to individuals suffering from chronic disease and acute pain.

The study conclusion said: “Extracted themes showed consistent expression of patient satisfaction, verbalization of successful pain reduction and functional restoration as foremost in most patients. The Patient Voice was expressive and reflected the patient’s perception of their transition from

illness to health. The uniqueness of AO care and its effect on the patient experience is worthy of wider investigation driven by listening to the Patient Voice. These results are not inferential to Chiropractic care in general, nor to any other Chiropractic technique.”

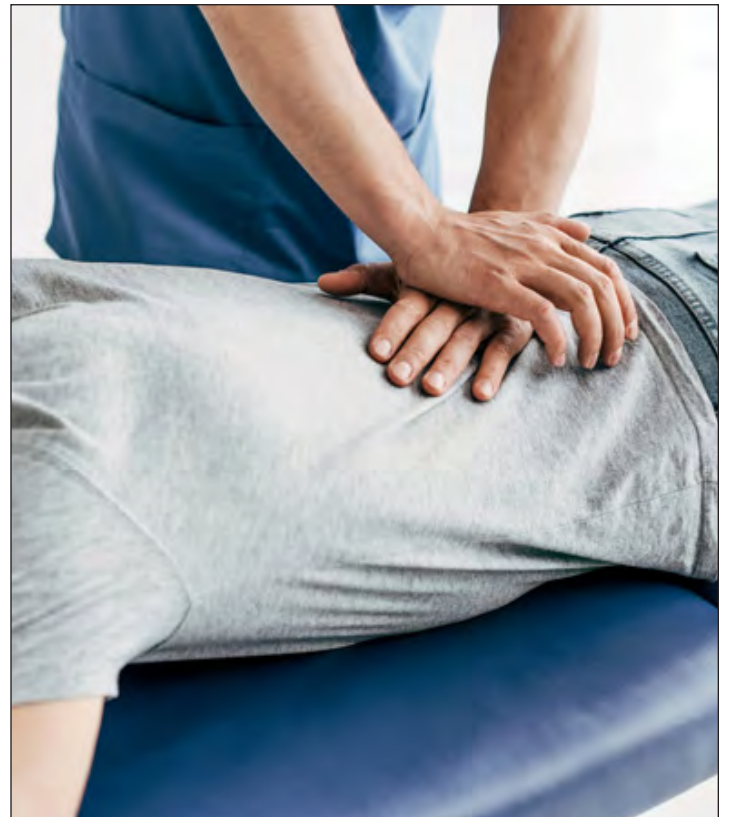
This groundbreaking research illuminates the incredible potential of chiropractic care in improving the lives of patients worldwide. The study’s emphasis on patient voices offers a perspective often overlooked in medical research.

The results underscore the need for more extensive exploration of Atlas Orthogonal chiropractic care’s transformative effects on patients’ well-being.

Chiropractors Ierano and Ebrall’s dedication to advancing the understanding of chiropractic care has the

potential to shape the future of healthcare. Their study serves as an invitation to the healthcare community to listen to the “Patient Voice” and explore innovative approaches to addressing global health challenges.

The research results were nothing short of astonishing. Patients seeking acute care reported an astonishing 90% resolution in their pain and discomfort within just a 3½ week window of care.



Salmonella health warning issued

Cantaloupes that are contaminated with salmonella continue to make people sick across the country, the US Centers for Disease Control and Prevention is warning. Several varieties of whole and pre-cut cantaloupe products have been recalled – including those sold at retail chains such as Kwik Trip, Kroger, Trader Joe's, Sprouts Farmers Market and Aldi – amid an ongoing outbreak of illness that now counts at least 117 cases in 34 states. More than 60 people have been hospitalized, and two deaths have been reported in Minnesota.

Anyone who has any of the newly recalled fruit products at home should throw them away or return them to the store where purchased, the CDC said. Make sure you wash any items or surfaces that have come into contact with the fruit using hot, soapy water. A dishwasher will also help get rid of the bacteria.

"CDC is concerned about this outbreak because the illnesses are severe," the agency said in a food safety alert, adding that the list of people with illnesses includes 14 who lived

in long-term care facilities and seven children in day care centers. "Do not eat pre-cut cantaloupes if you don't know whether Malichita or Rudy brand cantaloupes were used. ... This includes cantaloupe chunks and fruit mixes with cantaloupes at restaurants and grocery stores."

Salmonella is a bacterium that can cause vomiting, diarrhea, stomach cramps and fever. Symptoms typically start six hours to six days after someone swallows the bacteria. Get medical care right away if you think you have eaten some of this fruit and have a fever higher than 102, diarrhea that won't go away, bloody diarrhea, vomiting that won't stop or dehydration.

Anyone can get sick with salmonella, but some people are more vulnerable to severe symptoms, including the elderly, pregnant people, children and those with underlying illnesses that weaken the immune system. Salmonella infections are common. The bacteria causes about 1.35 million human infections and 26,500 hospitalizations in the US every year, according to the CDC.



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\$1200 \$100

** The IACP reserves the right to review articles and edit submissions as it deems necessary.

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Optional PAC Donation:

PAC stands for Political Action Committee the fundraising arm of the IACP. All monies donated go directly to supporting campaigns, educating state representatives, and hiring watch groups to guard against harmful legislation that would curtail your right to practice.

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Foundation for Chiropractic Progress announces \$1 million pledge match challenge

In celebration of the Foundation for Chiropractic Progress' twentieth anniversary, F4CP announces the first-ever \$1 million pledge match challenge donated by F4CP founder and chairman Kent S. Greenawalt.

The pledge match challenge is designed to amplify the impact of charitable donations that will go toward dramatically increasing both awareness and utilization of chiropractic in the coming year. Mr. Greenawalt has committed to match dollar-for-dollar any donation to F4CP for the remainder of 2023 until the organization reaches the \$1 million goal. To date, Mr. Greenawalt has already matched over \$130,000 that F4CP raised during FCA The National, the profession's largest chiropractic event. With total donations raised so far at \$260,000, there is still \$740,000 remaining until year-end.

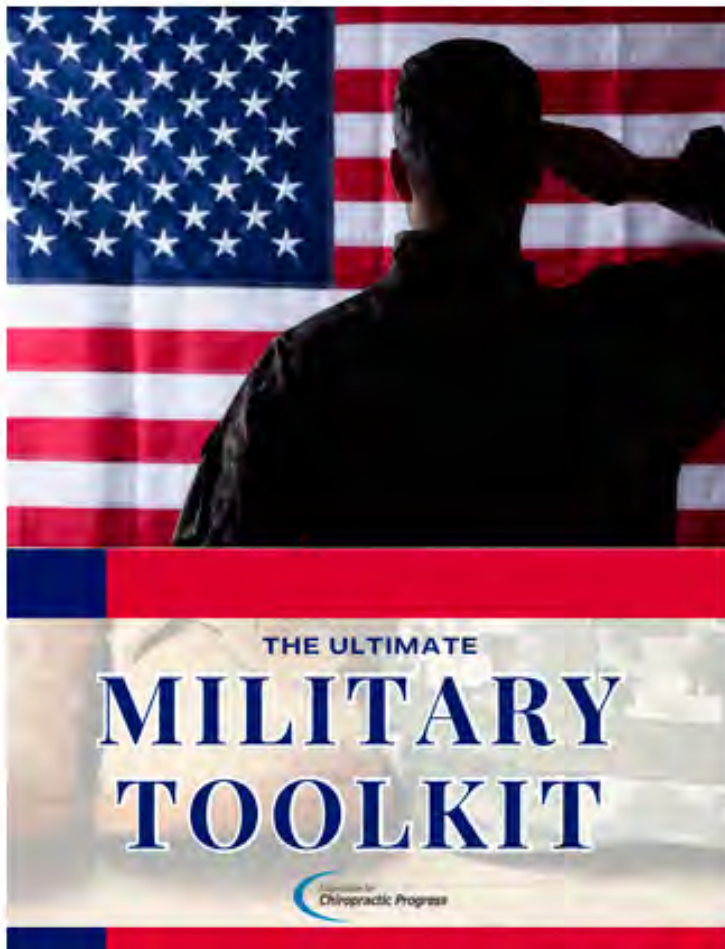
[To donate to F4CP, click here.](#)

Aside from his commitment to F4CP, Mr. Greenawalt is the chairman and CEO of Foot Levelers Inc., the world's leading provider of custom-crafted orthotics serving multidisciplinary professionals and clinicians, located in Roanoke, Va. Since founding the F4CP in 2003, Mr. Greenawalt has supported numerous grants, research studies, donations, education

chairs, and scholarships to support chiropractic care and education. His donations to the F4CP alone total over \$5 million to date.

"The seismic impact F4CP has delivered on behalf of chiropractic care and doctors of chiropractic throughout its 20-year history far exceeds any donation we have received to date," Mr. Greenawalt said. "The positive sentiment among consumers, the healthcare industry and government officials has grown exponentially. That said, we must continue our mission to share positive evidence, information and news about the value of chiropractic and that's why I am challenging other donors to step up and support this important organization today."

Over the past two decades, F4CP has applied this funding to educate consumers, the news media and healthcare leaders about the clinical, economic and societal benefits of chiropractic. Through the media, public speaking engagements, educational events, advertising and other marketing campaigns, F4CP has raised awareness across billions of consumers and other stakeholders worldwide.



DYK? Over 50% of all Veterans have been diagnosed with musculoskeletal disorders. Among those, back pain and spine impairment have been documented as a leading cause of disability among Veterans, with low back pain increasing by 5% per year.

As a doctor of chiropractic, it is important that you **educate** both Veterans and active-duty military personnel about the benefits of chiropractic care. **This toolkit was created as an easy-to-share, done-for-you marketing guide including both traditional and digital resources.**

[Click here to download the toolkit](#)

Health Warning:

Eyedrop brands from India being recalled

The US Food and Drug Administration has issued a warning to online retailer Amazon for selling several brands of eye drops that the agency considers “unapproved new drugs.”

Recently, the FDA released a warning letter addressed to Amazon CEO Andrew Jassy noting that the e-commerce website was selling seven brands of eye drops marketed as treatments for conditions like pink eye, dry eyes, dust irritation and cataracts. As a result, the agency says, the products can be classified as “new drugs” that Amazon is distributing without FDA approval. The brands included

in the letter are Similasan Pink Eye Relief, the Goodbye Company Pink Eye, Can-C Eye Drops, Optique 1 Eye Drops, OcluMed Eye Drops, TRP Natural Eyes Floaters Relief and Manzanilla Sophia Chamomile Herbal Eye Drops.

Amazon says it has begun removing the products from its online marketplace.

“Safety is a top priority at Amazon,” a spokesperson said in a statement. “We require all products offered in our store to comply with applicable laws and regulations. The products in question have been investigated and are in the process of being removed.”

Amazon’s sale and distribution of the eye drops – which the FDA says are not “generally accepted as safe and effective” – without prior agency approval constitutes a violation of the federal Food, Drug, and Cosmetic Act and United States Code, according to the letter.

That warning letter follows others from the FDA raising the alarm about eye drops. Earlier this year, the FDA warned against using several other eye drop products due to contamination from bacteria or fungus.

In October, the agency warned that dozens of over-the-counter eye drop products, including those sold under store brands including CVS, Target, Walmart and Rite Aid, could lead to eye infections resulting in vision loss or blindness.

Although eye drops are supposed to be sterile, the agency reported that the facility where the drops were manufactured had “insanitary conditions” and “positive bacterial test results from environmental sampling of critical drug production areas” in the facility.

CVS, Rite Aid and Target removed the products from store shelves and websites. Cardinal Health, which had six of its Leader brand eye drops on the FDA’s list, issued a recall for the products in early November.

Mumbai-based Kilitch Healthcare India Ltd., which manufactured the affected eye drops from the October recall, has also issued a recall for all the eye drops on the FDA’s warning list. Kilitch Healthcare India Limited said it had not received any reports of adverse events related to the recall as of November 15.

WARNING LETTER

November 13, 2023

RE: 665460

Dear Andrew Jassy:

This letter concerns your firm’s distribution of “Similasan Pink Eye Relief,” “The Goodbye Company Pink Eye,” “Can-C Eye Drops,” “Optique 1 Eye Drops,” “OcluMed Eye Drops,” “TRP Natural Eyes Floaters Relief,” and “Manzanilla Sophia Chamomile Herbal Eye Drops” products that are sold on your website www.amazon.com. As discussed further below, your firm is responsible for introducing or delivering for introduction into interstate commerce these products, which are unapproved new drugs under section 505(a) of the Federal Food, Drug, and Cosmetic Act (the “FD&C Act”), 21 U.S.C. 355(a). As explained further below, introducing or delivering these products for introduction into interstate commerce is prohibited under sections 301(d) and 505(a) of the FD&C Act, 21 U.S.C. 331(d) and 355(a).

The United States Food and Drug Administration (FDA) purchased “Similasan Pink Eye Relief,” “The Goodbye Company Pink Eye,” “Can-C Eye Drops,” “Optique 1 Eye Drops,” “OcluMed Eye Drops,” “TRP Natural Eyes Floaters Relief,” and “Manzanilla Sophia Chamomile Herbal Eye Drops” through your website, www.amazon.com. These products which are drugs defined by section 201(g)(1) of the FD&C Act, 21 U.S.C. 321(g)(1), were introduced or delivered for introduction into interstate commerce by Amazon via your Fulfillment by Amazon service.1

RSV season is raging across America

Dr. Mandy Cohen, director of the US Centers for Disease Control and Prevention, recently updated a congressional subcommittee about cases of respiratory illness in the US due to three viruses: flu, the coronavirus and respiratory syncytial virus, or RSV. “RSV season is in full swing,” Cohen told the House Energy and Commerce Subcommittee on Oversight and Investigations.

“Flu season is just beginning across most of the country, though accelerating fast, and while we’re seeing relatively low levels of Covid, Covid is still the primary cause of new respiratory hospitalizations and deaths, with about 15,000 hospitalizations and about 1,000 deaths every single week,” she said.

“We are also at the beginning of flu season,” she added. “We’re actually having a pretty, what I would say, typical flu season. We do expect to see a lot more flu cases over the course of December and January.”

Covid is also rising again and continues to be the biggest threat of the three, she noted. “Covid is still the respiratory virus that is putting the most number of folks in the hospital and taking their lives,” she said.

Cohen added that it remains important for Americans to get vaccinated, since there are now vaccines against all three of these respiratory illnesses. Should a person get sick, it’s

also critical to be tested and get treatment, as most antiviral drugs are most effective when given early in an infection.

More than a third of adults and children have gotten their flu shot this year, according to the latest data from the CDC. But only about 16% of adults and 6% of children have gotten the new Covid-19 vaccine, rates that the CDC has said are lower than it would like to see. About 15% of older adults 60 and up have gotten the new RSV vaccine.

Respiratory virus season is especially affecting children. In the week ending November 18, more than 10% of doctor’s visits among children younger than 5 in the US were for influenza-like illnesses – about three times higher than the average for all ages and well above the national baseline, according to data from the US Centers for Disease Control and Prevention.

Pediatric hospital beds are filling up, too. About three-quarters of pediatric hospital beds are in use nationwide, federal data shows, and capacity hasn’t been this strained since mid-December 2022. Hospitalizations for respiratory viruses – including Covid-19, flu and RSV – have been on the rise for months. Although Covid-19 represents the vast majority of respiratory virus hospitalizations overall, RSV is the most common culprit among children, with weekly admission rates rising 69% since the first week of October.



First ever Epidemiological Study on the Prevalence of Subluxation

Christie Kwon DC, MS, MPH, a board member of the Foundation for Vertebral Subluxation, is the lead author and investigator on a recently completed [study](#) to “estimate VS prevalence using a sample of individuals presenting for chiropractic care and explore the preventative public health implications of VS through the promotion of overall health and function.”

The study, titled, *Secondary Analysis of a Dataset to Estimate the Prevalence of Vertebral Subluxation and its Implications for Health Promotion and Prevention*, was published in the journal *CUREUS* analyzed a total of 1,851 patient records from seven chiropractic clinics in four states. The study found that the overall prevalence of vertebral subluxation was 79 percent.

Kwon’s study included evaluation of patient demographic data including age, gender, and past health history characteristics. In addition to estimating overall prevalence of vertebral subluxation, age and gender-stratified estimates in the different clinics were calculated to allow for potential variations. The dataset was provided by EPIC Chiropractic Clinics headed by its CEO Stan Pierce Jr., DC, B.C.A.O. EPIC

Clinics are upper cervical chiropractors who utilize objective assessments to characterize the biomechanical and neurological components of vertebral subluxation.

With nearly 2000 subjects, the study is one of the largest of any kind in the history of chiropractic. The age range was from 18-91 years with subjects reporting various spinal and extremity pain, numbness, tingling, headaches, ear, nose, and throat-related issues, visceral symptoms, mental health concerns, neurocognitive issues, and concerns about general health as well as overall wellness as their reasons for seeking chiropractic care.

The study results section noted: “A total of 1,851 patient records from seven chiropractic clinics in four states were obtained. The mean age of patients was 43.48 (SD = 16.8, range = 18-91 years). There were more females (n = 927, 64.6%) than males who presented for chiropractic care. Patients reported various reasons for seeking chiropractic care, including, spinal or extremity pain, numbness, or tingling; headaches; ear, nose, and throat-related issues; or visceral issues. Mental health concerns, neurocognitive issues, and concerns about general health were also noted

“Join the Pack”

Become a member of the IACP

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!

as reasons for care. The overall prevalence of VS was 78.55% (95% CI = 76.68-80.42). Female and male prevalence of VS was 77.17% and 80.15%, respectively; notably, all per-clinic, age, or gender-stratified prevalences were $\geq 50\%$."

The authors concluded, "To date, this is the first study of its magnitude and application of an operational definition to estimate the prevalence of VS. Albeit nonrandom, the sample had a broad geographic distribution. The results of this study suggest a high rate of prevalence of VS in a sample of individuals who sought chiropractic care. Concerns about general health and wellness were represented in the sample and suggest chiropractic may serve a primary prevention function in the absence of disease or injury. Further investigation into the epidemiology of VS and its role in health promotion and prevention is recommended."

All too often, chiropractic is criticized as an "unscientific" discipline, lacking empirical research to validate the assertion that vertebral subluxations have an adverse effect on the human nervous system, on general health and well-being and by extension, society as a whole.

It is the extension to society as a whole where subluxation has been theorized to have its most detrimental effects. If this is true, then this is also where its elucidation holds the greatest promise for influencing and affecting communal expression.

The systematic study of the epidemiology and global burden of vertebral subluxation should be carried out by individuals and groups with a worldview towards chiropractic that is consistent with the theory that subluxations pose a hindrance to the fullest expression of life. The results of this type of research can then be used to drive policy, not only in health care, but in education and other sociocultural arenas.

It is a well-entrenched belief within the community of chiropractors who practice the clinical science and art of locating analyzing and correcting vertebral subluxations that vertebral subluxations are in and of themselves a detriment to the fullest expression of life and as a result are a significant public health threat. This threat includes the widespread belief among segments of the chiropractic profession that vertebral subluxations lead to increased morbidity and mortality and that it represents a serious burden because it affects a large proportion of the world's population. Indeed, some go so far to suggest that everyone is susceptible beginning at an early age. Additionally, it is a long standing philosophical tenet of the profession that vertebral subluxations develop as a failure of the body to adapt to physical, chemical and emotional challenges.

Unfortunately, the chiropractic profession has not systematically studied the epidemiology of vertebral subluxation by collecting and analyzing the necessary statistical data. While some attempts have been made in chiropractic as well as osteopathy to determine the prevalence of vertebral subluxation and somatic dysfunction, a great deal more needs to be done. Minimally, the chiropractic profession has not studied how many people have vertebral subluxation, who gets specific types of subluxations and what factors (such as environment, occupation, family patterns, and personal habits, such as smoking and diet) play in the development of vertebral subluxation.

The series of epidemiological studies being carried out by the Foundation are a huge step forward towards answering these fundamental questions.

Kwon C, Binongo J N, McCoy M (November 13, 2023) Secondary Analysis of a Dataset to Estimate the Prevalence of Vertebral Subluxation and Its Implications for Health Promotion and Prevention. Cureus 15(11): e48755. doi:10.7759/cureus.48755.



Dedicated to the Founding Principles & Tenets of the Chiropractic Profession

The Mission of the [Foundation for Vertebral Subluxation](#) is to advocate for and advance the founding principles and tenets of the chiropractic profession in the area of vertebral subluxation through research, education, policy and service. A sick and suffering humanity needs us and we need you to join us on this mission.

We are at a crossroads in chiropractic... a time where we may lose our identity or forge forward with chiropractic leading the new paradigm of health and well-being.

As practitioners, we see the evidence of chiropractic adjustments every day in our practices. To us, it is undeniable. But in terms of substantiating ourselves with the value and recognition we deserve, we are in dire need of a Research Agenda to forge forward and gain our rightful position: leaders in the chiropractic vitalistic paradigm.

Under Oath:

What You Need to Know Before a Deposition

When it comes to giving a deposition, it's essential to be prepared and understand what to expect. A deposition is a formal proceeding during which you will be asked questions under oath by the opposing party's attorney.

Importance of Preparation: Before the deposition, it is crucial to thoroughly review the patient's medical records, treatment plans, and any other relevant documents. Familiarize yourself with the case details and be prepared to answer questions about your diagnosis, treatment, and prognosis. Consulting with your attorney can help you understand the legal aspects and potential areas of questioning.

Role of the Attorney: Your attorney will be present during the deposition to protect your interests and ensure that the questioning remains within the scope of the case. They may object to certain questions if they are irrelevant, privileged, or violate the rules of evidence. It is important to listen to your attorney's guidance and follow their advice throughout the deposition.

Setting and Participants: Depositions typically occur in a conference room or attorney's office, rather than a courtroom. The participants usually include the insurance defense attorney, a court reporter, and possibly the plaintiff and their attorney. It is important to maintain a professional demeanor and treat everyone with respect during the deposition.

Questioning Process: The opposing attorney will ask you a series of questions related to the case. It is essential to listen carefully to each question and take your time before answering. If you do not understand a question, ask for clarification. It is crucial to be honest and accurate in your responses, as your testimony can be used as evidence in the case.

Types of Questions: The opposing attorney may ask a variety of questions during the deposition. These can range from general background information about your education and experience as a chiropractor to specific questions about the patient's condition, treatment, and progress. They may also ask hypothetical questions or challenge your opinions and conclusions. Be prepared to defend your fees. You will be asked questions about your billing practices regarding patients without insurance and patients with

health insurance and all documents reflecting differences in billing practices concerning litigation patients versus non-litigation patients. Your practice must have a single fee schedule that applies to all patients regardless of who pays the bill. Discounts should only be offered when it is required by mandate, by contractual agreement, or a documented hardship. Watch this webinar to learn more.

Expert Opinion: As a chiropractor, you may be asked to provide expert opinions during the deposition. It is crucial to base your opinions on your professional knowledge, training, and experience. Be prepared to explain the rationale behind your opinions and provide supporting evidence if necessary. **Objections:** Your attorney may object to certain questions if they are improper or violate the rules of evidence. If an objection is made, you should wait for your attorney to provide guidance on how to proceed. Do not answer the question if your attorney instructs you not to do so.

Confidentiality and Privilege: It is important to understand the limits of patient confidentiality and attorney-client privilege during a deposition. While you should generally answer questions truthfully, there may be instances where you need to assert privilege or confidentiality. Consult with your attorney if you have concerns about disclosing certain information.

Professional Demeanor: Throughout the deposition, it is important to maintain a professional demeanor. Be respectful to all participants, even if you disagree with their questions or tactics. Avoid arguing with the opposing attorney or becoming defensive. Stick to the facts and provide clear, concise answers.

Review the Transcript: After the deposition, you will have the opportunity to review the transcript of your testimony. It is important to carefully review the transcript for any errors or inaccuracies. If you notice any mistakes, inform your attorney so they can address them appropriately.

In conclusion, giving a deposition can be a daunting experience. However, with proper preparation, understanding of the process, and guidance from your attorney, you can navigate the deposition successfully. Remember to be honest and professional. And consult with your attorney throughout the process.

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US life expectancy still not back to pre-pandemic levels

As we head swiftly into a new year, we might want to take a few moments to reflect on some of the difficulties we lived through in 2023, and consider ways to enrich our lives and the lives of our patients in 2024 and beyond.

One thing on that list to consider is that new reportings shows that life expectancy in the United States has started to rebound after historic drops earlier in the Covid-19 pandemic, but it's far from recovering. In 2022, a 1.1-year increase brought overall life expectancy at birth to 77.5 years, according to provisional data from the US Centers for Disease Control and Prevention. But that offsets less than half of the 2.4 years of life lost in the first two years of the Covid-19 pandemic, and life expectancy is still lower than it's been in about 20 years.

Decreasing mortality from Covid-19 was the key factor driving life expectancy up – for both men and women, and across racial and ethnic groups, according to the CDC report. But Covid-19 remains a leading cause of death in the US, and experts say that continuing to decrease mortality from the virus will be an important contributor to improving life expectancy.

“In 2022, the number of deaths from Covid-19 was not insubstantial,” said Elizabeth Arias, a researcher with the CDC’s National Center for Health Statistics who was the lead author of the report, which was published Wednesday. “Holding everything else constant, we’d need to see another large decline in Covid mortality for life expectancy to increase.”

About 245,000 people died from Covid-19 in 2022, down from about 385,000 deaths in 2020 and more than 462,000 deaths in 2021, according to CDC data.

“We only made up close to half of the loss [in life expectancy], and for some groups, it’s even less,” Arias said. “We would need the same pattern that we observed in 2022 again in 2023 and then, perhaps, the following year to completely make up the loss.”

White people have a higher life expectancy than Black people in the US, but that gap has been narrowing over the past three decades, according to the CDC report. In 2022, White people had the smallest rebound in life expectancy,

which narrowed that gap even more. The life expectancy for Black people was 72.8 years in 2022, compared with 77.5 years for White people.

Life expectancy increased the most among American Indian people – with 2.3 years added in 2022 – but that offset only about a third of the “astounding” 6.2 years of life lost earlier in the pandemic. American Indian people had a life expectancy of 67.9 years in 2022, lower than any other racial or ethnic group.

Life expectancy among Hispanic and Asian people is higher than average, and that advantage also increased in 2022, reaching 80 years among Hispanic people and 84.5 years among Asian people, CDC data shows. But only the Hispanic population recovered more than half of the years of life lost in the first two years of the pandemic.

The US has been falling behind on life expectancy for decades, and experts say that challenges to recover years of life loss run deeper than the pandemic.

“For the decade preceding Covid-19, US life expectancy flatlined, whereas it continued to climb in other countries, producing a dramatic widening of the gap between the US and other countries,” said Dr. Steven Woolf, director emeritus of the Virginia Commonwealth University Center on Society and Health. He was not involved in the new CDC report but has published research on life expectancy trends.

“The factors responsible for that did not go away during the pandemic,” Woolf said, citing drug overdose deaths, suicides, obesity and diabetes, among others. “All that rolled right into the pandemic, so part of what you’re seeing in the non-Covid conditions that are contributing to putting the brakes on progress are these pre-existing problems that already were claiming lives before the pandemic.”

According to the CDC data, lower mortality from heart disease, unintentional injuries, cancer and homicide also helped bolster life expectancy in 2022 overall. But some of these gains were offset by increasing mortality from influenza and pneumonia, perinatal conditions, kidney disease and nutritional deficiencies. And driving factors were not consistent across demographic groups.

Chiropractic News

Collegiate mobile advertising campaign

The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization educating the public about the benefits of chiropractic care, announced the launch of five new videos as part of its ongoing, mobile-driven advertising campaign targeted to college students to inspire the next generation of doctors of chiropractic (DCs). The campaign runs from Feb. 2023 through Feb. 2024.

The campaign's theme, "A Career in Chiropractic," is intended to encourage individuals to pursue an educational and training path toward becoming a DC by emphasizing the variety and flexibility of the chiropractic profession, as well as the benefits it delivers to patients. Available exclusively on mobile devices, the video and editorial-style native ads were created in partnership with five chiropractic colleges. The content shows DCs at work in varied settings, including offices and sporting events, while also enjoying their personal lives. The overall message is that DCs help patients while maintaining work-life balance.

[Related video](#): Dr. Sherry McAllister explains the campaign theme

The ads can also be viewed on YouTube:

Growing Up Chiropractic Featuring Professional Soccer Player, Olivia Athens

<https://www.youtube.com/watch?v=Wcj9t6tQGxQ>

Choose How You Practice

<https://www.youtube.com/watch?v=jNVNqMNjZvW>

The Chiropractic Lifestyle

<https://www.youtube.com/watch?v=LUjJn6mdq0Y>

The Difference You Make

https://www.youtube.com/watch?v=8B4o2g6_1xY

Get in the Game with Chiropractic

<https://www.youtube.com/watch?v=yQcRXQTxaxY>

Workforce development is increasingly important across healthcare professions as most, including chiropractic, are forecasting potential clinician shortages in the coming

years. A 2020 Practice Analysis from the National Board of Chiropractic Examiners, for example, shows that 30% of practicing DCs were age 60 or older and fewer than half were younger than 50.

Chiropractic care will continue to grow to meet demand. The U.S. Department of Labor reports the profession's growth rate is expected to be 9% from 2022 to 2032, outpacing the average.

ACA joins the National Association of Community Health Centers

The American Chiropractic Association (ACA) has joined the National Association of Community Health Centers (NACHC), the leading national advocacy organization in support of community health centers and the expansion of healthcare access for the medically underserved and uninsured.

According to NACHC, more than 1,400 federally funded community health centers nationwide serve more than 30 million people, providing affordable health care and working to eliminate disparities in access. In striving to provide high-quality, integrated primary care, a growing number of community health centers today offer chiropractic services.

"We're excited to support NACHC's efforts to increase access to quality, affordable health care in communities across the country," said John Falardeau, ACA senior vice president of public policy and advocacy. "Chiropractors offer a patient-centered, non-drug approach for the treatment of common musculoskeletal conditions such as back pain, neck pain and headaches. With the opioid crisis still taking its toll, it's important for everyone to have access to non-drug therapies that may reduce or eliminate their reliance on prescription pain medications."

Research and clinical guidelines from groups such as the Centers for Disease Control and Prevention and the American College of Physicians support the use of non-drug therapies such as spinal manipulation as a first line of defense against common musculoskeletal pain.

As part of its efforts to support diversity and inclusivity in health care, ACA provides information to its members about opportunities to bring chiropractic services to medically

underserved communities and populations, including work at community health centers. The association has developed an online education program on the topic that is available through its Learn ACA platform. For questions, email memberinfo@acatoday.org.

Save the date!

Stay tuned for more information about the ICA 98th Annual Convention: Serving Those Who Served! Registration will be coming soon! April 11-14, 2024 in Dallas, Texas.

Clinical Compass seeks input from Doctors of Chiropractic



The Clinical Compass is supporting work to develop new competencies to aid doctor of chiropractic programs in setting up students for success in hospitals and other integrated environments. The new competencies are tentatively titled “Core competencies to prepare chiropractic program graduates for integrated care settings: a modified Delphi study.”

Part of the process is to get public comments to incorporate into the competencies.

We have just completed an extensive Delphi panel consensus process with 37 DCs with experience in working in integrated and education settings. However, public input is still an essential part of the process!

For the sake of transparency, we have included:

1. A summary of the methodology, including a list of project personnel
2. A set of definitions used in the competency statements
3. The consensus recommendations. These include the percent agreement by the Delphi panel as well as all the references on which the recommendations are based.

We have created a fillable comment form to facilitate your input. If you wish to comment, please complete the form (linked below) and return it by December 15th to Project Coordinator Cathy Evans (cathyevans14@gmail.com). Your responses are anonymous.

Registration open for Diplomate in Chiropractic Craniocervical Junction Procedures

The International Chiropractors Association (ICA) has announced that [registration is now open](#) for the upcoming class of the [Diplomate in Chiropractic Craniocervical Junction Procedures](#) (DCCJP) program. Year one of the newest class will begin in January 2024.

The Diplomate In Chiropractic Craniocervical Junction Procedures (DCCJP) is designed for upper cervical Doctors of Chiropractic who may already be proficient in a specific upper cervical procedure but wish to advance their diagnostic, analytical, and clinical skills. The DCCJP also provides significant opportunities to learn about other upper cervical procedures to help improve patient outcomes. Those who participate in this program will enhance their skills and techniques and expand their knowledge as an individual chiropractor in the field of upper cervical care through the International Chiropractors Association Upper Cervical Council.

The DCCJP is the premier upper cervical chiropractic postgraduate program that brings together various methods and techniques for addressing the craniocervical junction. Developed and administered by the ICA Council on Upper Cervical Care, the program takes 2.5 years to complete and provides intensive education in spinal biomechanics, neuro-anatomy, neuro-physiology, advanced imaging, and upper cervical research.

This curriculum also includes collaborative learning of the major orthogonal and articular approaches to adjusting the upper cervical subluxation, outcome assessments, and integrative learning, as well as research, writing, and presentation.

Chiropractors interested in specializing in upper cervical chiropractic or expanding their skills in that area are encouraged to take advantage of this opportunity by signing up for the first year of DCCJP. For more information and to begin the enrollment process, please visit tinyurl.com/dccjp2024.



Chiropractic College News

D'Youville University granted \$5 million by New York State

D'Youville University has received \$5M through the New York State Higher Education Capital Matching Grant Program (HECap) — marking the largest award given to any college or university in Western New York. This is the first large gift for D'Youville University's Facing the Future capital campaign which launched on September 22, 2023, and will support the construction of a new 100,000-square-foot academic center adjacent to the university's Health Professions HUB which opened in 2021.

"D'Youville University is committed to promoting health and wellness throughout our region by way of education," says President Lorrie Clemo, PhD. "In doing so, we must also ensure that we continue to serve as stewards for the West Side Community in which we have been an economic engine since 1908. This award will allow us to continue each of these efforts well into the future."

This is the second time D'Youville University has been awarded \$5M from the program in the past five years. The purpose of the award is to enhance programmatic offerings, support student life, or provide economic development benefits to the area which D'Youville University plans to accomplish all three. Located on West Avenue, the new building will serve to expand the transformative health sciences experience that D'Youville University has become known for.

The new academic facility, designed by CannonDesign, will focus on delivering education in a setting that appeals to modern techniques while also incorporating personal wellness for students. Comprised of classrooms, labs, faculty offices, and an innovative active-learning lecture hall, the mass timber building will also offer access to meditation spaces, rooftop gardens, and intentional colonnades that incorporate sustainable landscape design.

"Every choice a university makes must be made with consideration for the future," continued Clemo. "With that in mind, we know that this expansion at D'Youville University will attract new students, help remedy the current healthcare crisis, and do so in a positive fashion that complements our environment."

We appreciate the acknowledgment of these efforts by New York State and are excited to begin construction."

Leading up to construction, scheduled to begin in the coming weeks, D'Youville University hosted a number of conversations with the campus, local community members, and area leaders to ensure that the new addition not only aligns with the University master plan but also respects the neighborhood aesthetic. The building is expected to begin serving students in 2025.

Lights of Life holiday show at Life University

The Life University campus (Life U) will once again welcome thousands of people to its campus for the annual Lights of Life. Life U gives thanks to the visitors who have been loyally returning to campus for the past 34 years and welcomes all newcomers to enjoy a spectacular holiday light show and festivities. Lights of Life has grown to be one of the most popular light shows in the Southeast, attracting nearly half a million spectators from the surrounding region each year.

The 34th Annual Lights of Life begins on Thanksgiving night, Thursday, November 23, 2023, and runs through New Year's Eve, Sunday, December 31. Lights of Life is one of the most affordable holiday lights shows in the metro Atlanta area, costing \$10 per car or \$20 per bus while showcasing more than one million LED bulbs in total over its 110-acre campus. This event is a labor of love for Life U and a lasting legacy offered to the community during the holiday season. Monies charged are used to pay the electricity bills and other expenses incurred from this event, with no profit to the University. The display opens at dark every night and runs until 9:00 p.m. Sunday through Thursday and 10:00 p.m. on Fridays and Saturdays. Families are encouraged to come during the week to avoid the busier weekend traffic.

Also offered are train rides, a petting zoo and a concession stand. Life U wishes to further support the community during this special season by bringing in independent vendors for the concession stand. These vendors offer a variety of food and beverages. Because they are independent of Life U, they set the menu and the prices. The Life U campus is situated in the heart of Marietta, Georgia and offers visitors a chance to experience the campus, illuminated in holiday lights.

Logan University opens Fuhr Science Center for chiropractic students

Logan University recently opened their new Fuhr Science Center for technique classes. Doctor of Chiropractic students had the opportunity to be taught in the new Activator Technique Lab by co-founder and chairman of Activator Methods International, and the building's namesake, Dr. Arlan Fuhr, DC ('61).

Nearly 50 years ago, Dr. Fuhr established the Activator Method, the world's most widely used instrument adjusting chiropractic technique in use by more than 70 percent of chiropractors. The University extended their warmest thanks to Dr. Fuhr and Mrs. Judi Fuhr for taking the time to speak with and introduce our DC students to the Activator Method.

Chiropractic scholarship established

In fall 2023, the Dr. Steve Edward Oliver memorial scholarship will be established by his partner of 49 years, Ray Matlock Smythe, BA, MAT, to help ease the financial burden of future chiropractic physicians. This annual \$5,000 scholarship will be awarded fall term to one returning student enrolled in the University of Western States doctor of chiropractic program.

"When Steve was a senior at UWS, he spent an entire summer painting all the buildings on campus," said Smythe. "While he enjoyed it and he made a positive difference, that on top of studying and all the reading he had to do, it really tired him out. The Dr. Steve Edward Oliver memorial scholarship was created not only to honor Steve and his legacy, but to help alleviate stress for a student, so they can focus more on their studies and rest mentally, physically and emotionally during their studies."

Dr. Oliver, UWS professor emeritus and alumnus (Class of 1975), passed on February 23, 2022. He was born and raised in Portland, Oregon, and attended Jefferson High School, Portland State University, and University of Western States.

Dr. Oliver maintained a private practice in Portland and served as the academic dean of the UWS college of chiropractic, vice president of the university and chiropractic technique instructor. In 1978, Dr. Oliver was named Chiropractor of the Year for the state of Oregon. He earned professor emeritus status in June 2012. One of Dr. Oliver's proudest achievements was establishing the Student Health Center at UWS, where students had more opportunities to practice their techniques.

Life Chiropractic College opens Nebraska school

Life Chiropractic College West is thrilled to announce the grand opening of its second campus at Bellevue University in Bellevue, Nebraska. This expansion marks a significant milestone in the college's commitment to advancing chiropractic education and fostering the growth of healthcare professionals dedicated to promoting holistic well-being.

The grand opening ceremony took place on November 4th at Life West's new campus – A combination of dedicated and integrated facilities within the larger Bellevue University campus.

The event was well attended, bringing together local community leaders such as Bellevue Mayor, Rusty Hike and representatives from Bellevue University including University President, Dr. Mary Hawkins. Dignitaries from the greater chiropractic field attended, including representatives from many of the chiropractic education institutions throughout the country including Life University (Atlanta, GA), Logan University (Chesterfield, MO), and Parker University (Dallas, TX). Life West was represented by President, Dr. Ron Oberstein, and Executive Vice President, Dr. Marilyn Al-Hassan, AES Campus Director, Dr. Jennifer Howard, AES Clinical Director, Dr. Jessica Rivera, and Jesse Black from the AES Admissions Team. Representing the Life West Board of Regents were Chairperson, Dr. Jimmy Nanda, along with Drs. Steven Silk and Niraj Patel.

Northeast College students perform well on Chiropractic Boards Exams

It is well known that Northeast College of Health Sciences has one of the most rigorous academic programs in chiropractic education, with many students noting that one of the reasons they choose Northeast is to ensure strong preparation for the national chiropractic board exams.

The latest board exam scores, released by the National Board of Chiropractic Examiners (NBCE) on March 21, 2023, show Northeast College students continue to receive high scores on the exams, required for chiropractic licensure in all U.S. states, plus Washington, D.C., Puerto Rico and the Virgin Islands. Northeast College students received an 89% first-time pass rate on the NBCE Part II exam, compared to the national average first-time pass rate of 75% among chiropractic programs. Similarly, in January 2023, Northeast College students exceeded the national average first-time pass rate by 11% on NBCE part I.

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Tips for Keeping Your New Year's Resolutions

The new year is here, and perhaps you are already struggling with your New Year's resolutions. If so, you are not alone. About half of all Americans make resolutions, but research suggests only eight percent keep them. Mindy Boccio, MPH, has ideas on how you can better make resolutions — and keep them. As a senior consultant with Kaiser Permanente Northern California's Regional Health Education, Boccio trains physicians, nurses, and wellness coaches on how to help their patients make healthy changes in their lives. She offered suggestions based on research around behavior change.

Q. What advice do you have for people making resolutions?

A. I see 'resolutions' as simply the decision to make a change in your life. Three suggestions come to mind. First: Get 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.

Second: Try to be specific about the behavior change you propose to make. We know from research 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 increase your goal later.

Third: 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.

Q. Thoughts on logging your progress?

A. Research supports that tracking your progress helps you to achieve your 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 logging your progress daily, it keeps your goal 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. If you like using apps, some good health-related ones include KP's Every Body Walk app, My Fitness Pal, and Lose It!

Q. Any advice for when the going gets tough?

A. When you're 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.



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The IACP News

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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
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