



*Prosperity Through Unity
Exceptional Care for Idahoans*

July 2026

The IACP News, Vol. 10, No. 7

Happy 250th Birthday, America!



Areas of professional development in chiropractic pediatrics; beyond the adjustment

By Sue Weber Hellstenius, DC, MSc (Paeds), FEAC, FRCCP

This article was recently published in the Journal of Clinical Chiropractic Pediatrics and is reprinted here with permission. [Click here](#) to read the entire current issue of the JCCP.

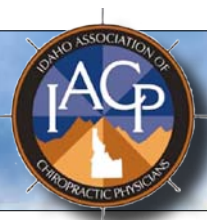
ABSTRACT

Objective: This paper outlines the urgent necessity for the chiropractic profession to transition from a primary focus on spinal manipulation to a comprehensive model of pediatric care. This model integrates infant motor development, targeted pediatric rehabilitation, and vigilant adolescent sports injury management to solidify the chiropractor's

role as a primary musculoskeletal specialist. **Methods:** By synthesizing current research in neurodevelopmental plasticity, sensorimotor integration, and global health standards, this framework identifies three critical pillars for professional growth:

1. Infant Neuro-Development: Emphasizing the achievement of sequential motor milestones and the use of objective assessment tools like the Alberta Infant Motor Scale (AIMS).
2. Pediatric Rehabilitation: Focusing on age-appropriate core activation and adherence to WHO guidelines for physical activity.

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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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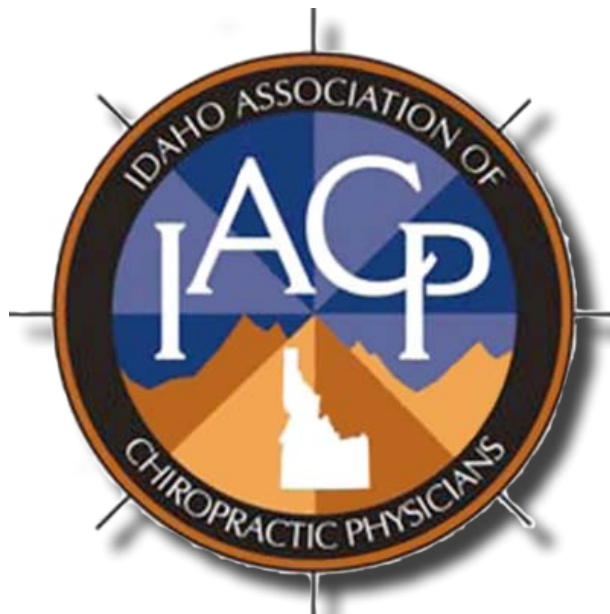
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Areas of professional development in chiropractic pediatrics

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3. Sports Injury Vigilance: Prioritizing growth plate protection and ethical advocacy for the developing athlete.

Findings: Research suggests that persistent postural asymmetries, such as torticollis and plagiocephaly, can disrupt symmetrical afferent input during “critical periods” of brain development. This may lead to atypical functional lateralization and subsequent motor or visuo-spatial delays. Targeted clinical interventions and structured parent education are shown to counteract these imbalances, bridging the gap between clinical treatment and long-term developmental wellness. **Conclusion:** To secure its position within the primary care landscape, the chiropractic profession must prioritize continued research into manual therapy and functional rehabilitation for the pediatric population. By fostering symmetrical brain stimulation and advocating for the long-term well-being of the developing child over immediate performance outcomes, practitioners can significantly impact the trajectory of pediatric health and injury prevention.

To fulfill our role as primary musculoskeletal care specialists for the pediatric population, the chiropractic profession must urgently deepen its focus in several key areas, moving beyond basic spinal adjustment to comprehensive developmental care.

Chiropractors who care for children must elevate their competency to become experts in sequential motor milestone achievement. The infant’s primary task in the first year is to develop core stability through a series of these sequential motor steps.¹ Our management strategies must reflect this by incorporating the Alberta Infant Motor Scale (AIMS) as a tool to assess motor development.¹ AIMS can also be used as a guide for training as well as the specific motor training techniques described by Kolar in Clinical Rehabilitation.² Clinically this has been shown to be effective in helping infants meet their motor milestones.³

- Understanding postural asymmetry: Practitioners must recognize how common findings like torticollis and positional plagiocephaly affect motor development and create unilateral stimulation and dominance.^{1,4} This asymmetry impacts both efferent output and afferent input, potentially affecting motor development and brain hemisphere activation.⁴ The following works support the concept that the infant brain’s organization is highly susceptible to environmental and sensory

input. Hench’s work on critical periods emphasizes that early life is a window where sensory-driven activity is essential for setting up stable neural circuits, suggesting that asymmetrical input during this time could set up asymmetrical circuits.⁵ Stile’s work discusses how neural plasticity is a central feature of normal development, allowing the brain to be shaped by among other things, asymmetrical posture/sensory experience during the postnatal period.⁶

Vlaskamp’s review links plagiocephaly with subtle delays in sensorimotor milestones, suggesting that the asymmetrical input is impacting the developing sensorimotor cortex and control pathways.⁷ Korpela research focuses on the association between skull deformation caused by postural asymmetry and subtle motor and cognitive delays.⁸ Elik work describes how AIMS can be used as a tool to assess motor aspects of neurodevelopment in infancy and early childhood.⁴

Essentially, persistent asymmetrical sensory input during a critical period of development can reinforce, or fail to challenge, a pre-existing or temporary motor asymmetry, potentially contributing to atypical functional lateralization and resulting in motor or visuo-spatial delays.

The following references support the idea that atypical motor asymmetry, or the lack of symmetrical development, may be an early indicator of wider neurodevelopmental differences.^{9,10}

- Effective Parent Education: A crucial skill is the ability to teach parents practical, age-appropriate exercises so they can actively work with the infant at home to counteract postural imbalances and promote symmetrical development. This bridges the gap between the clinical treatment and the infant’s ongoing developmental needs.

2. Targeted Rehabilitation for Toddlers and Young Children

Management of toddlers and young children requires a targeted, yet engaging, approach to rehabilitation that aligns with global health initiatives¹¹:

- Core Activation: Clinical focus should be on activating core muscles directly involved in the presenting problem. This requires a strong understanding of age-appropriate exercise modifications.
- Adherence to Global Health Standards: We must acknowledge and utilize guidelines, such as those implemented by the WHO for preschool motor skills,

recognizing that our interventions influence activity levels and contribute to healthier weight profiles through childhood and adolescence.¹¹

- **Practical Instruction:** To ensure compliance and success, practitioners must master the skill of introducing exercises to both the child and parent, often limiting instruction to one exercise at a time to prevent overload and ensure correct performance.

3. Vigilant and Responsible Sports Injury Management

In the arena of sports injury, particularly for the growing and developing child or adolescent, the profession must commit to heightened diagnostic and management vigilance:

- **Recognition of Severity:** We must overcome the tendency to underestimate the seriousness of injuries in young athletes. Injuries involving growth plates (physes) must be prioritized and require conservative management with basic core training as a priority.
- **Appropriate Management:** Growth plate injuries must not be managed aggressively to avoid further tissue damage. Rehabilitation requires core training to be implemented at a very basic level initially, slowly progressing only after healing is secure.^{12,13}

- **Ethical Advocacy:** Practitioners have an ethical responsibility to protect the athlete's long-term health. This often involves navigating and pushing back against pressures from highly driven parents and coaches who may prioritize team victory over the athlete's safe and complete recovery.^{14,15}

In closing, we cannot underestimate the importance of continued research focusing on manual therapy and rehabilitation for infants, children and adolescents to secure our position as primary care givers for this population. The impact of timely treatment and rehabilitation has been shown clinically, now we need to demonstrate these results on a larger scale. Age-appropriate rehabilitation where the core muscles are engaged is necessary for not only symmetrical brain stimulation but for injury rehabilitation.

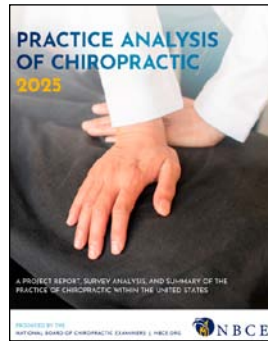
Our work should extend from providing parents of infants, toddlers and children with preventive suggestions, appropriate milestone guidelines and therapeutic approaches to attain their goals as well as the inclusion of guidelines for coaches and parents to foster a supportive environment that prioritizes the developing athlete's long-term development, intrinsic motivation, and well-being over immediate performance outcomes.

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Happy 250th Birthday, America!

The following report is taken from the *2025 Practice Analysis of Chiropractic*, produced by the National Board of Chiropractic Examiners. The entire report can be [read in full here](#).



As we celebrate our nation's 250th birthday, we should remember that the chiropractic profession in America is 130 years old. A significant event from a profession that has made a significant and positive contribution to the health of our country.

The World Federation of Chiropractic (WFC) states that chiropractic is "A health profession concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, and the effects of these disorders on the function of the nervous system and general health. There is an emphasis on manual treatments including spinal adjustment and other joint and soft-tissue manipulation (WFC, 2024)."

Originating in the American Midwest in the 1890s, the chiropractic profession has developed over the past 130 years. All 50 states and U.S. territories legally recognize chiropractic as a health profession. The growth of chiropractic within the U.S. has led to expansion globally, and now chiropractors practice in more than 100 countries in all world regions (Stochkendahl et al., 2019, WFC, 2025).

Chiropractic has traditionally embodied the biopsychosocial model, which considers multiple factors that can affect a person's health. This model contrasts with the biomedical model, which focuses on disease and disease processes.

The chiropractic profession in the United States continues to approach health in a holistic manner, to serve chiropractic patients and the public. U.S. chiropractors are trained to provide care throughout the lifespan and chiropractors may provide care to people of all ages. Thus, relevant age-related health issues are considered during patient care. During each life phase, there are unique health challenges and risks. Most chiropractors approach patient care holistically and recognize that there are various biopsychosocial factors that influence health. This holistic approach encourages chiropractors also look for the cause of the problem and

potentially associated health behaviors of co-occurring conditions.

Patients often present for chiropractic care with back or neck pain, but may seek chiropractic care for other reasons. And even when a patient has back pain, the patient is likely to have other health concerns or may be unaware of other conditions should be able to recognize these, and other, conditions requiring referral for the expertise of other healthcare providers (collaborative and inter-professional care).

The profession continues to evolve in many ways, including its demographics. There has been growth in the number of female chiropractors, with 30% of the total chiropractors being female in 2024 and 63% being male (7% preferred not to disclose their sex). Younger cohorts are more balanced with men and women under 30 years of age represented equally. Older age groups have more males. At present, the profession is predominantly male. However, there is a gradual shift toward a more balanced male/female ratio in U.S. chiropractors. With 55% of the patients in chiropractic practice being female, the chiropractic workforce appears to be trending towards a better representation of the population it serves.

Regarding racial and ethnic diversity, the majority of chiropractors are White (69%), but representation among non-White chiropractors has increased by 10% since 2019. The largest minority groups in the profession include Hispanic/Latinx (6%), Asian/Pacific Islander (5%), and African American (3%). These data are trending in the direction of better representing the U.S. population, where non-White individuals comprise 40% of the total demographic (Johnson et al, 2025).

The majority (58%) of the chiropractic workforce is 50 years of age or older. The educational background of chiropractors reflects the profession's evolving academic standards with nearly two-thirds of chiropractors possessing a bachelor's degree. Younger graduates proportionately have more bachelors and master's degrees.

Chiropractors pursue additional certifications through postgraduate diplomate programs, specializing in fields such as rehabilitation, neurology, orthopedics, and sports chiropractic. This trend aligns with broader healthcare developments emphasizing specialization and interdisciplinary collaboration to improve patient outcomes.

The majority of chiropractors focus on general chiropractic care and spinal health, while others prioritize community health and rehabilitation.

Income levels and years in practice vary widely within the chiropractic profession. The median annual income for chiropractors in 2024 was \$125,000, though reported gross income ranges from under \$50,000 to over \$500,000 annually, depending on factors such as experience, location, and patient volume. Regional income varies, with states such as New Jersey and Michigan reporting higher median earnings (\$200,000+), while states like South Carolina and Utah report lower incomes (\$75,000).

According to [Indeed](#), the average salary for chiropractors in Idaho is approximately \$89,172 per year. This figure reflects the earnings of chiropractors across various experience levels and locations within the state.

Chiropractors with more than 40 years of experience represent 10% of the profession, while those in mid-career stages (11–30 years of practice) make up a substantial portion of respondents. Overall, demographic shifts, evolving educational trends, and growing specialization are shaping the future of the chiropractic profession, positioning it for continued adaptation within the U.S. healthcare system.



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!

Are you charging what Workers' Compensation allows?

By Dr. Ray Foxworth, DC, FICC

I was reviewing practice numbers with a chiropractor recently who was convinced workers' compensation patients just weren't profitable anymore. His collections seemed lower than they should have been, and like many doctors, he immediately assumed reimbursements had been cut again. But when we looked closer, we found something surprising.

The problem wasn't the workers' compensation carrier. The problem was his fees.

Like many chiropractors, he had never taken the time to compare what he was charging to what his state's workers' compensation fee schedule actually allowed. For years, he had been billing significantly less than the maximum allowable reimbursement on many services.

In other words, he wasn't being underpaid. He was undercharging. And he's not alone.

Recently, we analyzed workers' compensation fee schedules and clinic charges across 49 states. What we found was eye-opening. **More than 43% of all clinic charges reviewed were below the amount allowed by the state's workers' compensation fee schedule.** Nearly half the time, doctors were charging less than what the state had already determined to be reasonable and customary for those services.

In this sample alone, chiropractors left more than **\$99,000** in allowable revenue uncollected. On average, every time a doctor undercharged for a service, they gave up more than **\$45** that they were legally entitled to bill.

Think about that for a moment.

How often do we talk about declining reimbursements while never checking whether our fees are aligned with the reimbursement schedules available to us?

But what surprised me most wasn't where doctors were undercharging. It was what they were undercharging.

Many of us assume the biggest revenue opportunities are found in treatment codes. Yet our analysis found



that the greatest financial losses were occurring during examinations and evaluations. Evaluation and Management (E&M) services were undercharged nearly **55% of the time**, substantially more often than chiropractic manipulative treatment codes.

Even more revealing, higher-level examination codes accounted for more than **83% of the total revenue lost in the study.**

The greatest source of undercharging wasn't the adjustment. It was the doctor's expertise.

It was the history, examination, clinical decision-making, diagnosis, and treatment planning that form the foundation of quality patient care.

How often do we hear chiropractors say they want to be recognized as portal-of-entry providers? Yet many of us are charging less than the state-allowed amount for the very services that demonstrate our diagnostic and clinical value.

Many chiropractors establish their fee schedules years ago and rarely revisit them. Meanwhile, workers' compensation fee schedules are updated, regulations change, and allowable amounts increase. If your office hasn't reviewed those schedules recently, there is a good chance you may be leaving money on the table.

This isn't about overcharging. It's about recognizing the value of the care we provide and making sure our fees reflect that value.

At the very least, don't you think we should be charging what the insurance companies themselves believe our services are worth?

Workers' compensation systems are highly regulated. The allowable fees are established by law, regulation, or state-approved schedules. When you charge less than what is permitted, you are voluntarily reducing your revenue without creating any additional benefit for the injured worker, employer, or carrier.

But here's what concerns me most. What we found in workers' compensation wasn't an isolated problem. It was evidence of a much larger trend.

Once we identify undercharging in workers' compensation cases, we often discover the same pattern throughout the practice. Fee schedules haven't been reviewed in years. Charges haven't kept pace with rising costs. Doctors are providing tremendous value but collecting less than they should because nobody has stopped to evaluate whether their fees still reflect the care being delivered.

The undercharging we see in workers' compensation is often just the first sign of a larger issue: many chiropractors have grown accustomed to accepting less than the value they provide.

For years, our profession has faced declining reimbursements, increasing regulations, rising operating expenses, and growing administrative burdens. Somewhere along the way, many of us stopped asking an important question:

Do my fees reflect the value of the care I provide?

Not the highest fee. Not the lowest fee. The right fee.

Team compensation continues to rise. Technology costs continue to rise. Rent, supplies, software, compliance, and everyday business expenses continue to rise. Yet many practices are still operating from fee schedules that were established years ago and never revisited.

Ask yourself this: When was the last time you reviewed your fees—not just for workers' compensation, but across your entire practice?

If you can't remember, it may be time. A simple fee analysis can reveal opportunities to improve collections without seeing more patients, extending office hours, or adding new services. More importantly, it helps ensure that the value of your care is reflected in the fees you charge. For the record, we will never tell you what to charge, to raise or lower your fees. What we can do is show you where you are, and then you make the decision.

Workers' compensation may be where the problem becomes visible. But it may not be where the problem ends. After all, if the law allows it, your fees support

it, and the value is there, why wouldn't you charge it?

Want to discover additional opportunities that successful practices use to strengthen profitability and compliance? [Download](#) our free white paper, *4 Overlooked Secrets of Successful Chiropractic Practices*. You'll learn practical strategies that can help you protect revenue, improve financial systems, and build a stronger practice for the future.

Dr. Ray Foxworth, DC, FICC, is the visionary behind ChiroHealthUSA, serving as its 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 experience includes roles as former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Chiropractic Summit and Mississippi Department of Health. 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. Reach Dr. Foxworth at 1-888-719-9990, info@chirohealthusa.com, or www.chirohealthusa.com. Join a free weekly webinar on practicing with greater peace of mind — register at www.chirohealthusa.com.



Chiropractic Hyena
(Audubon Laughnatious)

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Chiropractic News

Save the Date: Sept. 25-27, 2026

The American Chiropractic Association (ACA), the American Black Chiropractic Association (ABCA), and Southern California University of Health Science (SCU) have united to host the 2026 ACA Student Leadership Conference.

The event represents a significant opportunity for student leaders to connect, develop their leadership skills, and strengthen pathways that support the future of chiropractic. The annual ACA Student Leadership Conference will be an important weekend of education, networking, and collaboration. [Click here for more info.](#)

Cleveland University-Kansas City's Annual Conference and Expo, Oct. 8-10, 2026

Cleveland University-Kansas City (CUKC) has announced that its Annual Conference and Expo (ACE) will continue under a new name, Cleveland Conferences, beginning in 2026, with the event moving to a new venue less than a mile from campus. The event will be held Oct. 8-10, 2026, at the

Marriott Kansas City Overland Park Hotel in Overland Park, Kansas. Please use this [booking link](#) to make a reservation for an overnight stay at the Marriott Kansas City Overland Park at a discounted group rate.

[Registration](#) for Cleveland Conferences 2026 is open. The three-day gathering will once again bring together world-class speakers and leading experts from across the chiropractic profession for a weekend of networking, collaboration, and education. Attendees will gain valuable insights into emerging trends, best practices, and innovations shaping the future of chiropractic and healthcare, with the opportunity to earn up to 20 continuing education units.

This year's featured speakers include Dr. Krista Burns, a Doctor of Chiropractic, Certified Posture Expert, and founder of the American Posture Institute, Dr. Christine Goertz, musculoskeletal researcher at the Duke University School of Medicine, and Dr. Sherry McAllister, president of the Foundation for Chiropractic Progress and a global leader in whole-being, drug-free healthcare.



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Dr. Dan Murphy, who always has his finger on the pulse of what's new in the field of chiropractic and nutrition, brings unique and recent revelations about longevity, nutrition and optimal protocols for brain injury to this seminar!

Dr. Stephan Ediss brings connections to the inner workings of "Fascia, the Central Integrative System and the Vagus Nerve". Fascia "holds us together", but Dr. Ediss reveals the connections of fascia to proprioception and nociception, sensing pressure, temperature and movement?

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GLOBAL WELLNESS DAY®

As levels of stress, burnout and disconnection continue to rise, Global Wellness Day returns for its 15th anniversary with a simple, powerful message: Joy is not a luxury—it is a necessity for well-being.

Global Wellness Day (GWD) will mark its 15th anniversary on Saturday, June 13, 2026, unveiling an inspiring new theme: #JoyMagenta. This milestone year invites people of all ages and backgrounds to reconnect with joy, not as a fleeting emotion, but as a powerful, restorative practice that supports balance, resilience, and emotional wellbeing.

In a world shaped by stress, uncertainty, and disconnection, #JoyMagenta is a vibrant reminder that joy is always accessible, found in moments of gratitude, human connection, creative expression, and mindful movement.

When cultivated intentionally, joy becomes a steady companion, strengthening both body and mind while nurturing compassion, optimism, and hope.

Throughout 2026, Global Wellness Day Ambassadors, Key Supporters, and volunteers across the globe will inspire communities to practise joy consciously, not only for individual wellbeing, but as a shared source of healing and unity. The #JoyMagenta theme is brought to life through four guiding pillars:

Joy in Gratitude

Cultivating appreciation for life's simple blessings, shifting perspective from scarcity to abundance, and transforming everyday moments into meaningful experiences.

Joy through Connection

Deepening relationships and fostering belonging through shared time, empathy, and acts of kindness.

Joy in Movement

Honouring the body's natural vitality through mindful movement such as walking, dancing, yoga, or stretching, bringing presence and energy into daily life.

Joy through Creativity

Expressing imagination through art, music, cooking, writing, or play — turning wellness into a joyful act of self-expression.

Together, these pillars form a joyful roadmap for living more consciously, compassionately, and fully.

“Joy is more than happiness — it is a state of harmony between the heart, mind, and spirit,” says Belgin Aksoy, Founder of Global Wellness Day. “With #JoyMagenta, we invite people everywhere to rediscover the light within themselves, to share it generously, and to remember that one joyful heart can uplift an entire community.”

Founded in 2012, Global Wellness Day is a completely not-for-profit initiative celebrated on the second Saturday of June in tens of thousands of locations worldwide. All activities are offered entirely free of charge. Over the years, GWD has grown into a global wellness movement, supported by Hollywood stars, royalty, bestselling authors, world-class athletes, musicians, business leaders, private companies, multinational hotel groups, associations, foundations, and governments.

Follow the global celebration on June 13 using #GlobalWellnessDay and #JoyMagenta.

Chiropractic College News

Dr. Tobi Jeurink named to Kansas State Board of Healing Arts

Cleveland University-Kansas City (CUKC) is incredibly proud to congratulate Dr. Tobi Jeurink, a faculty member and Cleveland Chiropractic College-Kansas City Class of 2001 graduate, on her appointment by Governor Laura Kelly to the Kansas State Board of Healing Arts.



Dr. Jeurink will serve as one of only three Doctors of Chiropractic on the 15-member board, bringing the chiropractic perspective to one of Kansas' most impactful healthcare oversight bodies. In this position, she will play a key role in shaping regulatory decisions affecting healthcare providers and patients across the state.

"I am deeply honored to have been appointed to the Kansas State Board of Healing Arts. This opportunity carries both great responsibility and great meaning, because healthcare is ultimately about service: protecting the public, earning trust, and making decisions that reflect both clinical excellence and compassion. I hope to contribute in a way that reflects well on my mentors, my alma mater, my colleagues, and the patients and communities we are privileged to serve."

Dr. Jeurink's appointment reflects CUKC's enduring mission to educate leaders in health promotion, and by stepping into this vital public service role, she has the opportunity to advance both the chiropractic profession and the patients it serves.

CUKC earns historic CASCE Accreditation

Cleveland University-Kansas City (CUKC) has achieved a historic milestone after the Council on Accreditation of Strength and Conditioning Education (CASCE) Board formally voted to grant accreditation to CUKC's Graduate Certificate in Strength and Conditioning (post-baccalaureate/graduate certificate) program.

The CASCE is recognized as an authority in quality strength and conditioning education. This accreditation

demonstrates our commitment to upholding the highest standards of quality and excellence in our strength and conditioning program. Our curriculum, faculty, and facilities have undergone rigorous evaluation to ensure that we provide students with the knowledge, skills, and practical experience necessary to excel in the field of strength and conditioning and keep athletes safe.

This milestone makes CUKC's program the first post-baccalaureate/graduate certificate in strength and conditioning ever approved by CASCE, a landmark development for the profession and for students seeking a flexible, accredited pathway toward the Certified Strength and Conditioning Specialist (CSCS) exam. By 2030, eligibility for the CSCS exam will require completion of an accredited program, and as the first certificate program to receive accreditation from CASCE, Cleveland University-Kansas City's Graduate Certificate in Strength and Conditioning is on the leading edge of this requirement.

"This is a significant moment not only for our university, but for the profession as a whole," said Dr. Greg Williams, director of exercise science programs at Cleveland University-Kansas City. "Our graduate certificate in strength and conditioning was built to provide flexible, high-quality preparation for professionals who want to deepen their expertise, enhance their credentials, and move confidently toward CSCS certification. Receiving CASCE accreditation affirms the quality and relevance of that mission."

With 100% online coursework, one weekend of immersive labs on campus, and 300 field experience hours, CUKC's Graduate Certificate in Strength and Conditioning is designed for professionals in fitness, sports performance, rehabilitation, chiropractic, and related fields who want to expand their credentials without enrolling in a full degree program.

The certificate is one of the first of its kind in the nation and offers a flexible online format for working professionals. It is designed for professionals who want to enhance their credentials and prepare for the CSCS exam. For those seeking a standalone credential, the certificate offers a direct route to advanced training in human movement science, exercise physiology, exercise nutrition, and strength training principles. It is also available as part of the M.S. in Exercise

Physiology and Sports Performance (MSEPSP) degree at CUKC. Students enrolled in the MSEPSP may earn the certificate in strength and conditioning with no additional credit hours needed.

Northeast College expands into Midwest through partnership with University of Saint Francis

Northeast College of Health Sciences is expanding its reach into the Midwest through a new articulation agreement with the University of Saint Francis, creating a streamlined pathway for students to pursue Northeast's Doctor of Chiropractic degree and marking the College's first academic partnership in the region.

The 4+3 agreement provides University of Saint Francis students who earn Bachelor of Science degrees in biology, health and exercise science or other approved programs of emphasis with entry into Northeast College's Doctor of Chiropractic program. Students can complete the doctoral degree in three years at Northeast College's campuses in Seneca Falls, located in New York's Finger Lakes region, and Levittown on Long Island, part of the New York City metropolitan area.

"Our partnership with Northeast College of Health Sciences is directly streamlining the path for our students to achieve their dreams of becoming chiropractors," said Valerie Powers, assistant dean of the Allied Health Pathway at the University of Saint Francis. "By aligning our curricula, we are removing unnecessary academic hurdles and ensuring our graduates transition seamlessly into advanced clinical training, fully equipped to excel as healthcare leaders."

"Partnerships like this one with the University of Saint Francis reflect Northeast College's commitment to expanding access to high-quality health sciences education and preparing the next generation of healthcare leaders," said Dr. Michael Mestan, president of Northeast College of Health Sciences. "This agreement creates a clear and efficient pathway for Saint Francis students to pursue careers in chiropractic care while benefiting from the rigorous academic and clinical training that defines the Northeast experience. We look forward to welcoming these students to our community."

D'Youville University and Roswell Park partner on innovative wellness program

D'Youville University and Roswell Park Comprehensive Cancer Center have joined forces to launch RESTORE, a free 12-week exercise and nutrition program designed specifically for cancer survivors and their caregivers.

The collaborative initiative, led by Dr. Jeffrey Podraza of D'Youville and Dr. Andrew Ray of Roswell Park, serves a triple purpose: enhancing post-treatment survivorship, providing physical therapy students with clinical experience, and gathering crucial research data on how diet and physical activity impact long-term cancer recovery.

Bridging Education and Community Care Fully funded by the Roswell Park Alliance Foundation, the program is hosted within the D'Youville Health Professions HUB's Thrive Physical Therapy Clinic and the D'Lish Kitchen. "We wanted to expand our reach so people didn't necessarily need to travel to the main Roswell Park campus," said Dr. Ray. The assessments will be done by first- and second-year D'Youville physical therapy students, who typically do not encounter clinical settings so early in their education.

"Students will get hands-on experience conducting actual assessments, collecting and documenting data, and analyzing it from a research perspective," explained Dr. Podraza. "It's an excellent addition to their resumes and provides foundational research experience for those considering advanced graduate training or research-driven clinical careers."

By blending structured exercise, biomechanics, and nutrition into a clinical oncology framework, this partnership firmly establishes D'Youville as a regional leader in oncology rehabilitation and wellness design.

Interested participants should contact Andrew Ray, PhD, PT at 716-845-1300 ext. 7830 for Virtual YMCA or 716-845-1300 ext. 5001 for D'Youville RESTORE or Andrew.Ray@RoswellPark.org

Dr. Kristina Petrocco-Napuli will be Northeast Spring 2026 Commencement speaker

Northeast College of Health Sciences will welcome alumna Dr. Kristina Petrocco-Napuli (D.C. '03), a global leader in chiropractic education, as keynote speaker for Spring 2026 Commencement this August.



A sought-after international speaker who has presented on five continents, Petrocco-Napuli will return to the Seneca Falls, N.Y., campus, her alma mater, where she earned her Doctor of Chiropractic degree in 2003.

Continued on next page

Chiropractic College News

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"I am forever grateful to call Northeast my alma mater. This institution shaped me in ways I can't fully put into words, and I carry Northeast with me in everything I do," said Petrocco-Napuli, a founding and current faculty member of Northeast's Human Anatomy and Physiology Instruction program who also completed a chiropractic technique fellowship at the College. "It's not just where my journey began, it's home."

Petrocco-Napuli has built a career defined by leadership in action, founding programs, leading academic departments and guiding professional organizations. Her leadership includes two elected terms as chair of the Council on Chiropractic Education as well as in elected and appointed roles with the Council on Naturopathic Medical Education and the Commission on Dental Accreditation.

As founding and past president of the American Chiropractic Association Council on Women's Health and a fellow of both the International College of Chiropractors and the American College of Chiropractors, Petrocco-Napuli's influence spans multiple sectors of healthcare education and policy.

Among her many honors, she has received the American Chiropractic Association Academician of the Year Award, the Beatrice B. Hagen Award for Women in Leadership, and most recently, the prestigious Joseph Janse Lecture Award from the Federation of Chiropractic Licensing Boards. Petrocco-Napuli has also contributed extensively to peer-reviewed journals, podcasts and professional publication sharing her expertise in women's health, ethics, curriculum design and adolescent care.

As she addresses the newest Northeast doctors and master's degree students as they embark on their professional journeys, her words will surely certainly reflect Petrocco-Napuli's lifelong commitment to the profession is sure to inspire the next generation of Northeast College leaders.

Life West alumna Dr. Alex Paul featured by Women of the Summit

Backcountry Chiropractic co-founder Dr. Alex Paul, DC, PAK, has been recognized in a member highlight by Women of

the Summit, a professional network connecting women across Summit County, Colorado. The feature spotlights the Frisco-based practice she co-founded and the chiropractic services it brings to families throughout the region.

The Women of the Summit recognition adds to the practice's growing presence in the Frisco community and reflects the kind of meaningful local connection Dr. Paul has worked to build since opening her doors.



Dr. Alex Paul - Chiropractor in Frisco, CO. Dr. Paul's path to chiropractic began with injuries sustained after high school, experiences that not only affected her physically but opened her eyes to a broader understanding of health. That perspective guided her through an undergraduate degree in Integrative Physiology and Neuroscience at the University of Colorado Boulder and on to Life Chiropractic College West, where she earned her Doctor of Chiropractic degree at the top of her class as part of the Class of 2022. She also holds certification in Applied Kinesiology and brings additional training in nutrition, advanced laboratory analysis, and herbal medicine to her practice.

Big improvements on the way for Palmer students and patients

Hours spent in the Clinic are at the heart of every Palmer College of Chiropractic student's experience. "Clinical experience is formative," says Dennis Marchiori, D.C., Ph.D. ('90), chancellor and CEO. "It's where philosophy meets practice, and it's where students begin delivering health care directly to the community. The clinic is where they become chiropractors."

That's why Palmer is now investing in major updates to both Main and Florida clinics. In Port Orange, renovations will prioritize faculty offices, a student computer lab and the patient experience. "The clinic is the public face of Palmer," says Heather Bowyer, D.C. ('06), dean of clinics at Palmer Florida. "For many people, a visit to our clinic as a patient is their first experience with Palmer, and we want that experience to be both welcoming and highly efficient."

Patient experience will guide the remodeling of the Davenport clinic as well. The renovation of two floors in the Harold & Marie Bechtel Center will also include expanded classrooms and flexible spaces for the growth of rehabilitation therapies. “We’re designing with growth in mind,” says Tara Schulz, M.B.A., senior director of clinic operations on Palmer Main. “Student enrollment is at an all-time high, which means we have the opportunity to reach more patients than ever. This is the moment to invest in our

clinics; it’s an investment in our students and the future of Palmer.”

While the two projects will be carried out independently by local designers, the spirit of collaboration between campus clinics is obvious. “You’re in a Palmer Clinic no matter where you are,” says Dr. Bowyer. “We’re all so passionate about the work and giving back to the greater good. That keeps us connected.”

Dr. Andrew Serlin shares expertise on Cox Technique on the Back Doctors Podcast

National University of Health Sciences (NUHS) continues to gain national visibility as faculty expert, Andrew Serlin, DC’ 05, was recently featured on The Back Doctors Podcast, a respected platform highlighting leading voices in conservative treatment approaches for back pain.

Hosted by Dr. Michael Johnson, the podcast reaches an international audience of health care professionals and patients. Known as the go-to platform for evidence based, non-surgical back pain treatments, the renowned podcast brings together experts to share real life patient success stories and personal clinical experiences. Dr. Serlin’s invitation to appear reflects both his clinical expertise and NUHS’ growing influence in advancing chiropractic care.

During the episode, Dr. Serlin discussed his experience using the Cox Flexion Distraction Technique, a non-surgical approach widely used to treat conditions such as degenerative disc disease and spinal stenosis. His participation followed advanced certification training with the Cox Technic team and a direct invitation from Julie Cox,

co-founder of Cox Technic Complete, underscoring the trust placed in his clinical insight. Participating in the podcast, Dr. Serlin expressed his excitement in sharing his knowledge and experiences with a broader audience.

“I was honored to be invited to the podcast and discuss the transformative potential of this technique which is available at the NUHS clinic,” Dr. Serlin said. “Our students are deeply involved in providing high level of care to patients with strong success rates.”

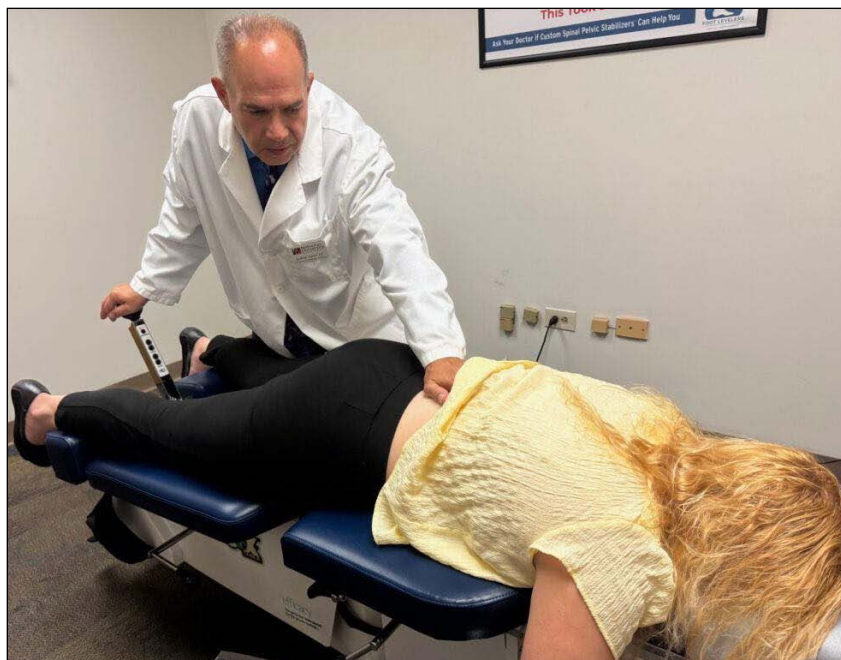
Dr. Serlin also emphasized that refining the ability to perform any technique also improves the practitioner’s understanding of chiropractic care, enhances their ability to administer it, and ultimately contributes to the general progression and improvement of the entire industry.

Dr. Serlin, who joined NUHS Whole Health Center in 2018 brings a unique perspective to patient care, having previously worked as an attorney before earning his Doctor of Chiropractic degree from NUHS in 2005. His diverse background and years of clinical experience contribute to his patient-centered approach and teaching philosophy.

Dr. Serlin’s podcast appearance also shines a spotlight on NUHS’ leadership in chiropractic education and its commitment to advancing the profession through rigorous training and innovation research.

“NUHS produces highly capable doctors of chiropractic medicine because of the strength of its program,” Dr. Serlin said. “This was an opportunity to showcase the quality of our students, the support of our research department and the accessibility to high-quality care within our clinics,”

[Click here](#) to listen to the full episode.



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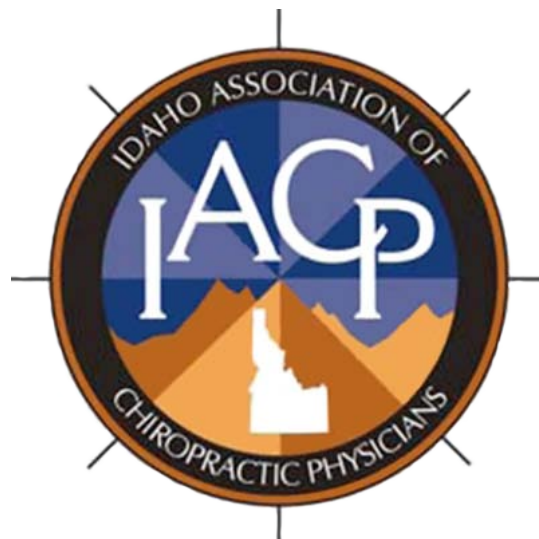
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Some of the benefits of chiropractic care

1. Reduces neck pain: Neck pain is a common problem, especially if you sit for many hours a day, frequently bend your neck to use your phone, or have poor posture. A chiropractor may help ease your neck pain by realigning your spine and easing tension in your neck muscles. A 2019 study found that cervical spine manipulation may help decrease neck pain in the short-term by modifying levels of neuropeptides in your blood. Neuropeptides are proteins made in your nervous system that function as neurotransmitters or hormones.

2. Reduces reliance on opioid pain relievers: People with chronic pain are often given prescriptions for opioid pain relievers to help manage their discomfort. However, undergoing chiropractic treatment may lower your need to take these pain relievers. A large 2020 study compared the number of prescriptions for opioid pain relievers filled for adults who visited just their doctor or who visited both a chiropractor and their doctor to treat spinal pain. The study found that adults who visited a chiropractor were less likely to get an opioid prescription filled for their pain compared to those who only saw their doctor.

3. Eases back pain: Chiropractic treatment is a good alternative to invasive alternatives like surgery or injections for treating short-term or chronic back pain. The American College of Physicians recommends that doctors encourage people with chronic low back pain to first seek non-medication treatments before taking medication to treat their pain. A 2017 review of studies found that spinal manipulation was associated with moderate improvements in short-term back pain and function.

4. Possible reduction of osteoarthritis symptoms: Osteoarthritis pain is caused by the degeneration of the cartilage in a joint that causes the ends of your bones to rub together. Some types of chiropractic adjustments may help align your joints and reduce how much your bones rub together. A 2020 animal study found some evidence that chiropractic manipulation may help slow down the progression of arthritis by improving the status of cartilage, bone, and the joint capsule.

5. Eases headache symptoms: Spinal manipulation may be effective at treating tension headaches and headaches that originate in your neck. A 2016 study found that 6 to 8 sessions of cervical and upper thoracic spine manipulation were more effective than movement and exercise for relieving pain in people with chronic headaches. This was still the case at a 3-month follow-up.

6. More affordable treatment for chronic back pain: Chiropractic treatment is almost always less expensive than conventional treatment for chronic low back pain. In a 2016 study, researchers looked at the potential financial benefits of chiropractic treatment for Medicare recipients with chronic back pain. The researchers found that people who received chiropractic treatment had a lower overall treatment cost. The study also determined that their treatment duration was shorter than that of those who had conventional medical treatment.

7. High satisfaction: Studies have generally reported relatively high levels of satisfaction with chiropractic treatment. For example, in a 2015 study, researchers found that a group of 544 people in chiropractic care reported a high level of satisfaction. Also, 92 percent of the people in this study had improvements in their pain, and 80 percent reported improvements in their ability to move around.



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The Idaho Association of Chiropractic Physicians

The IACP News

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