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ACA applauds congressional action

The U.S. House of Representatives and Senate have passed the final version of the Fiscal Year 2026 National Defense Department Authorization Act, which includes a plan to restore chiropractic services at six U.S. military bases where services have been arbitrarily discontinued. The six clinics that will be reopened include those seeing 400 or more patients per month.

The final provision also calls on the Defense Health Agency (DHA) to develop a plan to reopen closed clinics and to explore the feasibility of putting doctors of chiropractic stationed at military facilities in the federal General Schedule (GS) system. Further, the amendment directs DHA to report back to the House and Senate on its progress by March 31, 2026.

The move to restore chiropractic services is consistent

with the DHA's ongoing concern over the use of opioids by active-duty members of the military and calls to make non-addictive alternatives for pain management more readily available to military personnel. The final language was first adopted in September as an amendment by Rep. Greg Steube (R-Fla.) to the House version of the bill. It reflects upon the Floyd D. Spence National Defense Authorization Act (Public Law 106-398), which in 2001 established the original chiropractic benefit in the Department of Defense healthcare system.

"We thank Rep. Steube for his foresight to tackle this issue, and we also acknowledge House and Senate negotiators who kept the bulk of his amendment in the final package," said John Falardeau, American Chiropractic Association (ACA) senior vice president of public policy and advocacy.

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Chiropractic Care and the Vagus Nerve

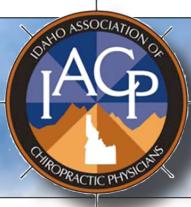
New [research](#) by the Sant'Anna School of Advanced Studies in Pisa and published in *Science Translational Medicine* suggests that one of the most important keys to a healthier and more youthful heart may be the vagus nerve. A study found that maintaining strong vagal nerve connections to the heart on both sides helps slow the aging process. The findings highlight the right cardiac vagus nerve in particular, showing that it plays a crucial role in protecting heart muscle cells and supporting long term heart health, regardless of heart rate.

The vagus nerve is the longest cranial nerve in the body and plays a crucial role in regulating various bodily functions, including heart rate, digestion, and immune response. Research suggests that chiropractic adjustments may have a positive impact on vagal tone, which refers to the activity

of the vagus nerve. By improving nervous system function and reducing stress on the body, chiropractic care enhances vagal tone and promote overall health and well-being.

While further research is needed to establish a firmer cause-and-effect relationship between chiropractic care and enhanced vagus nerve function, most chiropractic patients report experiencing positive changes after adjustments. The positive benefits include improved cardiovascular health, reduced inflammation, enhanced digestion, and better stress management. Chiropractic care, by optimizing nervous system function and reducing nerve interference, likely stimulates the vagus nerve and contributes to positive outcomes.

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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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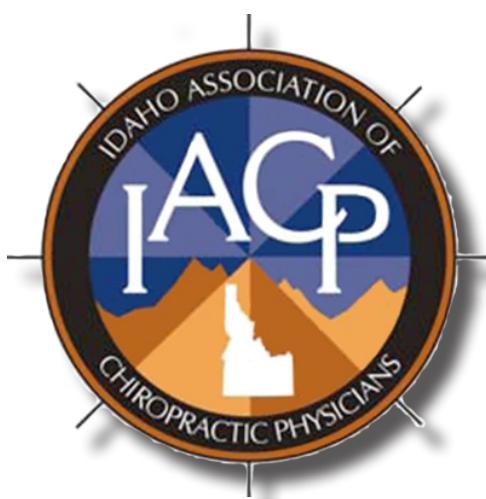
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ACA applauds congressional action

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The Steube amendment was drafted in response to chiropractic clinic closures over the past year caused by contracts with participating chiropractors being allowed to lapse, even though surveys indicate chiropractic services are highly valued at U.S. military facilities. Reports show that these clinics provide proven, cost-effective care to hundreds of patients monthly, offering a range of non-drug services to address painful musculoskeletal conditions commonly experienced by members of the military, enabling them to return to service. The results of a four-year clinical trial conducted at several military sites—the largest chiropractic clinical trial on record—provided further evidence that chiropractic care, when added to usual medical care, resulted in moderate short-term improvements in low back pain intensity in active-duty personnel.

The Fiscal Year 2026 National Defense Department Authorization Act now heads to the president's desk for his signature. ACA will continue to work with Congress to

ensure all military clinics that were recently closed reopen and to expand access at additional bases across the country and overseas.

The American Chiropractic Association (ACA) is the largest professional chiropractic organization in the United States. ACA attracts the most principled and accomplished chiropractors, who understand that it takes more to be called an ACA chiropractor. We are leading our profession in the most constructive and far-reaching ways—by working hand in hand with other health care professionals, by lobbying for pro-chiropractic legislation and policies, by supporting meaningful research and by using that research to inform our treatment practices. We also provide professional and educational opportunities for all our members and are committed to being a positive and unifying force for the practice of modern chiropractic. To learn more, visit acatoday.org.

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!

Chiropractic Care and the Vagus Nerve

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Improved cardiovascular health may be attributed to the vagus nerve's role in regulating heart rate and blood pressure. By enhancing vagus nerve function, chiropractic care promotes a healthy and stronger cardiovascular system.

Reduced inflammation is another potential benefit of vagus nerve stimulation through chiropractic care. The vagus nerve plays a vital role in the body's inflammatory response, and by optimizing its function, chiropractic adjustments help regulate inflammation levels and promote overall well-being.

The new research relied on close collaboration across multiple scientific disciplines, combining some experimental medicine with advanced bioengineering in cardiovascular research. The study was led by the Translational Critical Care Unit (TrancriLab) of the Interdisciplinary Research Center Health Science, under the responsibility of Professor Vincenzo Lionetti. A key contribution also came from the Biorobotics Institute, led by Professor Silvestro Micera, which developed the bioabsorbable nerve conduit used to support regeneration of the vagus nerve.

All experimental work took place in Pisa with funding from the European FET (Future and Emerging Technologies) program through the NeuHeart project, along with partial support from PNRR funds provided by the Tuscany Health Ecosystem. The study brought together a wide network of leading institutions from Italy and abroad. These included the Scuola Normale Superiore, the University of Pisa, the Fondazione Toscana G. Monasterio, the Institute of Clinical Physiology of the CNR, the University of Udine, GVM Care & Research, Al-Farabi Kazakh National University, the Leibniz Institute on Ageing in Jena and the École Polytechnique Fédérale de Lausanne.

"When the integrity of the connection to the vagus nerve is lost, the heart ages more rapidly," explains Professor Lionetti. The researchers also found that full nerve recovery is not required to see benefits. "Even partial restoration of the connection between the right vagus nerve and the heart is sufficient to counteract the mechanisms of remodelling and preserve effective cardiac contractility," adds Anar Dushpanova, cardiologist at TrancriLab.

"Taken together, these results open new perspectives for cardiothoracic and transplant surgery, suggesting that restoring cardiac vagal innervation at the time of surgery

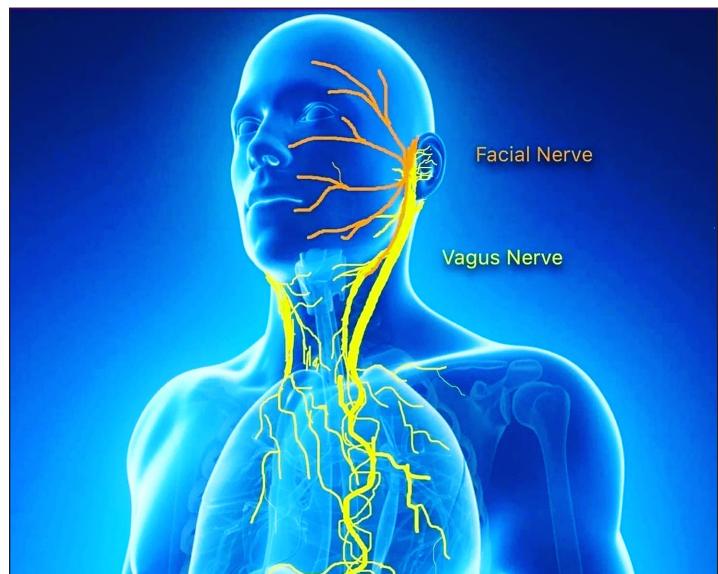
may represent an innovative strategy for long-term heart protection, shifting the clinical paradigm from managing late complications associated with premature cardiac aging to their prevention," concludes Professor Lionetti.

Scientists and healthcare professionals continue to explore the intricacies of the vagus nerve and its connection to overall health and well-being. Ongoing research aims to shed light on the mechanisms through which chiropractic care may influence vagus nerve function.

Advancements in technology, such as neuroimaging techniques and data analysis methods, are facilitating a deeper understanding of the complex interactions within the nervous system. This contributes to the growing body of scientific knowledge surrounding the benefits of chiropractic care in optimizing overall health.

Recent studies have shown that chiropractic adjustments have a positive impact on vagus nerve function. These adjustments, which involve gentle manipulations of the spine, can help alleviate nerve compression and improve nerve signaling. By restoring proper alignment and reducing interference, chiropractic care may enhance vagus nerve function and promote overall well-being.

While the connection between chiropractic care and the vagus nerve is still an area of ongoing exploration, there is growing anecdotal evidence and theoretical reasoning to suggest a potential impact. By promoting proper spinal alignment and reducing nerve interference, chiropractic care can support the healthy functioning of the vagus nerve and enhance overall well-being.



Pricing Transparency in 2026: What Every Chiropractic Practice Needs to Know

There's a major shift happening in healthcare that every chiropractor should pay attention to—one that has less to do with technique or technology and everything to do with how patients make decisions. We've officially entered the era of pricing transparency, and it's reshaping the way patients engage with chiropractic care.

For years, patients have navigated healthcare in a fog of uncertainty, never quite knowing what a visit would cost until after the bill arrived. But today's consumer expects clarity, predictability, and simplicity. Whether they're choosing a provider, deciding how long to stay under care, or referring a friend or family member, patients want to feel confident about their financial responsibility.

Chiropractic practices that embrace pricing transparency early will not only improve patient trust—they'll improve retention, referrals, and collections.

Why Pricing Transparency Matters More Than Ever

Patients are not just patients, they are health care consumers and are savvier than ever. With rising deductibles and increasing out-of-pocket costs, they're researching, comparing, and evaluating providers long before they walk through the door. In 2026, a lack of clear financial communication is no longer just a minor inconvenience—it's a barrier to care.

Price clarity reduces anxiety. Reduced anxiety leads to better adherence to care plans.

**FREE FEE-REVIEW
CONSULT CALL**



The Legal Landscape Is Evolving

Beyond patient expectations, regulatory pressure is growing. Federal and state agencies continue to reinforce the importance of transparency in health care through Good Faith Estimate requirements, anti-discrimination regulations, and increased scrutiny of inconsistent or unclear billing practices.

While chiropractic offices may not be subject to the same stringent mandates as hospitals, regulatory bodies expect consumer-facing financial systems to be fair, transparent, and compliant.

The practices that make financial communication a priority now, will avoid costly headaches later.

Where Clinics Accidentally Fall Out of Compliance

Even well-intentioned clinics run into trouble in three common areas:

1. **Inconsistent fees** — charging different prices without a lawful basis.
2. **Improper or undocumented discounts** — which can violate state or federal guidelines.
3. **Untrained staff members making off-the-cuff financial statements** — often leading to misunderstandings or unintentional noncompliance.

These issues aren't usually malicious. They arise from outdated training, unclear written policies, or a lack of standardized financial communication.

The Path to Pricing Transparency in 2026

Every chiropractic clinic, regardless of size or philosophy, can take steps toward better pricing clarity:

- Standardize your written financial policy and review it annually.
- Train your entire team on how to discuss fees, payment options, and coverage confidently.

- Use transparent, consistent fee structures for cash, insurance, wellness, and membership patients.
- Simplify your payment options to improve patient understanding and retention.

When patients feel informed, they are more likely to follow their treatment plans, return for future care, and refer others.

Transparency Builds Trust—and Trust Builds Practices

Your fees should never be a mystery. Clear communication not only protects your practice but also strengthens your relationship with the people you serve. In 2026, transparency isn't a trend—it's a long-term strategy for practice growth. Pricing transparency isn't just about clarity — it's about confidence, compliance, and protecting the financial health of your practice. If you're ready to strengthen your pricing

systems for 2026, take the next step with this powerful resource. [Download our free white paper.](#)

Dr. Ray Foxworth, DC, FICC, is the visionary behind ChiroHealthUSA, serving as its esteemed founder and CEO. With over 39 years of dedicated service in chiropractic care, Dr. Foxworth has navigated the complexities of billing, coding, documentation, and compliance firsthand. His rich experience includes roles as the former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Chiropractic Summit and Mississippi Department of Health.

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

Go ahead, make your day.



Remembering and honoring two ICA leaders: Hugo V. Gibson, DC, FICA & Ronald M. Hendrickson, MSc

The International Chiropractors Association (ICA) announces the passing of two leaders – men who leave a legacy of service, advocacy and dedication to both the ICA and chiropractic in general – Dr. Hugo V. Gibson and Mr. Ronald M. Hendrickson.

Dr. Hugo V. Gibson joined the ICA in 1969 as a Student at Palmer Chiropractic College, Davenport, Iowa. He was active in ICA throughout his lifetime. Dr. Gibson served as a member of the Representative Assembly before joining the ICA Board where he would be selected by President George Curry to serve as ICA Chairman of the Board. He further contributed as President of the Fellows of the ICA and Faculty Sponsor of the Student ICA. In 2004, Dr. Gibson was the first recipient of the Dr. Fred Barge Memorial Award of the Loyal Legion of Chiropractic Philosophers. In 2006 Dr. Gibson received both the Teacher of the Year and the Faculty Clinician of the Year at Cleveland College. In 2016, Dr. Gibson was honored with the ICA Herbert Ross Reaver Lifetime Achievement Award, and in 2019, elected as the ICA Doctor of the Year.



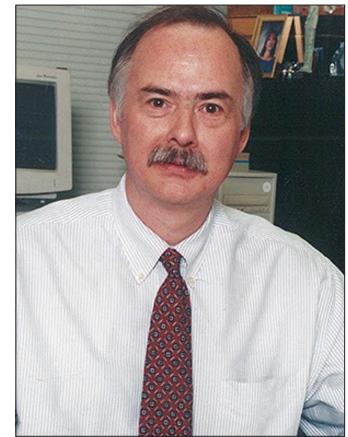
He was licensed to practice in the state of Missouri and registered to practice in South Africa, the nation of his birth. For 20 years, Dr. Gibson served as a Professor at Cleveland Chiropractic College and the Chairman of the Principles and Practices Department for 7 of those years. Not only was Dr. Gibson a leader in chiropractic, he was also a leader in his local communities both in South Africa and in the United States and incorporated his personal interests and talents. From leadership in rugby, scouting, and motorsports to opera and the Lions Club.

ICA President, Dr. Joe Betz stated, “Hugo was a profound role model in my professional journey and an inspiration to an entire generation of chiropractors. His influence, passion, and dedication will continue to live on through all those he taught and inspired.”

Dr. Gibson is survived by his beloved wife Judy, his four children, Dr. Hugo Michael Gibson, Dr. Donald Joshua

Gibson, Richard Bartlett Gibson and Ellen Margaret Gibson. The family has stated that a celebration of life service will be announced in the spring/summer of 2026. At the family's request, the ICA has established the Dr. Hugo V. Gibson Fund for friends and colleagues to donate in lieu of flowers if desired.

Ronald M. Hendrickson came to work with the ICA in the early 1980s, bringing to the organization extensive Washington, DC credentials. These included service as a Special Assistant to Ambassador Averill Harriman, US State Department, staff work in the US Congress as an aide to US Senators from Louisiana and Minnesota, and service at the federal administrative level as Deputy Assistant of Secretary of Agriculture under President Jimmy Carter. Ron received his academic training at the undergraduate level from the George Washington University and conducted his postgraduate studies at the London School of Economics and at Johns Hopkins University.



Having received his first adjustment on the night of his birth, Ron brought to the ICA his passion for the profession as well as strong executive management and writing skills. Ron may be best remembered for his role as the key coordinator of ICA's long relationship with global superstar Arnold Schwarzenegger, and the annual sports event ICA hosted thousands of Doctors of Chiropractic, students and other professionals from around the world over the decades prior to COVID.

Another hallmark of Ron's work with the ICA was his dedication to emergency relief efforts. From working in the orphanages of Romania after the fall of the Ceaușescu government in that Eastern European nation to setting up chiropractic volunteers on the grounds of the US Pentagon and Ground Zero in New York after the attacks of September 11, 2001, to take care of recovery workers. Working behind the scenes, Ron was instrumental in creating the sleep science platform at the ICA, building international relationships from this platform and advancing discussions

on chiropractic education globally. After his beloved wife, Dr. Coralee Van Egmond passed, he was instrumental in establishing the Dr. Coralee Van Egmond Scholarship Fund, which continues today at the ICA.

Dr. Joe Betz stated, "Ron's unwavering commitment to chiropractic, his deep respect for its history, and his tireless advocacy for its future helped preserve the integrity of our mission through times of both challenge and opportunity. Ron was more than an administrator—he was a steward

of our values, a guardian of our traditions, and a mentor to generations of chiropractors who benefited from his leadership."

Upon his retirement in 2019, Ron continued as a consultant to the ICA to prepare the 100th Anniversary book draft documenting ICA history. This book will be published in 2026. Ron is survived by his two sons. Plans to honor Ron are in development and will be shared when finalized by his family.

IACP 2026 Annual Convention

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

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



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



Study says Americans are seeking health & wellness coaching

Research published in 2023 in *Civic Science* titled, *Why Are So Many Americans Seeking Health and Wellness Coaching?*, notes the rise in the number of Americans choosing to employ a health and wellness coach.

The combination of chiropractic care and health coaching creates a synergy that can dramatically improve client outcomes. This collaboration can enhance both the efficiency and the effectiveness of healthcare delivery, treating existing conditions while promoting preventive habits that bolster overall health and minimize future issues.

The research notes that health and wellness is far from a new trend. Being physically fit and mentally at ease are perennial topics of conversation that tend to rear their heads during discussions of New Year's resolutions and even quarterly goals. While the idea of being fit is far from new, the way in which Americans are choosing to prioritize their health and wellness in a post-pandemic world may be changing.

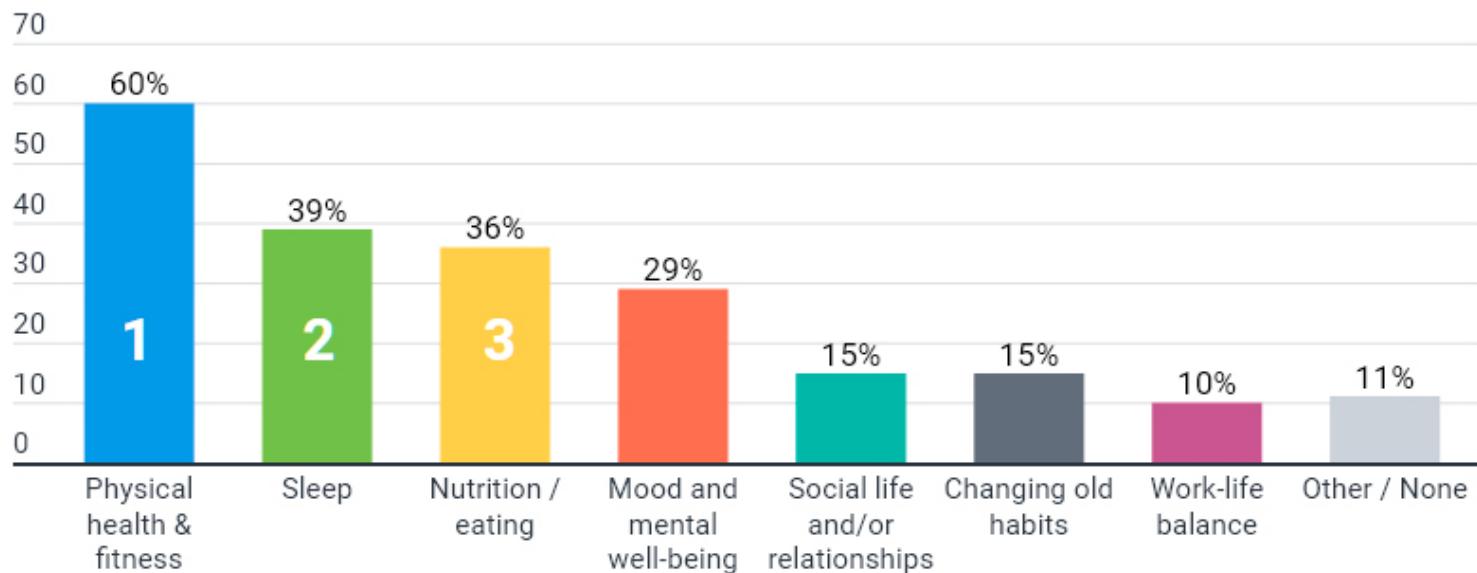
Instead of taking the DIY route, many Americans are choosing to work with a coach. 18% of study respondents have already used a health and wellness coach to help achieve their personal goals, while another 18% plan to do so. That adds up to more than one-third of respondents (36%) who have experience working with a health and wellness coach or who are interested in working with one.

Chiropractic care primarily focuses on alleviating physical symptoms and improving body mechanics. By addressing misalignments and dysfunctions in the spine, chiropractors can reduce pain, enhance mobility, and improve the patient's overall quality of life. However, while chiropractic care can treat the symptoms and immediate causes of these issues, it might not address the underlying lifestyle factors that contribute to these conditions, such as poor posture, inadequate nutrition, lack of exercise, or high stress levels.

This is where the role of a Certified Health and Wellness Coach becomes vital. Health coaches guide clients through lifestyle modifications that can directly impact their physical wellbeing. These professionals work to identify unhealthy habits, help set achievable health goals, and provide support and accountability throughout this transformative process. Whether it's developing a balanced diet, establishing a regular exercise routine, or finding effective stress management techniques, the role of health coaches is essential in instilling long-term lifestyle changes.

When these two roles converge, the result is a comprehensive approach to client health. Chiropractors provide immediate relief from physical discomfort, and health coaches offer the tools and support to maintain and enhance this improved state of health. This combined approach treats existing conditions and also helps prevent future health problems.

Top 3 areas of health and well-being that Americans want to improve (% of U.S. adults who answered)



The greatest interest in hiring a health and wellness coach comes from women and Gen Z adults aged 18-24, with highest overall usage coming from the lowest income earners (\$50K or less per year).

Of course, there are many reasons why someone might choose to work with a coach. As the data show, smokers have a high interest in working with a coach, possibly to help them kick the habit once and for all.

But it's not just physical results that Americans are looking for. Emotional well-being may also be driving interest. According to the data, those who have felt more stressed this year are much more likely to use a health coach than those who have not felt very much stress. Health and wellness coaches are also popular amongst:

- Those who follow fitness trends.
- Those who report they're not very healthy.
- Those who have been to the doctor the most frequently in the last 12 months.
- Those who work fully remote (perhaps giving them more time to meet with a coach, since they're not commuting).
- Craftsmen and laborers, as well as those who work in tech or medical fields and the service industry.

So what do Americans want to improve when they seek out a health and wellness coach? When asked to choose the top three areas of health and well-being they want to improve (out of seven categories), Americans chose physical health and fitness by a landslide – 60% of U.S. adults name it as their top area of improvement. This is followed by improving sleep (39%) and nutrition and eating (36%).

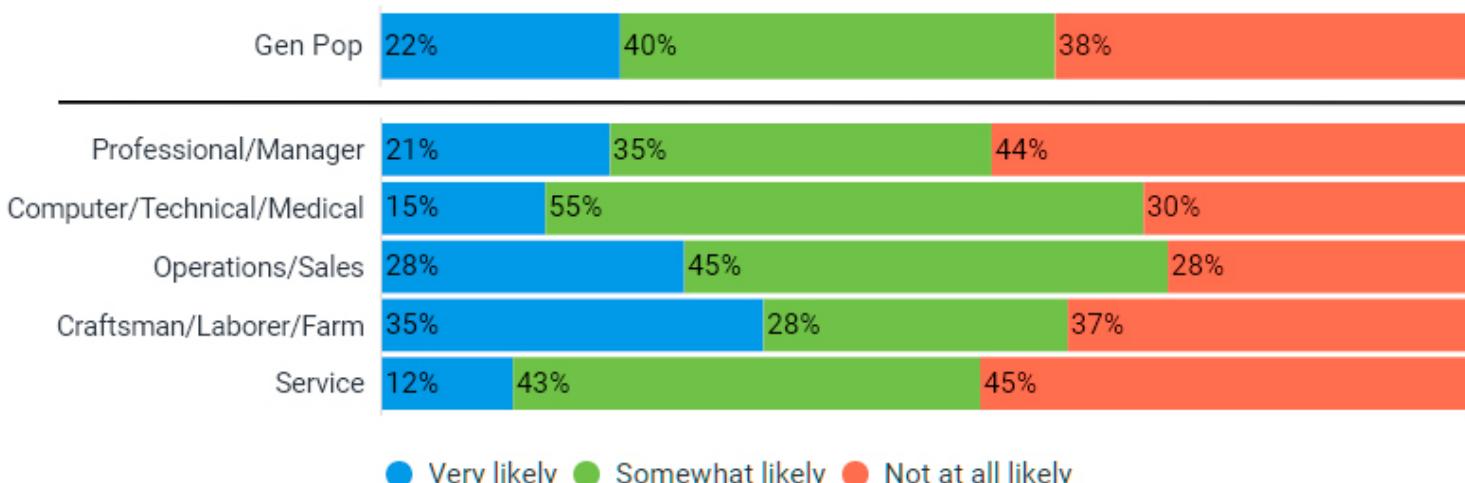
Mood and mental well-being is a top priority for nearly 3-in-10 Americans (29%), while 'changing old habits' and improving social relationships tie at 15%. Improving work-life balance resonates strongly for 1-in-10 adults. It's also worth noting that since the pandemic disrupted social connections and increased stress, these numbers indicate that Americans may now be ready to bounce back in these areas of their lives.

According to the study, data show that nearly twenty percent of those who have used a health coach before did so through a program offered by their employer. Others have found health coaches through their doctors' offices/ health clinics and gyms/health clubs. Respondents were the least likely to find a coach through their family/friends or by searching online/on social media (n=1,011).

Clearly, health and wellness coaching is having more than a moment. The desire to achieve physical and mental wellness is igniting interest across a wide range of ages and drawing attention from a variety of employment types. So whether companies choose to provide their employees with in-house access to coaching, or if coaches remain more of an independent pursuit, Americans appear increasingly committed to their well-being.

The collaboration between chiropractors and health coaches allows for an all-encompassing perspective on health. A chiropractor might adjust a patient's spine to relieve discomfort, while a health coach provides guidance on lifestyle changes to help sustain this relief and prevent recurrence. This dual approach treats the immediate issue while also promoting long-term health.

If your employer offered health & wellness coaching through an employee wellness program, how likely would you be to participate? by Current Occupation



Will chiropractic patients resolve to get more care in 2026?

Most of us are great at making New Year's Resolutions, but sadly, we often fail to keep those promises to ourselves. One often made Resolution is to lose weight and get fit. A [study](#) conducted last year titled, *Patient Experience and Satisfaction With Chiropractic Care: A Systematic Review*, sought to measure measure satisfaction in patients undergoing chiropractic care. After all, satisfied patients are longterm patients.

The Abstract stated: "The aim of this study was to perform a systematic review of existing literature to identify factors that contribute to high levels of satisfaction in chiropractic care. A comprehensive search was conducted to identify quantitative, qualitative, or mixed-methods studies exploring patient experience with chiropractic care. Forty-three studies were included in the review. The findings showed that patient satisfaction was consistently high in comparison to other professions. The review identified key factors that contribute to patient experience, which were not limited to clinical outcomes, but also the clinical interaction and clinician attributes. The findings of this review provide a core insight into patient experience, identifying both positive and negative experiences not just within chiropractic care but in the wider healthcare sector. Further work should explore factors that impact patient satisfaction and how this understanding may further improve healthcare to enhance patient experience."

The Introduction explained the study: "Previous reviews synthesizing existing research on patient satisfaction identified that patients tend to report high levels of satisfaction with chiropractic care. In addition, patients are often more satisfied with chiropractic care compared to encounters with other healthcare professionals. Despite the overwhelming support for chiropractic care, there is limited understanding of the drivers for these high levels of patient satisfaction. One explanation for the high levels of satisfaction, is around the pivotal role that effective communication plays in patient care, with clinicians communication to identify their patients' main concerns and other information as key. However, while communication is recognized as a potential driver of patient satisfaction in chiropractic care, there is limited exploration of this factor.

"Despite the presence of numerous studies that measure patient experience and satisfaction within chiropractic care,



these valuable insights have not yet been systematically gathered and comprehensively explored. Understanding patient experiences is thus important in the context of a value-based healthcare paradigm as a measure of the value of an intervention over and above traditional clinical outcomes. The aim of this review was to identify, categorize, and summarize the published literature pertaining to the experiences and satisfaction levels of patients undergoing chiropractic care."

The Discussion section of the study made the following points: "This systematic review provides a comprehensive overview of patient satisfaction with chiropractic care finding that patients reported high levels of satisfaction and positive experiences with their care. Patient experiences are more positive across several important domains including empathy, patient centredness, and perceived support when compared to medical doctors. Generally, where substantive clinician time or attention was involved, patients were more satisfied. Patients noted good communication, being listened to, the development of a strong therapeutic relationship and key traits such as trustworthiness and caring as being central in underpinning positive experience."

"The findings of this work suggest the need for an explanation for high levels of satisfaction. For example, it is known that chronic pain patients can face long waits in seeking help without satisfaction from mainstream healthcare sources with minimal contact time with clinicians and poor experiences. One explanation may be that compared with such negative experiences, attending care in a private setting where clinicians may have more time to communicate and spend time caring, higher satisfaction levels are reported. In this case, it is not clear, whether high satisfaction and

good experiences are due to the chiropractic care itself or because of the relative experiences encountered in past health seeking activity. Furthermore, patient choice seems important in determining satisfaction levels and little is available outside of condition-based categorisation within the literature that explores the underlying reasons for such choices in patients seeking and maintaining the use of chiropractic care.

“Interestingly, satisfaction levels and positive patient experiences reported here were not associated with either technical or manipulative elements of the chiropractic encounter but often with perceptions of good communication, good relationships, trust, and care. Indeed a strong theme around the value of good communication was also found in a recent General Chiropractic Council survey of public perceptions of chiropractic care and chiropractors. There is ample evidence to suggest that such contextual elements are centrally important in generating positive outcomes and it is important for the profession to continue to develop a more complete understanding concerning the entirety of the therapeutic encounter, including patient practitioner relationships, as impactful in generating both clinical and experience related positive outcomes. For practitioners caring for patients, empathy, communication, and building trust are central to their patients’ positive experience along with a highly patient centered clinical paradigm. It is important that these skills and approaches are prioritized in therapeutic encounters.

This systematic review provides a comprehensive overview of patient satisfaction with chiropractic care finding that patients reported high levels of satisfaction and positive experiences with their care.

Key among the factors impacting chiropractic patient satisfaction with their treatments included: “Treatment outcomes and reactions were suggested to impact patient satisfaction scores. In qualitative interviews with patients receiving spinal manipulative therapy or exercises, common determinants of satisfaction were perceived treatment effect and changes in pain. Similarly, negative treatment outcomes conversely influenced satisfaction. In a cohort study following patients’ outcomes of chiropractic care, patients had a mean score of 9.1 out of 10, but their satisfaction was negatively impacted if they perceived they had symptomatic reactions and were 19% more likely to report “poor”

satisfaction (95% confidence interval [CI] 0.78-1.79). These findings are similar with parental satisfaction with pediatric chiropractic care, with moderate negative correlations between distress after care and parental satisfaction ($?0.31$) and moderate positive correlations between improvement scores and parental satisfaction (0.42).

“From qualitative interviews embedded in a randomized controlled trial, content analysis was used to identify the common determinants of satisfaction. Participants felt that the interaction with clinicians and their attributes were important, as well as information regarding exercises, tailored care, and information on the cause, prevention and prognosis of the condition. In sport settings, where chiropractic care was delivered by students, satisfaction levels were statistically significantly linked to patients’ ratings of their assessment ($P = .005$), the communication of the student ($P = .006$), their views of student competence ($P = .01$) and conduct of the student ($P = .036$).

“In private chiropractic clinics in the United States, chronic low back pain and neck pain patients’ global ratings of their care were positively associated with the length of time they had been receiving chiropractic care prior to the study ($r = 0.07$; $P = <.05$), length of time seeing the chiropractor in the study ($r = 0.09$; $P < .0001$), number of visits to the chiropractor in the study ($r = 0.05$; $P = <.05$). Previous experience of chiropractic care was associated with patient satisfaction levels in athletes receiving chiropractic care in sports settings.

“Included studies explored organizational issues with care most often waiting times, length of consultations, care delivery settings and costs. In a study by Brown, Bonello, Fernandez-Caamano, Eaton, Graham, Green a large proportion either strongly agreed or agreed that they were satisfied with waiting times and the length of consultation times for chiropractors (92.9% and 94.6%, respectively). Similarly, patients’ expectations that their chiropractor would allow sufficient time for their consultation were substantively met with 97% indicated that this has happened or that the consultation time was the right amount (84.5%). MacPherson, Newbrunner, Chamberlain, Hopton also reported that in terms of the clinical setting, more than 90% of patients’ expectations and experiences corresponded.”

According to this research, Doctors of Chiropractic can help their patients keep those New Year’s Resolutions that involve more treatments by spending a little more time with each patient, listening carefully, and demonstrate empathy, patient centredness, and patient support.





Oh, those pesky New Year's Resolutions!

Why do we feel so compelled to make New Year's Resolutions every single year, even though we so often fail to keep them?

with an all-or-nothing mindset, viewing success as binary: either you succeed or fail. So when someone skips a single workout or misses a day of journaling, the brain quickly convinces them they've completely blown it.

Another common pitfall is relying on willpower. Early on, motivation runs high because the brain is lit up by novelty and reward anticipation. But once that dopamine surge fades, sheer discipline often isn't enough to sustain change.

Without structure, environmental cues or a deeper connection to our values, goals can start to feel less like inspired choices and more like chores. Psychologically, this creates friction between intention and behavior — which is why so many resolutions quietly start to fizzle by February or March.

What we need to be mindful of is falling into a cycle of constantly setting new resolutions, enjoying that dopamine boost, and then quickly abandoning those goals.

Apparently, a whopping 92% of us fail to achieve keep our New Year's Resolutions! So, if you fall off track partway through the year, you're not alone. The good news is that it's never too late to reset without feeling like you've failed.

Progress rarely happens in straight lines, so the most powerful thing you can do when you lose momentum is to reset.

Instead of trying to catch up or scrapping your goal altogether, try reworking it. If your original goal was to read more, make it smaller and more specific, like reading one page a day. Small, consistent wins rebuild trust and confidence in your ability to follow through, creating a solid foundation for lasting change.

Good luck, to us all, and Happy New Year!

Welcome to 2026! It's a new year. A new start.

Mental health experts say our brains are naturally drawn to fresh starts, wired to find motivation in new beginnings. These moments act like a psychological reset button, nudging us toward self-reflection, habit-building and behavior change. Yet despite making resolutions year after year, many of us struggle to stick with them. Why do we keep coming back for more?

Though the start of a new year has long been tied to making resolutions, there's more behind the tradition than just cultural habit.

"For many, fresh starts feel hopeful," said Jennifer Birdsall, a board-certified, licensed clinical psychologist and chief clinical officer at ComPsych. "Psychologically, they allow people to release the baggage of past experiences, including failures, and set forth on goals with renewed energy and optimism."

This ties into what psychologists call the fresh start effect. When a clear milestone, like a new year, or a birthday, gives us the sense of turning the page, it helps us mentally separate our past self from our future self, motivating us to break old habits and approach change with a bit of extra momentum. Resolutions can also give your brain a boost. There are actually psychological benefits to making goals, even if you don't follow through on them. Simply setting resolutions can help you feel a greater sense of control.

Most of us start the year with the best intentions, only to find our goals slipping away a few months in. One reason, according to experts, is that we often approach goal-setting

This year, instead of setting vague, lofty goals, here are some resolutions that can actually be kept. These aren't the perfect “grand goals” — they're realistic, achievable actions that will add up to real progress.

Career Goals

- Write down the one task I must do each morning before work
- Update your resume monthly with recent accomplishments.
- Spend 10 minutes learning a new skill weekly.
- Write one message per week, networking with a colleague or mentor.
- Organize your desk every Friday before leaving work.
- Save one new thing you learned “resources” folder each week.
- Read one professional article or blog post daily.
- Set a timer for 25 minutes to focus on one task without distraction.
- Take a 5-minute break every hour to stretch or reset during work hours.
- Volunteer for one small project outside your usual tasks per month.

Health Goals

- Drink one extra glass of water daily.
- Add one vegetable to your plate at lunch or dinner.
- Stretch for 5 minutes every morning.
- Go for a 10-minute walk during your lunch break.
- Do one push-up or sit-up daily, adding one each week till failure.
- Replace one sugary snack with a fruit or nut option.
- Spend one evening per week cooking a meal.
- Set a bedtime alarm to remind yourself to wind down for the day.
- Floss one tooth each night and increase until it's a habit.
- Replace soda with sparkling water during one meal/week.

Family Goals

- Call one family member each week.
- Schedule one family game or movie night monthly.
- Spend 10 minutes talking with your kids about their day without distractions.
- Write a thank-you note to a family member every quarter.
- Organize a small family outing like a walk or picnic every month.
- Cook one meal together as a family weekly.
- Spend one weekend decluttering the house.
- Celebrate a small family win with a treat monthly.
- Start a family gratitude jar and add one note weekly.
- Share one positive memory from the past with your family every week.

Financial Goals

- Track one expense category each week.
- Save \$5 in a separate account daily.
- Cancel one unused subscription this month.
- Set up an automatic transfer to savings biweekly.
- Review your bank statements for 15 minutes monthly.
- Read one personal finance article weekly.
- Use a cashback or rewards app once a week.
- Pack lunch instead of eating out once per week.
- Spend 10 minutes comparing prices before making a purchase.
- Set a goal to pay off one debt incrementally over the next six months.

Chiropractic News

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

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

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

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



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

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

Ticket sales now open

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

ACA, ABCA, and SCU announce 2026 Collaborative Student Leadership Conference

The American Chiropractic Association (ACA), the American Black Chiropractic Association (ABCA), and Southern California University of Health Sciences (SCU) will unite to host a collaborative Student Leadership Conference in 2026. The event, scheduled for late September, represents a significant opportunity for student leaders to connect, develop their leadership skills, and strengthen pathways that support the future of chiropractic.

"This joint effort is an opportunity to nurture connections between our leaders and members, strengthening the future of chiropractic," said ACA President Marc Nynas, DC. "I'm excited to see ACA and ABCA come together for a collaborative Student Leadership Conference hosted by SCU."

"Collaboration is essential for the growth of our profession,"

added ABCA President Brandi Childress, DC. "Bringing our organizations together will open new doors and create opportunities that support greater representation and leadership development within the chiropractic community."

SCU will welcome student leaders to its campus in Whittier, Calif., for four days of programming designed to inspire and empower the next generation of chiropractic professionals. "SCU is honored to host this historic meeting, and we are excited by the knowledge students will gain from it and from each other," said SCU President John Scaringe, DC, EdD.

ACA's annual Student Leadership Conference has long served as a valuable opportunity for education, networking, and mentorship for student members of ACA (SACA). Students engage directly with leading voices in the profession and gain exposure to leadership models that inform their academic and professional growth. ABCA plays an essential role in fostering diversity in the chiropractic field and providing a strong and distinct voice for Black chiropractic students and doctors. Its participation in the conference expands access, representation, and collaborative learning for all attendees.

The partnership reflects a shared commitment by ACA, ABCA, and SCU to advance leadership, innovation, and unity within chiropractic education. Additional conference details will be announced in the coming months.

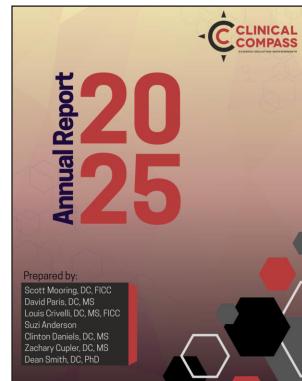
Clinical Compass releases 2025 Annual Report

The Clinical Compass convened at their annual in person board meeting in Boston, MA coinciding with ChiroCongress

2025. Executive Board President, Dr. Scott Mooring is pleased to share the 2025 Annual Report, "This year marked meaningful progress on the mission of Clinical Compass: improving patient outcomes by advancing evidence-based care. We amplified our research pipeline, expanded student and faculty access to the Evidence Center, strengthened partnerships with national stakeholders, and modernized our internal operations to support sustainable growth."

Clinical Compass is excited to announce the Annual Report! Please share this information with colleagues, organization members, and key stakeholders. This Annual Report is [available here](#). Please read it and share it with stakeholders in your local region.

Clinical Compass is an evidence-synthesis research collaborative that generates reviews and best practices research through consensus-based models. In addition, Clinical Compass maintains regularly updated evidence centers for 17 different clinical topics such as dry needling, opioids, and cost-effectiveness.



[Click here](#) to support the work Clinical Compass. The Clinical Compass is dedicated to facilitating, synthesizing, and distributing the research required to put evidence into practice. Your support is vital! All donations are 100% tax deductible.

A black and white photograph of a large audience in a conference hall. Overlaid text includes "PARKER SEMINARS PRESENTS", "75 YEARS IN THE MAKING...", "THREE DAYS DESIGNED TO KEEP YOU IN MOTION. BUILDING PRECISION, CONFIDENCE, AND READINESS, SO WHEN OPPORTUNITY STRIKES, YOU'RE ALREADY MOVING.", "February 26-28, 2026", "Caesars Forum Event Center", "Las Vegas, Nevada", "Register Now >", and "Keep Up To Date >".

Chiropractic College News

Sherman College rethinking chiropractic business education

The landscape of chiropractic education is changing. For decades, chiropractic students have graduated with strong clinical skills and a solid philosophical foundation, but with a limited understanding of what is needed to run and manage a practice. Too often, these students are left to navigate the business side of practice on their own, relying on costly consultants or learning through expensive mistakes.

At Sherman College of Chiropractic, we believe that's no longer acceptable. That's why we developed a fully integrated business education track called the BUSI Program, a curriculum designed specifically for our Doctor of Chiropractic students to prepare them not only as clinicians but also as competent, confident professionals capable of owning, managing, or joining practices with clarity and purpose.

The gap between chiropractic training and practice ownership has widened over the years. Many programs provide limited business education, often confined to a seminar or two during the final quarters. However, starting or joining a practice is not a last-minute decision. It demands clarity, planning, and an understanding of operational systems well before a graduate signs a lease or hires their first employee.

Sherman's BUSI Program takes a different approach. We have integrated business education directly into the curriculum, aligning it with the student's clinical journey. Our goal is not to create business majors, but to support chiropractors who can lead with both vision and structure.

The BUSI Program is not just a single class but a series of interconnected courses that reflect the student's development throughout the curriculum. It starts with fundamental topics such as professional communication, time management, and mindset, then advances into more complex subjects like operational flow, human resources, and strategic planning.

Every course offers opportunities for students to develop parts of their comprehensive business plan, which they will later integrate in the 12th-quarter Practice Integration

course. This ensures students are not rushing to complete their business plan in the final weeks before graduation. Instead, they are building it gradually, step by step, in alignment with their personal goals, clinic experience, and evolving professional identity.

Each course in the sequence fulfills a specific role and does not overlap with Sherman's other essential classes like Practice Development, Marketing & Finance, or Chiropractic Communications. While those classes focus on long-term vision, external growth strategies, or patient engagement, the BUSI Program concentrates on internal operations that support effective, ethical care.

Northeast College hosts Fall 2025 Ceremony Week

Northeast College of Health Sciences marked Fall 2025 Ceremony Week with milestone events celebrating graduates of its Bachelor of Professional Studies (BPS) and Doctor of Chiropractic (D.C.) programs, while recognizing key achievements within the chiropractic curriculum.

The week's events began with the Commitment to Excellence Pledge for first-trimester chiropractic students on Dec. 3, followed by the Transitions Ceremony for seventh-trimester D.C. students on Dec. 4, and concluded with the Fall 2025 Commencement Ceremony on Dec. 6, honoring new D.C. and BPS graduates.

The Fall 2025 Commencement Ceremony at the Seneca Falls Campus Standard Process Health and Fitness Center honored 61 Doctor of Chiropractic graduates and seven Bachelor of Professional Studies graduates. Northeast College President



Dr. Michael Mestan formally conferred the degrees.

The ceremony featured grand marshal Dr. Charles Hemsey, senior clinician and associate professor at the Levittown Health Center. A greeting from the Board of Trustees was delivered by board member Virginia Robbins, J.D. SGA President and Class of 2025 member Dr. William Sayre and faculty member Dr. Ilija Arar also addressed the graduates, celebrating the class's achievements and marking the beginning of grads' professional careers.

Southern California University of Health Sciences graduates 153 new Doctors of Chiropractic

Southern California University of Health Sciences (SCU) hosted its annual commencement ceremony on Monday, December 15, at the Hyatt Regency Huntington Beach conferring health science degrees to 517 graduates of the Class of 2025 — including 153 Doctor of Chiropractic graduates.

Dr. John Scaringe, President of Southern California University of Health Sciences, delivered an inspiring and heartfelt address at the 2025 Commencement Ceremony, challenging the graduates to lead with compassion as they step into their professional careers.

Drawing from personal experiences, Dr. Scaringe emphasized that compassion goes beyond simply understanding another person's struggle, reminding graduates that "empathy feels, but compassion moves." He encouraged students to view compassion as an active choice. One that requires presence, courage, and a willingness to show up for others during moments of vulnerability.

Throughout his remarks, Dr. Scaringe highlighted the critical role compassion plays in healthcare, noting that while knowledge and technical expertise are essential, they are not enough on their own. Dr. Scaringe left graduates with a powerful reminder that compassion is not an optional



trait in healthcare, but a foundational one. "Compassion isn't something you add to healthcare — compassion is healthcare," he said, encouraging graduates to carry that mindset forward as they begin their careers and work to transform the lives of others through whole-person, human-centered care.

"Compassion doesn't require perfection. It requires presence," he said, underscoring the importance of truly being there for patients and treating not just symptoms, but the person behind the diagnosis. He also reframed compassion as a form of leadership, describing it as "courage in everyday form," especially during moments when taking the compassionate path may be the most challenging.

Dr. James Whedon featured on Chiropractic Science Podcast discussing Medicare, neck pain, costs, and safety



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

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

Listen to the episode on the [Chiropractic Science Website](#), or on [YouTube](#).

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

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

Continued on next page

Chiropractic College News

Continued from last page

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

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

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

- 64% lower rate of total care escalation
- 93% lower rate of surgical procedures
- 78% lower rate of hospitalizations

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

- \$435 less per patient in total hospital spending over two years
- Lower outpatient and medication costs
- \$43 million in estimated Medicare savings per 100,000 neck-pain episodes

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

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

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

Northeast College partners with PennWest University

Northeast College of Health Sciences and Pennsylvania Western University (PennWest), including its Clarion, California and Edinboro campuses, have announced a new academic partnership that establishes articulation agreements designed to save students time and money while securing their admission to Northeast College.

Through this partnership, PennWest students majoring in eligible science programs may pursue either the 4+3 or 3+3 accelerated tracks toward Northeast College's Doctor of Chiropractic degree.

"At Northeast College, we are dedicated to creating opportunities that support students' long-term success," said President Dr. Michael Mestan. "Our new partnership with Pennsylvania Western University provides a clear, streamlined route for PennWest students who are ready to pursue a future in chiropractic and the health sciences."

"This partnership reflects PennWest's commitment to expanding opportunities for our students and strengthening pathways into high-demand health professions," said Dr. Jon Anderson, president of PennWest University. "By aligning our programs with respected graduate institutions like Northeast College, we're helping students accelerate their goals and enter the workforce sooner."

The 3+3 option allows students to complete three years of undergraduate study at PennWest and, upon meeting GPA requirements, automatically matriculate into Northeast College's Doctor of Chiropractic program.

Life University honors outstanding students

Life University proudly announces the induction of 15 outstanding students into the Lasting Purpose Chapter of Mortar Board National Honor Society, a premier collegiate honor society that recognizes exceptional achievement in scholarship, leadership, and service. The Lasting Purpose Chapter is the newest chapter of Mortar Board National Honor Society, first chartered in November 2023.

The newly inducted members represent the highest standards of academic excellence (minimum 3.3 Cumulative GPA and 90 hours of completed coursework) and community engagement. Mortar Board, founded in 1918, is dedicated to promoting equal opportunities in education and fostering leadership among college students. Membership is considered one of the most significant honors for undergraduate and graduate students nationwide.

The virtual induction ceremony on Sunday, November 16 was conducted by National Officers of the organization and

celebrated the accomplishments of these scholars and their dedication to making a positive impact both on campus and beyond. As members of Mortar Board, they will join a network of leaders committed to advancing education and service initiatives. The 15 students inducted were:

Easton Childs
Chima Chukwu
Braden Deal
Meindert Dekkinga
Emeline Delaville
Joshua Faile
Nigel Hepburn
Aiden Janowski
Tahirah Jones
Tamera Long
Morgan McDowell
Avery O'Brien
Lela Parker
Rasmus Petersen
Phenix Cowart

Founded in 1974, Life University is a health sciences institution most known for its College of Chiropractic, the largest single-campus College of Chiropractic in the world. Undergraduates can pursue 12 undergraduate degrees; a pre-chiropractic, degree-seeking pathway; and three graduate degrees within the College of Graduate and Undergraduate Studies. Some degree programs are offered to distance learners through the College of Online Education.

Revitalizing UB's Archives: a centennial project of preservation, discovery, and dedication

As University of Bridgeport approaches its Centennial, a major effort is underway to discover, preserve, and reimagine its historical archives. Led by Associate Professor of English and Director of Publications Eric Lehman, this ambitious project has evolved into a campus-wide initiative that incorporates historical preservation, engages both students and alumni in a long-term vision for the institution, and preserves the legacy of this important institution.

The seeds of this archival transformation were planted in spring 2024, when Professor Lehman was informed that the University would be renovating and reorganizing the eighth floor of Wahlstrom Library, as well as several other rooms that housed materials relocated from Cortright Hall. That building, which was a longstanding repository of UB's institutional memory, was being cleared in preparation for potential restoration.

Recognizing the importance of this moment, Lehman

assumed leadership of the archive work as part of his responsibilities as Chair of the Centennial Committee. Working closely with UB's facilities staff, including Vice President of Facilities John Carserino and Senior Vice President of Facilities, IT, and Security Bryant Harrell, as well as library team members Dale Othouse and Anthony Battaglia, he began the meticulous process of evaluating and preserving decades of University records.

During the 2025–2026 academic year, organization and digitization will become the project's primary focus. Lehman hopes to bring in more interns to support this effort, ensuring that UB's archival treasures are preserved and accessible for future generations. Battaglia and Othouse also spent the summer of 2025 planning a display area on the first floor of Wahlstrom Library to showcase some of the interesting finds to the students and community. Many of the materials have already been featured on social media and documentary videos, which are being released in preparation for the 2027 Centennial Celebration.

From forgotten newsletters to presidential letters, dusty file cabinets to digital preservation, this project is more than just a collections update — it's a celebration of UB's legacy and a gift to its future. By the time the Centennial arrives, University of Bridgeport will boast a fully reconstituted archive — organized, accessible, and ready to showcase the institution's rich history. "I'm very proud to have been part of this process," said Lehman. "What began as a focused archival project has grown into a campus-wide effort to preserve and celebrate UB's legacy."

Logan University welcomes new Vice President of Enrollment Management

Logan University is proud to welcome John Massena as Vice President of Enrollment Management. At Logan, John will serve on the President's Cabinet and oversee Admissions, Marketing and Financial Aid. He is focused on building a collaborative, mission-driven enrollment operation that blends marketing, personalized recruitment, and thoughtful use of analytics to best serve students and families while supporting Logan's growth goals.



John brings more than 20 years of experience leading enrollment growth, marketing strategy and student-centered recruitment initiatives across public and private higher education institutions.

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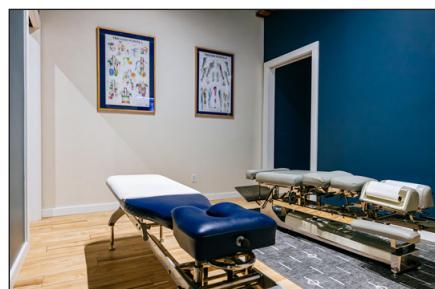
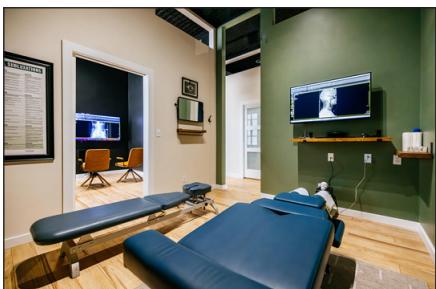
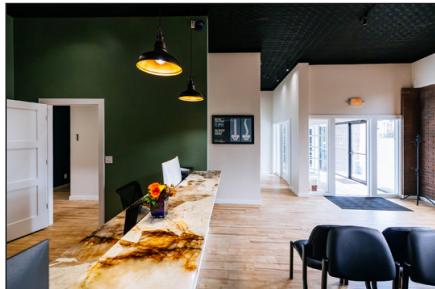
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The cost of the practice has been evaluated to be \$709,539.00

Contact info: Dr. Paige Nelson, D.C. 406-565-1780 or paige.nelson.182@gmail.com

Website info: www.buttechiropractor.com



Office Posters



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

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

The drug-free approach to pain reduction

Get up and move!

STRETCHING for better joint health

Easy exercises to keep your neck healthy

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

Tips for safe stretches

Don't let pain keep you from enjoying life

Walking helps with back pain

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

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

They are available on the website, www.IACPnews.com in an easy to print format.

Each has the following tagline:



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

Tips for Keeping Your New Year's Resolutions

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

Advice for people making resolutions

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

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

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

Keeping track of your progress

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

Getting through those rough days

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

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

You can do it!



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

The Idaho Association of Chiropractic Physicians

The IACP News

Display Advertising Policy, Rates and Information

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

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

Classified Ads: IACP accepts classified ads. They are published without cost for IACP members, but can also be purchased for \$100 by non-members. For additional information about placing a classified ad, contact Caroline Merritt, IACP Executive Director at (208) 515-6263 or caroline@idahotruenorth.com.

Ad Sizes and Rates: IACP reserves the right to determine position and placement of all advertising. Special positioning may be purchased for an additional 20% if space is available. Inside Cover and Back Cover are charged additional 20% for special positioning. **15% off these rates for IACP Members.**

Ad Type	Ad Size	1 run	3 runs	6 runs	12 runs
Full page (bleed)	8 5/8" wide by 11 1/4" tall	\$450	\$414	\$378	\$330
Full page (boxed)	8" wide by 9 3/4" tall	\$450	\$414	\$378	\$330
Half page	8" wide by 4 3/4" tall	\$267	\$264	\$224	\$190
One Third (V)	2 3/8" wide by 9 3/4" tall	\$190	\$174	\$159	\$140
One Third (H)	8" wide by 3 1/8" tall	\$190	\$174	\$159	\$140
Quarter Page	3 7/8" wide by 4 3/4" tall	\$160	\$146	\$134	\$115
One Sixth	3 5/8" wide by 2 7/8" tall	\$105	\$97	\$88	\$75

Rates are for full color ads **per insertion**. Ads published under a multi-run contract can be changed for each issue at no additional cost. Flash animation (.swf files), animations (.gif format) and video clips can be added to any ad. There is no extra charge for video clips or multi-media in ads unless "assembly" of the ad is required. Some file size limitations apply. For details contact CandSpublishing@gmail.com. Email camera-ready ads in high resolution Adobe Acrobat (.pdf) format to: CandSpublishing@gmail.com. Ad creation and graphic design services are available through C&S Publishing at no additional cost.

Acceptance of Advertising: IACP reserves the right to refuse any advertisement with or without reason or explanation including any ad that, in the opinion of IACP, is unethical, makes extravagant claims, misrepresents, is unfair or harmful to other advertisers; violates postal, anti-trust or U.S. currency regulations; or is deemed inconsistent with the objectives of the IACP.

The IACP News is produced for the IACP by C&S Publishing

Phone: 916-715-6890 • Email: CandSpublishing@gmail.com