

*Prosperity Through Unity  
Exceptional Care for Idahoans*

March 2026

*The IACP News, Vol. 10, No. 3*

# IACP 2026 Annual Convention

**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.

Our Chiropractic Assistant track will focus on multiple areas of practice management, billing, coding, documentation, and audit protection.

Discounted rooms will be available by calling The Grove Hotel at (208) 333-8000.



## Chiropractic Medicare Coverage Act gains sponsors

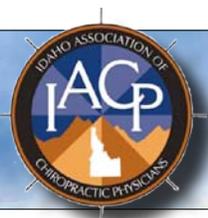
The Chiropractic Medicare Coverage Modernization Act (H.R. 539/S. 106) would reduce barriers to care and enable seniors and other beneficiaries to more fully access the chiropractic profession's evidence-based, non-drug approach to managing pain and improving musculoskeletal function, noted an American Chiropractic Association (ACA) [press release](#).

The new bill was introduced by Reps. Gregory Steube (R-Fla.) and John Larson (D-Conn.) and Sens. Richard Blumenthal (D-Conn.) and Kevin Cramer (R-N.D.). Initial cosponsors include Sens. Tammy Baldwin (D-Wis.), Chris Coons (D-Del.), Steve Daines (R-Mont.), Martin Heinrich (D-N.M.), John Hoeven (R-N.D.), Amy Klobuchar (D-Minn.), Jerry Moran (R-Kan.), Mike Rounds (R-S.D.), and Jeanne Shaheen (D-N.H.).

As of Feb. 24, H.R.539/S.106 has 151 cosponsors; Rep. Mike Ezell (R-Miss.) is the latest, having joined Feb. 23. View the most current and full list of cosponsors and more at [Congress.gov](https://www.congress.gov).

The Chiropractic Medicare Coverage Modernization Act will allow Medicare beneficiaries access to the chiropractic profession's broad-based, non-drug approach to pain management, which includes manual manipulation of the spine and extremities, evaluation and management services, diagnostic imaging and utilization of other non-drug approaches that have become an important strategy in national efforts to stem the epidemic of prescription opioid overuse and abuse.

*Continued on page 9*



# 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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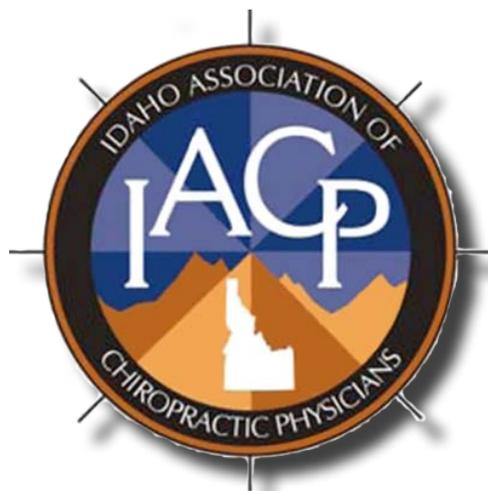
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# Foundation for Chiropractic Progress named most innovative global marketing agency 2026



The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization dedicated to informing and educating the public about the value of chiropractic care and its essential role in advancing whole-being health, is proud to announce it has been named Most Innovative Global Marketing Agency 2026 – USA by Global Health & Pharma (GHP) Magazine as part of its prestigious Holistic Health Awards, recognizing outstanding leadership, innovation, and impact in the global holistic and integrative health sector. This is the first time F4CP has been recognized as the Marketing Agency for chiropractic outside the profession.

Presented annually by Global Health & Pharma Magazine, the Holistic Health Awards celebrate agencies, organizations and individuals who are advancing holistic, integrative

and whole-person approaches to health and healthcare worldwide. With an international reach, the awards honor excellence across wellness, clinical practice, advocacy and product and service innovation, reflecting holistic health's expanding influence on the future of healthcare delivery.

"This recognition belongs to the profession we serve," says Kent S. Greenawalt, chairman, F4CP. "The Foundation exists to be the marketing agency for the profession, advancing its voice, value and impact on a global scale. Every campaign, strategy and innovation is designed not for awards, but to strengthen the profession, elevate public understanding and create meaningful opportunities for growth. We are proud to do this work on behalf of the profession we represent."

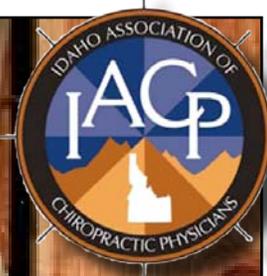
The Most Innovative Global Marketing Agency designation reflects F4CP's leadership in developing forward-thinking, values-based marketing initiatives that support chiropractic care, whole-person health, interdisciplinary collaboration and long-term profession growth. Through strategic storytelling, integrated campaigns and global outreach, F4CP continues to set new standards for how chiropractic care connects with audiences worldwide.

## ACTUALLY... GONE TO THE IACP ANNUAL CONVENTION, APRIL 24-26

I'm joining my fellow chiropractic colleagues for the IACP Annual Convention in Boise.

I'll be enjoying the innovative presentations, networking opportunities, and discussions on efforts to grow the chiropractic industry.

The fresh and diverse set of speakers, along with the exhibition of industry partners, will give me valuable professional development as well as beneficial products and services!



Gone fishing

# Chiropractic Medicare Coverage Act gains sponsors

*Continued from front page*

The new bill was introduced by Reps. Gregory Steube (R-Fla.) and John Larson (D-Conn.) and Sens. Richard Blumenthal (D-Conn.) and Kevin Cramer (R-N.D.). Initial cosponsors include Sens. Tammy Baldwin (D-Wis.), Chris Coons (D-Del.), Steve Daines (R-Mont.), Martin Heinrich (D-N.M.), John Hoeven (R-N.D.), Amy Klobuchar (D-Minn.), Jerry Moran (R-Kan.), Mike Rounds (R-S.D.), and Jeanne Shaheen (D-N.H.).

For the past 50 years, and with no scientific or policy basis, Medicare has limited beneficiaries to coverage of one chiropractic service, manual manipulation of the spine. Those requiring additional services have been forced to seek them from other types of providers, delaying care, or to pay out of pocket.

With more than 65 million enrollees, Medicare's impact on the quality of senior healthcare is significant and will only increase as the baby boomer generation continues to age and enter its ranks over the next several years.

While adding no new services to Medicare, proposed new language would bring Medicare coverage into

alignment with other federal programs and private health plans, giving seniors access to additional covered services in their chiropractor's clinic, such as other non-drug therapies, evaluation and management services, and diagnostic imaging. The allowable covered services would be determined by a chiropractor's state licensure.

"The prevalence of musculoskeletal conditions such as back, neck and joint pain increases with age. The opioid crisis has emphasized the importance of offering non-drug options for pain management, and treatment guidelines today support their use as a first line defense against common musculoskeletal pain," said American Chiropractic Association (ACA) President Leo Bronston, DC, MAppSC.

With more than 65 million enrollees, Medicare's impact on the quality of senior health care is significant and will only increase as the baby boomer generation continues to age and enter its ranks over the next several years. Learn more about the Chiropractic Medicare Coverage Modernization Act at [acatoday.org/Medicare](http://acatoday.org/Medicare).



## 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!

# Adjusting patients isn't enough: *why so many chiropractic practices are still leaving money on the table*

Let me say something I see every day. Most chiropractors don't have a patient problem. They have a revenue structure problem. I talk to doctors who are doing everything right:

- They're investing in marketing.
- They're upgrading systems.
- They're building teams.
- They're trying to scale.
- And yet... margins are tight.
- Cash flow feels unpredictable.
- Growth feels stressful instead of strategic.

Here's why. You cannot build a sustainable practice on outdated fees and broken financial policies. No amount of new patients fixes that.

## **The Silent Leak in Most Practices**

Most chiropractors are undercharging, often without realizing it. They're:

- Accepting insurance allowances at face value.
- Hesitant to raise fees because they're worried about patient pushback.
- Struggling to serve cash or high-deductible patients without creating compliance risk.

The result? High volume. Low margins. Burnout.

And when doctors try to grow by hiring another associate, adding another location, or increasing marketing spend, that leak grows. Seeing more patients don't solve margin problems. It magnifies them.

## **Affordable Care Shouldn't Mean Undervaluing Yourself**

There's a misconception in healthcare that being "affordable" means charging less.

It doesn't.

Affordable care is about structure.

It's about having systems that allow you to:

- Charge appropriately when insurance is available.
- Serve cash and limited-benefit patients confidently.
- Align your financial policies across your practice.
- Reduce risk while increasing predictability.



When those pieces are missing, practices end up reacting instead of leading.

- They chase volume.
- They avoid fee conversations.
- They guess at compliance.

That's not growth. That's survival mode.

## **Growth Without Protection Is Risky**

Here's the part many doctors don't see until it's too late. Scaling amplifies risk with:

- Dual fee schedules.
- Improper discounting.
- Inducement violations.
- Inconsistent policies between locations.

One wrong move can put years of work at risk. If you're building something long-term, you don't just need growth. You need protection. The practices that have lasted for decades aren't just busy.

- They're intentional.
- They know their numbers.
- They understand their fee structures.
- They have aligned systems.
- And they've built compliance into their business model.

That's what creates freedom.

## **Adjusting Patients Isn't Enough**

If you're adjusting patients but not adjusting your revenue model, you're leaving opportunity behind.

When fees are current, and systems are aligned:

- Growth feels intentional, not stressful.
- Revenue becomes more predictable.
- Doctors stop chasing volume.
- Teams gain clarity.
- Patients stay under care longer.

You can stop guessing and start building a practice designed for longevity.

### Ready to Stop Leaving Money on the Table?

If you're serious about building a profitable, compliant, and sustainable chiropractic practice, it starts with understanding where your revenue is leaking and how to fix it.

That's exactly what **ChiroHealthUSA** helps chiropractors do. They provide a compliant way to charge appropriately, serve cash and underinsured patients, and improve margins, helping practices increase revenue (often by 15–20%) without adding more visits. Same patients.

### Better margins. More freedom.

If that sounds like the direction you want your practice to go, it's worth learning more. [Download our Refresh Your Fees in 2026 whitepaper.](#)

Your practice doesn't just deserve to survive; it deserves to thrive.

*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.*



Chiropractic Wolf  
*(Auditorius Persistentis)*

“Here’s looking at you...”  
**DOC.**”

Meet *Auditorius Persistentis*, nature’s reminder that in chiropractic, growth goes to the practices that protect their profits.

If your pricing strategy is weak, you’re not the predator. You’re lunch.

Dial in your strategy so more patients stay, revenue grows, and wolves keep walking.

Fix it before they feast.

 **Download The Free Guide:**  
**6 Strategies for Profitable Discounting**  
Classified Notes from *Auditorius Persistentis*



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# How Medicare cuts may impact chiropractors

According to Medicare.gov, Medicare covers “manual manipulation of the spine to correct a subluxation.” When this procedure is provided by a chiropractor and considered medically necessary, Medicare may cover up to 80 percent of the cost.

Legislation presently languishing in Congress would, if passed and signed into law, increase patient access to Medicare-covered services provided by doctors of chiropractic. The Chiropractic Medicare Coverage Modernization Act (H.R. 539/S. 106) would reduce barriers to care and enable seniors and other beneficiaries to more fully access the chiropractic profession’s evidence-based, non-drug approach to managing pain and improving musculoskeletal function.

Not surprising, the American Medical Association (AMA) is opposing the bill. A [letter](#) from the AMA to Senators Cramer and Blumenthal and Representatives Steube and Larson read in part:

*The undersigned medical professional organizations write to you in strong opposition to S. 106/H.R. 539, the “Chiropractic Medicare Coverage Modernization Act of 2025,” which would amend the Social Security Act’s definition of physician to extend Medicare coverage for services furnished by chiropractors beyond the manual manipulation of the spine.*

*This legislation would authorize chiropractors to use the title “physician” under the Medicare Part B program and be paid the same rate as allopathic (MD) and osteopathic (DO) physicians for manual manipulation of the spine as well as for any other medical services chiropractors are licensed to perform. By removing the current “manual manipulation” limitation in the Social Security Act, this bill opens the door for other services, which chiropractors have not been specifically trained to provide, and which could potentially put patient safety at risk, to be covered by Medicare.*

*Our organizations strongly support the team approach to patient care, with each member of the team playing a clearly defined role as determined by his or her education and training. However, a recent survey found that 27 percent of patients incorrectly identified chiropractors as medical doctors.<sup>1</sup> This legislation would exacerbate such patient confusion and prompt further misconceptions and false expectations regarding the care they receive.*

Last year, the California Chiropractic Association wrote that, *Silence is Not a Strategy: Why Chiropractic Needs You Now More Than Ever*. That call to action can be [read in full here](#), and said in part:

**State-Level Cuts:** Medicaid Coverage at Risk: The threat isn’t just national—it’s happening at the state level, too. Minnesota’s governor has proposed eliminating Medicaid chiropractic coverage for individuals over age 21, a move detailed in the state’s 2025 health budget. Senate hearings raised concerns that such policy changes could force patients into more costly or riskier treatments. History has shown that is exactly what happened in other states. Without a statewide chiropractic association amplifying providers’ voice, such cuts could move forward unchecked. This hurts our profession and our patients. (Adam Millsop, 2025)

**Media Smears:** Countering Tabloid Narratives. Reputation matters. In mid June 2025, People Magazine published a sensationalized article painting chiropractic in a negative light. The International Chiropractors Association responded publicly, stating it “deserves truth, not tabloid tactics.” When mainstream outlets misrepresent our profession, having a credible, unified association is key—ready to correct the record, educate journalists, and reassure patients. (ICA, 2025)

**Call to Action:** Strength in Unity: It’s simple: legislative threats and media attacks are happening now—here, and nationwide. When chiropractors act alone, our voices are fragmented and easily overlooked. But organized through associations, we become powerful advocates for our patients, our profession, and our future.

If Congress does not pass the Chiropractic Medicare Coverage Modernization Act, there will be severe cuts to Medicare, which likely will impact the practice and bottom line of every doctor of chiropractic. Changes already happening include:

Monthly premiums for Medicare Part B (medical insurance that helps pay for doctor visits and medical equipment) are projected to rise 11.6%, from \$185 to \$206.50, and the Part B deductible is expected to go up 12%, from \$257 to \$288. Deductibles for Part D (optional prescription drug coverage) plans are also expected to increase, by an average of 4.2%. Six states—Arizona, New Jersey, Ohio, Oklahoma, Texas, and Washington—now require Americans to get pre-authorization for an expanded set of services. In other

words, Medicare must approve the treatment before Americans can get care.

The GOP's bill introduced stringent work and enrollment requirements for Medicaid recipients. OBBBA exempts seniors 65 and over or with disabilities from work requirements, but even seniors must now comply with new paperwork and enrollment/eligibility verification rules. The burden of meeting these requirements every six months could prove too much for many, especially those with disabilities. That could cost Americans their Medicaid coverage, even though they're eligible for it, and cost doctors of chiropractic patients and revenue.

Finally, while the Republican-backed Big Beautiful Bill made changes to Medicare, its effect on the national deficit is worse, and likely will trigger deep cuts to Medicare. In the first year alone, the bill has added \$3 trillion to the national deficit. This will likely trigger what's called the "sequester cliff," which triggers automatic spending cuts under the Pay-As-You-Go law as the deficit climbs.

"We are going to hit a 'sequester cliff' that causes mandatory cuts to Medicare unless Congress acts to solve the issue, so even though [the OBBBA] did not intentionally cut Medicare, it could result in big Medicare cuts," said Dylan H. Roby, chair and professor of health, society, and behavior at the University of California, Irvine.

The CBO estimates Medicare would face \$45 billion in cuts for fiscal year 2026, and a total of \$536 billion by 2034. Even if Congress addresses this issue, the bill's drastic changes to the Medicaid program are expected to reduce access to health care by driving up health care costs, forcing reductions in services, and causing hospital closures.

As Cal Chiro noted in it's article: It's simple: legislative threats and media attacks are happening now—here, and nationwide. When chiropractors act alone, our voices are fragmented and easily overlooked. But organized through associations, we become powerful advocates for our patients, our profession, and our future. ■

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# Crumb Theory: Why sourdough bread is more than a trend (and might be better for your gut)

Article by by Susan Stamper  
Content Marketing Manager, ChiroHealthUSA  
The original article can be [read in full here](#).

Ah, the sourdough crumb. That glorious interior that looks like it could double as a NASA model of deep space. Big airy pockets. A crackly crust that sings when you slice it. The kind of crunch that makes ASMR fans pause mid-scroll

If you have ever dipped a toe into sourdough baking, you already know it is not a hobby. It is a journey. One that starts with a humble starter and quickly turns into late-night fermentation math, hydration ratios scribbled on sticky notes, and a suspicious interest in milling your own flour. There is a reason people say sourdough finds you when you are ready.

But sourdough's popularity is not just about crust aesthetics or the romance of baking something slowly in a fast world. This bread has been quietly flexing its health benefits for centuries, long before social media made it photogenic. Compared to standard store-bought loaves or even homemade yeast bread (faster, easier, and still delightful, chef's kiss), sourdough brings something extra to the table.

So let's roll up our sleeves, dust off the science, and see what makes sourdough more than just bread. Because sometimes, what is happening behind the scenes matters just as much as what is happening in the oven

## *What Exactly Is Sourdough, Anyway?*

At its core, sourdough is bread made through natural



fermentation. Instead of commercial yeast doing all the heavy lifting, sourdough relies on wild yeast and lactic acid bacteria that naturally exist in flour and the environment. Think of sourdough starter as a tiny ecosystem living on your countertop. It breathes, feeds, grows, and ferments. And during that fermentation process, some pretty remarkable things happen.

Commercial yeast bread is more like a microwave meal. Fast. Predictable. Efficient. Sourdough, on the other hand, is a slow-cooked stew. Given time, those microorganisms get to work transforming the dough in ways that impact not just flavor, but digestion and nutrition too.

## *Fermentation: Where the Magic Happens*

Fermentation is the heart of sourdough's benefits. During this slow process: Natural bacteria break down complex carbohydrates, organic acids form, lowering the bread's pH, proteins and starches become easier to digest and certain compounds that interfere with nutrient absorption are reduced

Research consistently shows that sourdough fermentation alters the structure of bread in ways that can make it gentler on the digestive system compared to conventional bread (Gobbetti et al., 2023; Poutanen et al., 2021).

Fermentation reduces certain fermentable carbohydrates, often referred to as FODMAPs. These compounds can cause bloating, gas, and discomfort for some people. Sourdough fermentation can partially break these down, making the bread easier to tolerate for sensitive guts (Laatikainen et al., 2021).

No, sourdough is not gluten-free. Let's get that out of the way. But the fermentation process does begin breaking down gluten proteins, which may explain why some individuals report better tolerance. Think of it like pre-chewing your food. Not glamorous, but effective.

## *Gut Microbes Love a Good Sourdough Story*

Your gut is home to trillions of microbes, and they are very opinionated roommates. They care deeply about what you feed them. Sourdough fermentation increases the availability of bioactive compounds and organic acids that



can support a healthier gut environment. Some studies suggest that sourdough bread may positively influence gut microbiota composition compared to refined commercial bread (De Angelis et al., 2021).

In simpler terms: sourdough does not just pass through your digestive system. It interacts with it.

### ***Blood Sugar Balance: A Smoother Ride***

White bread has a reputation for spiking blood sugar faster than a toddler on birthday cake. Sourdough tells a different story. Thanks to organic acids produced during fermentation, sourdough bread tends to have a lower glycemic response compared to conventional bread. This means a slower rise in blood sugar levels and potentially better insulin response (Poutanen et al., 2021). For patients trying to manage energy crashes, cravings, or blood sugar concerns, that smoother metabolic ride matters.

### ***Minerals: Making Them More Available***

Grains contain phytic acid, a compound that binds to minerals like iron, zinc, and magnesium, making them harder for the body to absorb. Sourdough fermentation activates enzymes called phytases, which break down phytic acid. The result? Better mineral bioavailability (Gobbetti et al., 2023). Translation: your body can actually use more of the nutrients already present in the grain.

### ***Flavor Is Not Just a Bonus***

That tangy, complex flavor sourdough fans love is not just for bragging rights. Organic acids, esters, and alcohols created during fermentation give sourdough its signature taste. These compounds also contribute to longer shelf life without preservatives. Historically, sourdough was a natural solution to keeping bread fresh before modern additives existed (CORDIS, 2024).

## ***Whole Grains & Sourdough: A Power Couple***

When sourdough is made with whole grains, things get even more interesting. Whole grains provide fiber, antioxidants, and micronutrients. Fermentation makes these components more accessible and easier to digest. Studies show that whole-grain sourdough may offer greater anti-inflammatory and metabolic benefits than refined bread options (Frontiers in Nutrition, 2023). This is where sourdough stops being just “better bread” and starts acting like a functional food.

### ***Is All Sourdough Created Equal?***

Short answer: absolutely not. Many store-bought “sourdough” loaves are flavored to taste sour but rely heavily on commercial yeast. True sourdough: uses a live starter, ferments for several hours (or longer) and lists minimal ingredients. If the ingredient list reads like a chemistry exam, it probably missed the point.

### ***Sourdough and Lifestyle: Why It Fits Modern Wellness***

In a world obsessed with speed, sourdough asks us to slow down. That alone might be part of its appeal. From a lifestyle perspective, sourdough aligns with: mindful eating, traditional food preparation, gut-focused nutrition and reduced processing. It’s not about being perfect. It’s about choosing foods that work with your body instead of against it.

### ***A Friendly Reality Check***

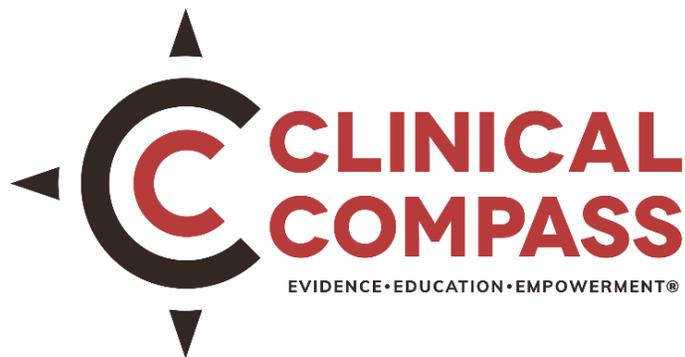
Sourdough is not a miracle food. It will not fix everything. But it is a thoughtful upgrade for many people who enjoy bread and want something gentler, more nourishing, and deeply satisfying. If your relationship with bread has been complicated, sourdough might be the friend who helps you ease back into trust.

### ***Final Crumb Thoughts***

Sourdough’s charm goes far beyond Instagram-worthy loaves. Its slow fermentation process supports digestion, blood sugar balance, mineral absorption, and gut health in ways modern bread often does not. So whether you are baking it at home, supporting a local bakery, or just savoring a slice with butter melting into those glorious air pockets, sourdough reminds us that good things take time.

And sometimes, the best health upgrades smell like fresh bread cooling on the counter. ■

# New Clinical Practice Guideline for the Chiropractic Management of Cervicogenic and Tension-Type Headaches



[Clinical Compass](#) is proud to announce a new clinical practice guideline by Trager et al. has been published in the *Journal of Integrative and Complementary Medicine*. [This paper is freely available](#) open access on the journal website.

A 57-member Delphi panel agreed on statements encompassing a whole encounter related to management of adults with cervicogenic and tension-type headaches. Tension-type headaches are a primary headache, whereas cervicogenic headaches are a secondary headache due to cervical spine disorders. The consensus statements address history taking, physical examination, imaging, contraindications, care management, and nonpharmacological treatments related to headache care delivered by chiropractors. This guideline endorses establishing a working diagnosis using the Third Edition of the International Classification of Headache Disorders, and assessment of red, orange, and yellow flags. It strongly recommends spinal manipulation for cervicogenic headache, and it recommends spinal manipulation in combination with joint mobilization, soft tissue techniques, and/or modalities for tension-type headache. Beyond the scope of the study's objective, this guideline did not address migraines, although migraine features may overlap with cervicogenic or tension-type presentations.

**Results:** Thirty-two relevant articles were identified (31 systematic reviews and 1 clinical practice guideline). Statements included recommendations regarding history (e.g., red flags) and examination for CGH/TTH, recommendation to use of spinal manipulation for CGH, and for TTH only within multimodal care. Certainty of evidence and strength of recommendations for other nonpharmacological interventions (e.g., acupuncture and exercise) varied. Limitations in evidence precluded strong recommendations for acupuncture, education, meditation/mindfulness, and modalities used in isolation for CGH and electroacupuncture for TTH.

**Conclusions:** This clinical practice guideline created evidence-based consensus recommendations for chiropractic management of adults with CGH and TTH. Chiropractors may appropriately care for individuals with CGH and TTH using a variety of nonpharmacological interventions, while considering best practices in diagnosis, referral, and other aspects of care management.

Clinical Compass is a chiropractic clinical and research collaborative that generates best practices research through consensus-based models. In addition, Clinical Compass maintains a Scientific Commission, a 28-member team of leading US chiropractic scientists and clinician-scientists. In addition, Clinical Compass maintains regularly updated evidence centers for 17 different clinical topics such as dry needling, opioids, and cost-effectiveness.

**COMING SOON**

## THE CHIRO-NEURO-IMMUNE CONNECTION

Masterclass with Heidi

### The Chiro-Neuro-Immune Connection\*

Wednesday, March 18th 2026 8:00am NZT  
Mar 17 - 12:00pm PDT | 3:00pm EDT | 7:00pm GMT | Mar 18 - AEDT 8:00am

For the first time, we have longer-term randomised controlled trial data demonstrating measurable changes in neuroplasticity, stress physiology, and immune biomarkers following chiropractic care.

**This is the update the profession has been waiting for.**

- The well-established neuro-immune connection
- What spinal adjustments may influence — and how
- Hot-off-the-press clinical trial data
- Why IL-6 is not always "bad"
- What the sham group tells us

**Early Bird Pricing - \$99.00 \$ 79.00**

**ONLY USD \$79 — SAVE \$20**

# Advanced Chiropractic Equipment & Seminars announces initiative to support chiropractors



[Advanced Chiropractic Equipment & Seminars](#) has announced an expanded educational initiative focused on supporting newly licensed chiropractic graduates as they transition into independent practice.

The initiative is designed to provide recent graduates with structured training in establishing and maintaining low-overhead, cash-based chiropractic practices. According to the organization, early-stage professional development can play a significant role in shaping clinical standards, business structure, and long-term practice sustainability.

The program emphasizes practical instruction in launching a cash practice model from the outset of a practitioner's career. Advanced Chiropractic Equipment & Seminars states that starting with a streamlined operational structure may reduce administrative complexity and financial burden often associated with insurance-based practice models.

In addition to business training, the organization offers chiropractic adjusting technique seminars aimed at strengthening diagnostic assessment and clinical decision-making skills. The seminars focus on refining adjusting methods, improving evaluation procedures, and reinforcing professional judgement including instruction on determining when spinal adjustments are clinically indicated and when they are not.

The company notes that clear clinical decision-making is an important component of patient safety and professional risk management. By addressing both clinical technique and business fundamentals, the initiative seeks to provide practical competencies that may not receive extensive focus within traditional chiropractic college curricula.

Advanced Chiropractic Equipment & Seminars provides chiropractic education, technique seminars, and practice management training for licensed chiropractors and chiropractic graduates. The organization offers programs focused on clinical skill development, diagnostic evaluation, and practice operations.

Dr. Matthew Tuttle, DC, in South Carolina said, "Training with Dr. Johnson and purchasing the ACE Ring Dinger® table has been one of the best decisions I have made in practice. We are able to operate an all cash practice and stay busy even with the highest fees in our area. Our patients love that we actually take appropriate time to examine them and adjust them properly, so they keep coming back as needed without being sold on a scripted care plan. Dr. Johnson has a great business model. At the seminar you will learn the key to a low-overhead, high-profit, all-cash practice."

Advanced Chiropractic Equipment & Seminars reports that the expanded focus on newly licensed practitioners reflects a broader effort to support professional development during the early stages of chiropractic careers. [Click here](#) for more information. ■

**The IACP accepts relevant news articles and press releases. Email your news to: [CandSpublishing@gmailcom](mailto:CandSpublishing@gmailcom)**

# Chiropractic News

## Connected Care: Advancing Chiropractic through Integration, Research and Collaboration

2026 Conference, March 26-28, 2026, Kansas City Marriott Downtown. [Click here](#) for more info.

In today's dynamic healthcare environment, chiropractic advances at the intersection of education, science, and practice. Connected Care reflects the power of integration—linking evidence-based research with innovative clinical approaches, fostering collaboration across disciplines, and preparing the next generation of chiropractic leaders. Through thought-provoking presentations, breakout sessions, and shared scholarship, ACCRAC 2026 will highlight how connection and collaboration strengthen chiropractic's role in advancing patient care.

## Life University president steps down, interim president named

On March 31, Rob Scott, DC, PhD, will end his term as president of Life University in Marietta, Georgia, with Brian McAulay, DC, PhD, set to take on the role of interim president April 1.



Scott announced his resignation on January 8 during a Faculty and Staff Development Program event, citing personal reasons.

He will continue to work at Life U as associate vice president of institutional initiatives, a position in which he will support international initiatives, teach DC students in the classroom and represent Life U in other capacities.

"It has been an honor to serve the last eight years as the fifth president of Life U and to celebrate the 50th anniversary of the university with our students, alumni, friends and staff," Scott said in an email to the university community. "I want to thank all my colleagues and friends at Life U for their support over the past 20 years, and I look forward to working collaboratively alongside you as we move into Life University's next 50 years."

Interim president named

Life University's Board of Trustees accepted Scott's resignation and announced that McAulay, who has been serving as an accreditation consultant to the board since August, will step into the role of interim president. He is a well-known member of Life U's community, having previously served on the board and as the university's executive vice president and provost from 2004 to 2013.

McAulay's leadership experience also includes serving as president of Parker University, Sherman College of Chiropractic and Argosy University Dallas. He has chaired 25 site teams for the Southern Association of Colleges and Schools Commission on Colleges (SACS/COC), was a Fellow of the American Council on Education (ACE), has served on numerous boards and was president of the Association of Chiropractic Colleges (ACC). He also served as the chief academic officer for the Palmer Colleges, the South University System and Logan University.

## Palmer College of Chiropractic announces leadership transition

Palmer College of Chiropractic announced that Barbara Melbourne, JD, vice chancellor for institutional advancement, will retire at the end of January following a distinguished career in higher education and nonprofit advancement.



The College also announced that Clare Thompson, CFRE, has been appointed as Palmer's next vice chancellor for institutional advancement.

Melbourne has served Palmer College for nearly a decade and has been a driving force behind the institution's most successful fundraising and engagement efforts in history, most notably the historic \$30.2 million "Daring and Driven" campaign that drove major capital improvements and endowment growth for the College and its two campuses. Under her leadership, Palmer strengthened its culture of philanthropy, expanded alumni and donor engagement, and clarified a bold institutional narrative centered on Palmer's

mission of advancing a world of unlimited health and human potential.

Succeeding Melbourne is Clare Thompson, CFRE, an experienced advancement leader with more than 20 years in fundraising and alumni relations. Thompson previously served at Palmer as executive director of advancement, where she played a central role in the “Daring and Driven” campaign and significantly increased philanthropic support and alumni participation. Most recently, she served as vice president for advancement, alumni relations and athletics at Western Illinois University.

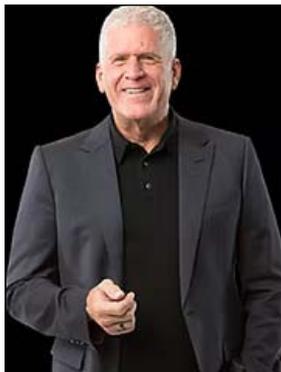


“Clare brings exceptional experience, deep institutional knowledge and a collaborative leadership style,” Marchiori said. “She understands Palmer, she understands advancement and she understands the importance of aligning generosity with mission. We are confident she is the right leader to build on Barb’s legacy and guide Palmer’s advancement efforts forward.”

Thompson is excited to hit the ground running, filled with gratitude for the opportunity to return to Palmer and work with alumni and donors to move the College’s strategic priorities forward. “Palmer College holds a special place in my heart,” Thompson said. “I am honored to step into this role and continue to grow generosity and alumni participation. I look forward to working with alumni, donors and partners to advance Palmer’s mission and support the students and communities we serve.”

### **In memory of Guy F. Riekeman, DC**

Guy F. Riekeman, DC, chancellor emeritus and former president of Life University, has died, Life University announced Feb. 23, after a life devoted to service and advancing the chiropractic profession.



A second-generation doctor of chiropractic, Riekeman served as Life University’s president from 2004 to 2017. The university credits him with helping save and revitalize the institution during a pivotal period and strengthening its foundation

for future growth. After stepping down as president, he continued to serve Life as chancellor and later as chancellor emeritus.

He was a leading voice for the university’s “Lasting Purpose” principle, calling on students and colleagues to live with integrity, courage and a commitment to service. In an email to the Life University community, Life University President Brian McAulay, DC, said Riekeman’s impact stretched far beyond the campus.

“His message and his presence inspired generations within the Life University community and far beyond,” McAulay noted, “and his personality was, at times, truly larger than life.”

“Dr. Riekeman was a transformational leader who strengthened our institution’s standing and re-established Life University as a global thought leader,” he added. “His 20/20 vision plan modernized our campus and expanded our clinical reach to places around the world. We honor his lasting purpose by continuing to serve others out of our own abundance, just as he taught for over 50 years.”

### **Standard Process launches Cultivate, a new symposium for practitioners**

Standard Process has announced [Cultivate](#): A Standard Process Educational Experience, a new two-day practitioner symposium designed to advance clinical excellence in nutrition, healthy aging and integrative care. Registration for the symposia is now open, which will take place in both the Seattle area from March 12–14, 2026, and Boston area from April 30–May 2, 2026.

Attendees have the opportunity to earn up to 12 continuing education (CE) credits while engaging in immersive learning, interactive expert panel discussions and connecting with the practitioner community on the latest innovations in nutrition and clinical care.

Developed specifically for doctors of chiropractic, naturopathic physicians, acupuncturists, functional medicine practitioners, nutrition professionals and other integrative providers, Cultivate brings together respected clinical educators to explore the landscape of age-related health dysfunction and care delivery strategies that support patients seeking lifelong vitality. Hear from subject-matter experts on key topics including nutrient repletion, sleep and cognition, polypharmacy considerations, neuroprotection, immunosenescence, inflammation and cardiometabolic health.

# Chiropractic College News

## Life University acquires Green Books collection

Life University (Life U) recently acquired its comprehensive collection of original Palmer Chiropractic Green Books through the generous benefaction of esteemed donors. This collection includes every edition of every volume of the Green Books, making it arguably one of the most distinguished archives of its kind in the world. These treasured volumes have now found their permanent home in the Drs. Sid E. & Nell K. Williams Library on the Life U campus.

The publications that comprise this collection are of profound historical and empirical significance to the chiropractic profession. With this collection, generations of future chiropractors will continue to be inspired by our preserved heritage. The display also features portraits and descriptions honoring B.J. Palmer, his wife Mabel Palmer and their indelible contributions to the profession as a whole.

Two remarkable chiropractors curated this collection over decades of searching. Dr. H.T. Hughes graduated from the Palmer School of Chiropractic in 1947. He started collecting Green Books in the early 1950s. His son, Dr. H. Brad Hughes, a 1981 Sherman College of Straight Chiropractic graduate, continued the collection until it was completed in the early



2000s. Life U pays tribute to these two chiropractors for curating such an exceptional collection.

In addition, this collection was made possible by the vision and commitment of many donors who have entrusted Life U with the privilege of safeguarding this remarkable legacy. With deepest gratitude, Life U honors their roles in ensuring that the story and philosophy of Chiropractic endures.

## D'Youville Dean of Students Elected NASPA Region II Director

Danielle W. Nesselbush, D'Youville University's Dean of Students and Title IX Coordinator, has been elected as the next Regional Director for NASPA Region II. NASPA, Student Affairs Administrators in Higher Education, is the leading professional association for student affairs professionals, representing more than 15,000 members across 2,100 institutions worldwide. In her new role, Danielle will serve on NASPA's national Board of Directors, representing colleges and universities across Region II and helping shape the organization's national strategy and priorities.

As Regional Director, Danielle will provide leadership and coordination for the region, overseeing professional development initiatives, supporting regional conferences and committees, strengthening membership engagement, and ensuring institutions in Region II have a strong voice at the national level. The role serves as a vital bridge between campus-based student affairs professionals and NASPA's broader national advocacy and leadership efforts.

## D'Youville University Launches New Office of Student Access and Opportunity

D'Youville University is proud to announce the official opening of the Office of Student Access and Opportunity (SAO). This new office unifies two of the university's most impactful initiatives, the Collegiate Science and Technology Entry Program (CSTEP) and the Higher Education Opportunity Program (HEOP), under one roof to streamline support for students from historically underrepresented and economically disadvantaged backgrounds.

The SAO office is dedicated to the mission of cultivating a diverse community of scholars. By providing academic

enrichment, professional development, and holistic guidance, SAO aims to remove systemic barriers to higher education.

The decision to bring CSTEP and HEOP together stems from a shared goal: increasing access and equity while supporting academic excellence. By merging these programs, the university achieves greater administrative efficiency and allows for deeper collaboration across student services.

Both programs serve a common population and purpose, the SAO leadership team stated. By bringing them under one roof, we capitalize on the overlap in our missions and create an ecosystem of support that prepares students for life post-graduation.

### **Life University proudly participated in Georgia Chiropractic Association (GCA) Capitol Day**

Life University proudly participated in Georgia Chiropractic Association (GCA) Capitol Day yesterday morning on February 10, 2026, celebrating chiropractic's vital role in advancing the health and well-being of Georgians. Dr. Gilles LaMarche, Vice President of University Advancement, was joined by a small but enthusiastic group of students in representing the University alongside members of the Georgia Chiropractic Association (GCA), including President Dr. Winston Carhee and Executive Director Stephani Tucker.

The Life U delegation connected with several distinguished alumni, including Drs. Dawn Samad, Deborah Little, Marc Ellis, Pamela Stone, Bruce Salzinger, Chantaye Carhee, and



Life University alumnae who now serve as members of the Georgia House of Representatives, Dr. Karen Mathiak and Dr. Anissa Jones. Both legislators were recognized by the Speaker of the House and proudly acknowledged the Life University group from The Well as they observed proceedings from the House Gallery.

During the day, the group met with numerous legislators, including Representatives Trey Kelly, Blake Tiller and Billy Mitchell, as well as Senators Chuck Hufstetler and Greg Dolezal, to discuss the importance of chiropractic care and its role in Georgia's healthcare system. The current specific hot topic of discussion involved rallying behind Dr. Mathiak's Insurance Transparency Bill (GA HB170), intended to protect Georgia patients and improve access to timely care.

"This experience was invaluable for our students," said Dr. LaMarche. "They witnessed firsthand how advocacy and policy intersect, and how vital it is for chiropractors to have a voice in shaping the future of health care. We were proud to see how many legislators value their chiropractors and appreciate the impact our profession makes every day."

### **Logan Welcomes Director of Clinics**

Logan University welcomes Kyle Prusso, DC, CCSP as Director of Clinics. Dr. Prusso is a clinical executive and educator with more than 20 years of experience in healthcare operations, sports medicine and academic leadership.



Throughout his career, Dr. Prusso has specialized in building and managing high-performing, multi-disciplinary teams that bridge the gap between evidence-based chiropractic care and integrated medical services.

In his new role, Dr. Prusso will be responsible for overseeing the daily operations of the Health Centers and will work collaboratively with clinical educators and staff members to ensure a student-focused clinical training experience, quality patient care, and appropriate business practices, consistent with programmatic and institutional goals.

During his tenure at Palmer College of Chiropractic West, Dr. Prusso ascended to the role of Dean of Clinics. In this capacity, he provided strategic oversight for all clinical programs,

*Continued on next page*

# Chiropractic College News

*Continued from last page*

managing the delivery of patient care while ensuring rigorous compliance with federal and state regulations. He was instrumental in facilitating “best-practice” principles, integrating research into clinical settings, and maintaining a high standard of professionalism for both staff and student interns. His leadership ensured that the next generation of practitioners entered the field with a focus on clinical excellence and collaborative care.

Beyond academia, Dr. Prusso has a proven track record of operationalizing integrated medical centers. As Clinic Director and Partner at Bloom Physical Medicine, he led the development of a multi-disciplinary clinic from initial concept to full-scale operations. His expertise in managing providers across various specialties—including chiropractic and rehabilitation—allowed for the seamless treatment of complex spinal and extremity conditions within a collaborative framework. This experience was further informed by his work with Crossover Health, where he provided chiropractic services within a primary care model for employees at Applied Materials.

Dr. Prusso’s clinical perspective is uniquely sharpened by 15 seasons as the Exclusive Chiropractic Consultant for the Oakland Raiders (NFL). This high-pressure environment required a mastery of injury prevention and performance management.

A graduate of Life Chiropractic College West, Dr. Prusso also earned his Certified Chiropractic Sports Physician credential from the American Chiropractic Board of Sports Physicians, and previously served as President of the Professional Football Chiropractic Society.

## **Parker University recognized nationally for excellence in Healthcare Education**

Parker University has once again been honored for its leadership in healthcare education, earning multiple top-value designations in EduMed.org’s 2025–2026 national rankings report. EduMed.org—an authority in student-centered higher-education guidance—evaluated more than 7,700 accredited colleges and universities and identified Parker University as a standout based on academic quality,

program flexibility, and student support. Parker University was recognized in the following categories:

- Best Online Master’s Degree in Strength and Human Performance
- Best Online Nutrition Master’s Degree
- Most Affordable Online Master’s Degree in Public Health

EduMed founder Wes Ricketts emphasized the growing importance of institutional value in this year’s rankings: “For 2026, we refined our methodology to better reward schools that are maximizing the value of their college degrees. The first metric we examined was cost, but affordability only matters if programs lead to solid employment—especially in healthcare.”

## **Northeast College Associate Provostre-elected Chair of Council on Chiropractic Education**

J. Todd Knudsen, D.C., associate provost of institutional effectiveness and compliance at Northeast College of Health Sciences, has been re-elected chair of the Council on Chiropractic Education for a one-year term. The vote took place Jan. 16–18, 2026, following his completion of an unfilled term as interim chair.



The Council on Chiropractic Education, or CCE, is the national accrediting agency for Doctor of Chiropractic programs in the United States. Accreditation provides assurance of educational quality and institutional integrity to licensing and regulatory bodies, professional organizations, students and the public.

“Dr. Knudsen’s continued leadership at the national level reflects his deep commitment to advancing chiropractic education and professional standards,” said Northeast College President Dr. Michael Mestan. “His service as CCE Council Chair underscores the trust and respect he has earned across the profession.”

In addition to his leadership role at Northeast College, Knudsen has extensive experience in accreditation and

higher education administration. He has served as a member of the CCE Academy of Site Visitors since 2012, including as a site team chair, and was first elected to the CCE Council in 2020. Knudsen also brings accreditation experience from the Accreditation Commission for Acupuncture and Oriental Medicine, where he has served as a Site Team Academy member since 2017.

Knudsen's re-election reflects continued confidence in his leadership and commitment to ensuring quality assurance and excellence in chiropractic education nationwide.

### **Interns join the Chiropractic Center at Sherman College of Chiropractic**

Thirty-three interns are now ready to serve their community and see patients at the Sherman College Chiropractic Center, a teaching clinic for students in the final stage of their internship before graduation from Sherman's doctor of chiropractic program. Interns celebrated the start of the final phase of their chiropractic education at a pinning ceremony at the Sherman campus in Spartanburg, South Carolina.

"As our students enter their clinical internships at the Sherman College Chiropractic Center, they make a significant step in their professional development," stated Sherman President Dr. Jack Bourla. "With thorough academic training and practical experience, they are prepared to deliver safe, effective, and compassionate chiropractic care to Spartanburg and nearby communities. These interns

embody the future of principled chiropractors—dedicated, skilled, and eager to serve, sharing in the philosophy, science, and art of chiropractic. We celebrate their achievements and look forward to their growth in this vital stage of their education and vocation."

The college's Chiropractic Center provides high-quality, value-rich chiropractic care for families at every stage of life. This hands-on clinical experience marks a pivotal milestone in each intern's professional development as they begin serving patients with increasing responsibility and confidence.

Under the guidance of licensed doctors of chiropractic, the teaching environment at the Chiropractic Center enables interns to practice chiropractic under close supervision and ongoing consultation with these case doctors. At the same time, the Chiropractic Center serves residents of Upstate South Carolina by offering high-quality chiropractic care, with approximately 30,000 patient visits annually.

In Sherman's clinical phase of the doctor of chiropractic program, interns practice every aspect of patient care, including case histories, physical and spinal examinations, x-rays, diagnosis, reports of findings, chiropractic adjustments, and case management. Interns are encouraged to collaborate with Sherman's research department to advance the profession through evidence-based studies, while also completing the remaining clinical and business courses before graduation.



# IACP Marketplace

## *The IACP News,*

this monthly newsletter of the Idaho Association of Chiropractic Physicians, reaches chiropractors across Idaho every month.

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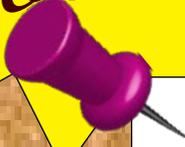
The cost of the practice has been evaluated to be \$709,539.00

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

Website info: [www.buttechiropractor.com](http://www.buttechiropractor.com)



# Office Posters



We have created a FREE [printable PDF](#) of the ***Chiropractic Care helps with Inflammation*** poster on the following page, and the following posters are available online:

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

***Get up and move!***

***STRETCHING for better joint health***

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

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

***Tips for safe stretches***

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

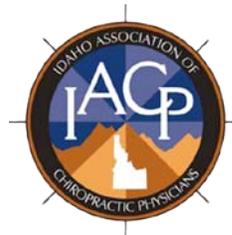
***Walking helps with back pain***

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

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

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

Each has the following tagline:



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

# Chiropractic Care Helps with Inflammation

Chronic inflammation can have a very serious impact on your health if left untreated. This is a condition that has received a lot of attention recently – and for good reason. Inflammation has been found to be a factor in many chronic diseases.

## Here's what you need to know and how chiropractic can help.

Inflammation alone it necessarily isn't harmful. It can be a healthy and normal response by the body to preserve itself. Inflammation helps remove debris from the body like irritants and pathogens so the healing process can begin. The problem arises when regular inflammation becomes chronic. At this point, the body creates even more inflammation to respond to the existing inflammation that can have serious consequences.

Chronic inflammation is caused by imbalances in the immune system. Our immune systems develop over time in response to our environment. The more successes it has, the stronger it becomes. Additional causes include certain lifestyles and foods, not getting enough restful sleep, and too much stress. Chronic inflammation can also be a result of the body's inability to eliminate the cause of acute inflammation or an autoimmune response where the immune system is unable to differentiate between unhealthy pathogens and healthy tissue.

Most people aren't aware they have chronic inflammation until they are diagnosed with a disease that is associated with it such as Crohn's disease, multiple sclerosis, or rheumatoid arthritis. Some signs to be aware of include:

Weight gain  
Shortness of breath  
Indigestion  
Stiffness  
Congestion  
Frequent infections  
Painful joints  
Skin problems  
Lethargy and fatigue  
High blood pressure  
Allergies and asthma

**Studies show that chiropractic adjustments can help reduce the production of two inflammatory cytokines, thus reducing inflammation in the body.** Along with chiropractic adjustments, anti-inflammatory diets, certain supplements, and treatments such as hyperbaric oxygen therapy can help with inflammation.



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

# The Idaho Association of Chiropractic Physicians

## *The IACP News*

### Display Advertising Policy, Rates and Information

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

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

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

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