



Whole health team approach validated

A [randomized clinical trial](#) of 764 VA patients sought to determine if a whole health approach to chronic pain management was better, more effective. Published on *JAMA Network*, the *whoPE Randomized Clinical Trial*, titled *The Veterans Affairs' Whole Health Approach for Chronic Pain Management*, asked this question: "In veterans with chronic pain, does the Department of Veterans Affairs (VA) whole health team approach reduce pain interference more than cognitive behavioral therapy and more than usual care?"

The Whole Health Team approach, delivered by VA clinicians, brings together a primary care provider (physician or nurse practitioner), a clinician trained in non-pharmacologic or integrative pain care (for example, chiropractic, physical therapy), and a wellness coach. Together, they deliver personalized, whole-person pain care aligned with each patient's goals and values.

The stated objective was, "To evaluate the effectiveness of a whole health team intervention in VA patients with chronic pain compared with cognitive behavioral therapy and with usual care, and to evaluate the effectiveness of cognitive

behavioral therapy compared with usual care in reducing long-term pain interference."

Conducted at multiple VA sites across the US. The findings are expected to inform future VA pain management guidelines and whole health implementation strategies. Researchers noted that the most striking result was that the Whole Health Team out-performed CBT, a leading evidence-based treatment for chronic pain.

The study Results said, "Of 764 randomized patients (mean [SD] age, 60.5 [12.3] years; 66.5% were men), 632 (82.7%) completed 12-month follow-up. At 12 months, the whole health group had significantly improved pain interference scores (from 6.6 to 4.9) compared with the cognitive behavioral therapy (from 6.4 to 5.5) (mean difference, -0.58 [97% CI, -1.11 to -0.05]; $P = .02$) and usual care (from 6.4 to 5.7) (mean difference, -0.77 [99% CI, -1.40 to -0.15]; $P = .002$) groups." It concluded: "These results support use of the whole health team approach to attain a statistically significant but small improvement in pain interference in VA patients with chronic pain."

Children are headed back to school

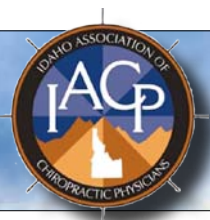
Yes, it's that time of year again! Students are heading back to school, with new goals, challenges, teachers, and learning opportunities. But, back and neck pain are becoming increasingly common among children and adolescents. Studies suggest that between 20% and 70% of school-aged children report experiencing back pain at some point, with risk increasing during the teenage years.

"Children's bodies are still developing, which means their muscles and joints can be more sensitive to repetitive strain,"

says Dr. Nic Poirier, Dean of the College of Chiropractic Education at Southern California University of Health.

Backpacks are heavier, screens are ever-present, and a growing number of young people are experiencing back and neck pain. As students return to the classroom and settle into homework routines, now is the perfect time to build healthy habits that can help protect growing bodies and prevent pain before it starts.

Continued on page 4



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.

2024-2025 IACP Board of Directors — Officers



Dr. Jeremai Hafer
President



Dr. Thomas Bench
Vice President



Dr. Scott Crawford
Treasurer



Dr. Nicole Willis
Secretary

2024-2025 IACP Directors



Dr. Erik Lund
District 1



Dr. Jeremiah Tibbitts
District 2



Dr. Kimball Arritt
District 3



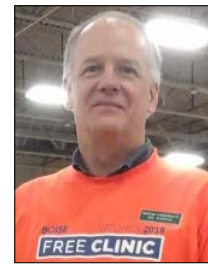
Dr. Justin Keller
District 4



Dr. Levi Nelson
District 5



Dr. Erik Thompson
District 6



Dr. Mark Gibson
District 7

Idaho Association of Chiropractic Physicians

P.O. Box 8611, Boise, ID 83707

Phone: (208) 424-8344 • FAX (888) 399-5459

<https://iacp.wildapricot.org> • iacpcontact@gmail.com

For advertising info, email C&S Publishing at: CandSpublishing@gmail.com

In This Issue

Children are headed back to school (continued)	Pages 4 - 5
ChiroHealthUSA: The patient you never lost... just never saw again	Pages 6 - 9
FOR LEASE: New Office Condo Units	Page 9
Research: Our bodies react differently to sprints than to steady cardio	Pages 10 - 11
Chiropractic News	Pages 12 - 13
Research Meets Chiropractic Application: A Groundbreaking National Event	Page 13
Chiropractic College News	Pages 14 - 17
Join the Pack - become a member of IACP	Page 17
Classified ads	Pages 18 - 19
Office poster notice	Page 20
POSTER: October is National Chiropractic Health Month	Page 21
IACP News Display Advertising Rates and Sizes	Page 22

This table of contents is linked for your convenience. Just click on the page you want.



Children are headed back to school

Continued from front page

Spine and back care must be considered so children can do their best in school. A healthy, well-adjusted spine helps students focus in the classroom, increases brain function, boosts their immunity, and fights back against back pain caused by heavy backpacks. Chiropractic care should be an essential part of the school year preparation.

Choosing a Backpack for Spine Health

Back pain isn't just reserved for adults. Chiropractors are seeing more and more children whose heavy backpacks are causing pain and poor back health. Fortunately, some simple steps can help prevent these problems. For example, kids will naturally gravitate to the color and style that they like but be sure the backpack they use is the right size. If it's too small they'll be more likely to sling it over one shoulder, causing an imbalance in the way their body carries the weight. This can stress some muscles and weaken others. If the pack is too big then they'll be more likely to fill it up, making it heavier. Make sure the straps fit comfortably on both shoulders and tighten them enough, so they hold the backpack snugly against the body.

It might also be beneficial to speak to teachers about ways to support spine health in the classroom. Both sitting and standing too long can stress the back, and sitting improperly is a classic cause of pain. Teachers and students alike can take frequent breaks to stand up, stretch, and move around. The longer a child sits the more likely they are to slump in their seat, distorting the curves of their spine. Physical activity may seem like it would be disruptive, but it's been shown to improve concentration, brain function, and mood. It even boosts immunity, which everyone will appreciate during the coming cold and flu season.

To reduce strain, it is recommend:

- Use both shoulder straps rather than slinging the backpack over one shoulder
- Adjust straps so the pack rests close to the middle of the back
- Place heavier items closest to the body
- When possible, roll backpacks or use lighter-weight digital materials to reduce daily load

Research gives us a clearer picture than any opinion ever could. A [2022 study](#) in *Frontiers in Pediatrics* looked at how school bags influence the lumbar spine in children, and the

findings are striking. The researchers found measurable changes in the lumbar spinal segment angle, along with shifts in intervertebral disc height and symmetry. These changes were observed in boys around age 12, both while standing and during walking. In plain terms, the spine is actively accommodating the load, and that accommodation shows up at the structural level.

That work (Front. Pediatr., 14 November 2022; Sec. Children and Health; Volume 10 - 2022 | <https://doi.org/10.3389/fped.2022.1045666>) titled *Neglected problem: Influence of school bag on lumbar segment in children*, found: "School bag (SB) load causes significant changes in the height and symmetry of the intervertebral discs at each level of the spine from T12-L1 to L5-S1. Cumulatively, microtraumas caused by SB load significantly affect the increase in intervertebral pressure at the L3-L4 point, which is susceptible to degenerative processes and which can be the cause of lumbar syndrome (LS). Preventive measures are needed in order to lighten SB in this population and introduce up to 10% of students' body weight into the safe zone."

Another [2022 study](#), published in the *Work A Journal of Prevention, Assessment and Rehabilitation*, measured schoolbag load against heart rate variability — HRV — and body discomfort across three load levels. The study noted: "Unsuitable schoolbags may stress the spine and promote poor body posture, particularly for school students. Global recommendations have suggested that schoolbag weight



must not exceed 10% of a healthy student's body mass, which would need continuous monitoring and enforcement. Our results showed that the developed schoolbag promoted enhanced subjective measures and HRV response at 15% and 20% of body mass. Participants who wore the developed schoolbags experienced significantly lesser neck, shoulder, upper and lower trunk discomfort than those who wore the traditional ones. Changing the load percentage from 10% to 15% caused an increase in heart rate among participants carrying a commercial schoolbag but a decrease in heart rate among those carrying the developed schoolbag."

HRV is a marker of the autonomic nervous system, the branch that runs below conscious thought and handles stress, recovery, and regulation. The study found that schoolbag load measurably affects this nervous system marker. In other words, the backpack isn't just bending the spine. It's registering as stress on the nervous system itself. Backpacks and digital devices are now a normal part of student life. But paying attention to posture, movement, and daily habits can help protect growing bodies. A common rule of thumb suggests keeping the load under roughly 10–15% of your child's body weight, though that number shifts with age and build. But the research we've covered points to something more useful than a number on a scale. What matters is how your child's nervous system responds to the load. That's why we measure the response, not just the weight.

By supporting healthy habits at home and in school, parents and educators can help students carry not just their books—but also their health—into the future.

The Rise of "Tech Neck"

The backpack is only part of the story. Excessive screen use has introduced a new source of discomfort: "tech neck", a term used to describe the forward head posture and strain that develop when people spend extended periods looking down at screens. Between classes, homework on a laptop, and screens at home, a child's spine spends a lot of hours in one position. In addition to backpacks, screen use has introduced a new source of discomfort: "tech neck", a term used to describe the forward head posture and strain that develop when people spend extended periods looking down at screens.

Too many of us spend hours each day using laptops, tablets, or smartphones for school, work and recreation—placing significant stress on the neck. The human head weighs about 10–12 pounds in a neutral position, but when the head tilts forward—even slightly—the effective load on the

neck increases dramatically. Encouraging students to hold devices closer to eye level and take regular posture breaks can help reduce negative impacts.

Movement Matters

Another important—and often overlooked—factor in spinal health is consistent movement. Many students spend large portions of the day sitting—in classrooms, on the bus, or doing homework. Over time, prolonged sitting can lead to muscle stiffness, weakness, and reduced circulation. By contrast, regular physical activity helps strengthen the muscles that support the spine while improving flexibility and circulation. The U.S. Department of Health and Human Services recommends that children (and all of us) get at least 60 minutes of physical activity each day.

Simple habits such as stretching, walking between study sessions, and participating in sports or active play can make a meaningful difference.

Small Habits, Big Impact

Protecting spinal health doesn't require dramatic changes. Small adjustments to daily habits can help reduce strain and support healthy growth. Doctors of Chiropractic can help by encouraging students to:

- Keep backpack weight within recommended limits
- Use both shoulder straps when carrying backpacks
- Take breaks from screens every 20–30 minutes
- Maintain good posture while sitting and studying
- Stay physically active throughout the week



Chiropractic Grizzly Bear
(*Officium Inspector Generalis Youretoastum*)

“Here’s looking at you...” Doc.”

Meet *Officium Inspector Generalis Youretoastum*: 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 bears keep walking.

Fix it before they feast.



Download The Free Guide:

**6 Strategies for
Profitable Discounting**

*Classified Notes from Officium
Inspector Generalis Youretoastum*



ChiroHealthUSA®
The Network That Works for Chiropractors

1-888-719-9990
chirohealthusa.com

The patient you never lost... just never saw again

By Dr. Ray Foxworth, DC, FICC

Years ago, I remember walking into the reception area between patients and asking one of my CAs about a woman who had come in for an exam the week before.

“Did she ever schedule her next visit?” I asked. She looked down at the appointment book and shook her head.

“No, Dr. Foxworth. She said she’d call us.”

If you’ve been in practice very long, you already know how that story ends. She never called.

What bothered me wasn’t that we had lost a patient. Every practice loses patients from time to time. What bothered me was that I honestly couldn’t figure out why. We’d done a thorough examination. I felt good about the Report of Findings. She seemed relieved to finally understand what was causing her problem. She thanked us on the way out the door.

By every measure I could see, everything had gone well. And yet, she was gone.

Over the years, I’ve realized she wasn’t the only one. Every chiropractor has patients who disappear after the first visit. They don’t complain. They don’t leave a bad review. They don’t ask for their records. They simply never come back. It’s easy to assume they decided chiropractic wasn’t for them, but after nearly four decades in practice, I don’t believe that’s usually the reason.

More often than not, something got lost between understanding why they needed care and believing they could actually move forward with it. That’s an important distinction because it changes where we should be looking for solutions.

We’re All Chasing New Patients

Like most chiropractors, I’ve spent plenty of time thinking about practice growth. We attend seminars on marketing, invest in websites, encourage referrals, and look for ways to introduce more people to chiropractic. Those things matter. But somewhere along the way, I started asking myself a different



question.

What if the biggest opportunity for growth isn’t finding more new patients?

What if it’s keeping more of the ones who have already trusted us enough to walk through the front door? When a patient disappears after the first visit, we lose more than a scheduled appointment. We lose the opportunity to help someone who came to us looking for answers. That’s the part that has always bothered me the most.

The question isn’t simply, “*Why didn’t they come back?*”

It’s, “*What conversation didn’t happen?*”

Clinical Confidence Isn’t Enough

As chiropractors, we spend years learning how to diagnose, adjust, and educate. We become comfortable explaining X-rays, reviewing examination findings, and laying out a treatment plan. That’s our profession, and it’s what we love to do.

Where many of us become uncomfortable is when the conversation shifts from clinical care to practical concerns.

How long will treatment take? What happens if insurance doesn’t cover everything? What will today’s visit cost? What happens when benefits run out?

Patients don’t ask these questions because they’re trying to negotiate. They’re asking because they’re trying to decide whether they can realistically commit to improving their health.

Healthcare affordability continues to be one of the biggest concerns facing American families. According to recent surveys from KFF, nearly half of U.S. adults report difficulty affording healthcare, causing many to postpone or forgo recommended treatment

Continued on next page

The patient you never lost... just never saw again

Continued from last page

altogether. Those financial pressures don't stop at the doors of our practices. They walk in with every new patient.

When those concerns aren't addressed openly, uncertainty usually wins. Patients don't always tell us they're worried. They simply don't schedule the next appointment.

The Conversation That Changed My Thinking

One lesson I learned years ago is that patients don't just need a Clinical Report of Findings.

They need a Financial Report of Findings, too.

I don't mean a sales presentation. I mean an honest conversation.

Patients deserve to understand what you're recommending, why you're recommending it, what their financial responsibility is likely to be, and what options exist if insurance doesn't cover every service you recommend. None of those conversations should feel uncomfortable. In fact, I've found that patients are usually relieved when someone takes the time to explain everything before care begins.

When we avoid those conversations because we assume they're awkward, we often leave patients to fill in the blanks themselves. Unfortunately, patients usually imagine the worst.

Transparency builds trust. Patients don't expect chiropractic care to be free. They simply want to know what to expect before they commit to treatment. When they understand both the clinical recommendations and the financial expectations, they're far more likely to begin care with confidence and complete the care plan you've recommended.

Your Front Desk Has More Influence Than You Think

One of the biggest lessons I learned as a practice owner is that patient retention isn't solely the doctor's

responsibility. It begins with the first phone call. It continues at check-in. It grows every time a patient interacts with your chiropractic assistant.

Every conversation either builds confidence or creates uncertainty.

Can your team explain financial policies consistently? Do they answer common questions with confidence? Do patients leave feeling informed instead of overwhelmed?

One confusing conversation at the front desk can undo an outstanding examination. On the other hand, one compassionate, well-trained CA can reassure a nervous patient who simply needs someone to slow down and explain what comes next.

That's why written systems matter. That's why team training matters. That's why consistency matters.

Patients don't expect perfection. They expect clarity.

Don't Let Silence Become the Final Conversation

Here's something else I've learned. Sometimes patients don't need a better adjustment. Sometimes they need a better follow-up.

Life happens. Kids get sick. Work schedules change. Cars break down. Missing an appointment doesn't always mean a patient has decided to stop care.

I've seen practices reconnect with patients simply because someone picked up the phone. Not to collect a balance. Not to pressure them into scheduling. Just to ask, "We noticed we missed you yesterday. Is everything okay?"

That simple phone call tells patients they matter. People remember that.

Confidence Is More Valuable Than Discounts

One thing I've learned over the years is that patients rarely leave my office saying, "I wish chiropractic cost less." What they want is confidence. Confidence that

they're making the right decision for their health. Confidence that there won't be unexpected financial surprises. Confidence that someone has taken the time to explain the road ahead.

When patients have that confidence, the conversation changes. They stop asking, "How much does it cost?" and start asking, "When can we get started?"

That's why compliant financial systems matter. Rather than negotiating fees one patient at a time, practices should establish consistent financial policies that help patients access care while protecting the integrity of the practice. Programs like ChiroHealthUSA give chiropractors a structured, compliant way to make care more affordable without compromising the value of the services they provide.

Helping patients afford care should never require us to undervalue chiropractic.

Sometimes the Patient Was Never Really Lost

I still think about that patient from years ago. Maybe she found another chiropractor. Maybe her pain improved on its own. Maybe life simply got in the way. I'll never know.

What I do know is that she taught me something I've carried with me ever since. Patients don't always leave because they reject chiropractic. Sometimes they leave because we unintentionally leave questions unanswered.

As chiropractors, we're trained to diagnose, adjust, and educate. Those skills will always be at the heart of what we do. But today's patients need something else from us as well. They need someone who can guide them through the financial realities of healthcare with the same confidence we use to explain their condition.

When we combine exceptional clinical care with clear, compassionate communication, something remarkable happens. Patients stop wondering whether they can continue care. They start looking forward to their next visit.

Sometimes the patient you thought you lost wasn't lost at all. They were simply waiting for a better conversation.

Dr. Ray Foxworth, DC, FICC, is the founder and CEO of ChiroHealthUSA, and host of ChiroSphere, a podcast featuring conversations with chiropractic leaders on practice success, leadership, and the future of the profession. With more than 39 years of experience in chiropractic care, he brings firsthand expertise in billing, coding, documentation, and compliance. Dr. Foxworth is a former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center, past chairman of the Chiropractic Summit, former chairman of the Mississippi State Board of Health, an at-large board member of the Chiropractic Future Strategic Plan, and serves on the executive board of the Foundation for Chiropractic Progress.

Find the latest episodes of ChiroSphere at chiotalk.podbean.com.

Reach Dr. Foxworth at 1-888-719-9990, info@chirohealthusa.com, or www.chirohealthusa.com. Join a free weekly webinar on practicing with greater peace of mind — register at www.chirohealthusa.com.

FOR LEASE
NEW OFFICE CONDO UNITS



3758 E AMITY AVE, NAMPA ID
SUITE'S 102, 103, & 104

PROPERTY HIGHLIGHTS

- Each Condo Unit 1,225 SF
- 3 Separate Condo Units Available
- Each Unit Includes 3 Offices, 1 Conference Room, Restroom, Reception, and Storage
- NNN Lease
- New Construction Year Built 2026
- Minimum Contiguous 1,225 SF
- Maximum Contiguous 3,675 SF



Contact Us Today
Gina Crowley
208-461-1170 - Ext 3



Major New Study Published

Our bodies react differently to sprints than to steady cardio

Chiropractic medicine stands as a distinctive and holistic approach to wellness. Unlike “regular Western medicine” which often compartmentalizes symptoms and treats them in isolation, chiropractic care embraces a holistic paradigm.

Chiropractors understand that the body operates as an interconnected system, where physical, emotional, and environmental factors intersect. The goal of the chiropractor is to diagnose, treat, and prevent mechanical disorders of the musculoskeletal system to improve overall health and function. Chiropractors relieve pain and enhance the body’s motion through manual therapy and lifestyle counseling.

Now, a major new study published in [Cell Reports Medicine](#) complicates that idea. Conducted by Olsen L, Botella J.,

et al. and titled, *Exercise intensity modulates interorgan communication and is associated with cardiometabolic health outcomes in humans*, this work sheds new insights for Doctors of Chiropractic in helping patients thrive.

It suggests that the type of exercise is perhaps as important, or even more important, is the key to living a long, healthy life.

The research Summary states: “Exercise is an integral therapy for many cardiometabolic diseases, including obesity, type 2 diabetes, and hypertension. Despite its broad health benefits, the circulating factors that mediate exercise adaptations in humans remain incompletely defined, particularly across different exercise intensities. Here, we conducted a multi-cohort human exercise intervention incorporating sprint-interval exercise (SIE) and moderate-intensity exercise (MIE) to analyze intensity-dependent regulation of interorgan crosstalk. We found that exercise intensity distinctly influenced the plasma proteome and metabolome in untrained and trained participants. By integrating multi-organ gene and protein expression datasets with in vitro and in vivo tissue sampling, we mapped regulated proteins to their predicted tissues of origin and destination. Muscle fibers and adipocytes were particularly sensitive to exercise intensity and observed to undergo broad secretory and transcriptomic changes. Moreover, we leveraged a large-scale plasma-phenome database to identify intensity-dependent proteins associated with cardiometabolic health and disease, highlighting how exercise intensity differentially shapes interorgan communication and organismal health.”

In short:

- A single three-minute sprint workout changed 714 blood proteins, while 90 minutes of moderate cycling changed only.
- Some sprint-triggered proteins were linked to lower risk of heart disease, obesity, and type 2 diabetes in a database of more than 53,000 people, though this is an association, not proof of protection.
- Muscle appears to be a major source of the proteins released after sprinting, and fat cells showed the strongest response to that post-sprint blood.
- The study relied on small, mostly male groups, so it remains unclear whether women would show the same response.



The Discussion notes: “SIE has increased in popularity because it requires relatively little time (3–5 min of total work) yet elicits marked whole-body adaptations. We reasoned that these intensity-dependent adaptations arise, at least in part, through circulating signals.⁴⁸ Using an antibody-based protein detection platform, we identified nearly 3,000 proteins across >100 plasma samples and observed marked intensity-dependent regulation. SIE altered 25% of detected plasma proteins, including factors involved in angiogenesis (VWF), extracellular matrix remodeling (TIMP3), gut signaling (TFF2), and potential neuro-regulation (POMC). Plasma metabolomics similarly reflected the acute energetic demands of SIE, with lactate, pyruvate, and malate increasing immediately following exercise. Several acutely modulated metabolites may promote health benefits, including the obesity-mitigating metabolite Lac-Phe. In contrast, fatty acids displayed delayed release into the plasma, potentially reflecting a shift from carbohydrate toward lipid metabolism during recovery.

“Collectively, these findings demonstrate that the exercise intensity is a major determinant of the human secretome and drives distinct proteomic and metabolomic responses and differences in predicted tissues of origin and target

tissues. Integration with a large plasma proteome-phenome repository suggests that SIE acutely stimulates the release of protective proteins into the circulation to a greater extent than MIE. These data help explain how SIE, despite requiring only a fraction of the time of MIE, elicits robust metabolic signaling and whole-body benefits.

The targets of exercise-regulated circulating proteins remain elusive. Our findings highlight adipocytes as an intensity-responsive target cell type. SIE plasma induced marked remodeling of the adipocyte transcriptome, and a subset of these changes were also present in human subcutaneous adipose tissue after exercise. For example, receptors of the IL-6 cytokine family (e.g., IL6ST, IL6R, and LIFR) were differentially expressed, while their ligands, most notably oncostatin M (OSM) and IL-6, increased in plasma. We previously found that OSM is a macrophage-derived ligand that signals to adipocytes following exercise. While our data suggest intensity-dependent regulation of abdominal subcutaneous adipocytes, they do not address depot-specific responses, such as intermuscular adipocytes. Future work should determine whether these responses persist across adipose tissue depots in humans.”



Chiropractic News

ICA Board approves Animal Chiropractic Diplomate Program

The International Chiropractors Association is pleased to announce that the ICA Board of Directors has officially approved the ICA Animal Chiropractic Diplomate Program Curriculum.

The approval of the Diplomate Program establishes a pathway for doctors seeking advanced education and recognition in animal chiropractic while reinforcing the ICA's dedication to maintaining high standards of clinical excellence.

ICA congratulates the ICA Animal Chiropractic Council, its leadership, and all those who contributed their time and expertise to bringing this important initiative to fruition. We look forward to this exciting new chapter and the opportunities it will create for doctors committed to advancing the field of animal chiropractic.

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

Cleveland University-Kansas City (CUKC) has announced that its Annual Conference and Expo (ACE) will continue under a new name, Cleveland Conferences, beginning in 2026, with the event moving to a new venue less than a mile from campus. The event will be held Oct. 8-10, 2026, at the Marriott Kansas City Overland Park Hotel in Overland Park, Kansas. Please use this [booking link](#) to make a reservation for an overnight stay at the Marriott Kansas City Overland Park at a discounted group rate.

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

This year's featured speakers include Dr. Krista Burns, a Doctor of Chiropractic, Certified Posture Expert, and founder of the American Posture Institute, Dr. Christine Goertz, musculoskeletal researcher at the Duke University School of Medicine, and Dr. Sherry McAllister, president of

the Foundation for Chiropractic Progress and a global leader in whole-being, drug-free healthcare.

Save the Date: Sept. 25-27, 2026

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

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

NCMIC launches Travel Award Program for NBCE Part IV Board Exams

As part of its continued commitment to supporting the next generation of chiropractors, NCMIC is launching a new travel award program on September 1, 2026, to help students offset the costs of traveling to the National Board of Chiropractic Examiners (NBCE) Part IV Board Examination.

For students who need to travel to Greeley to complete this required step toward licensure, NCMIC will award three \$500 travel awards each month to help offset the cost. Three winners will be selected each month through a random drawing administered by US Sweeps. Eligible students may enter during each monthly entry period, and winners will be notified following the drawing. Each award recipient will receive \$500 to help cover travel-related expenses.

The NBCE Part IV examination is now administered exclusively in Greeley, Colorado, offering students greater flexibility than ever before. Rather than being offered just twice annually, the exam is now available 48 weeks a year, giving chiropractic students more opportunities to choose a convenient.

To enter, students must have already registered for the Part IV exam and have received a confirmation email. The link to apply for the Part IV Travel Award will be in the registration confirmation email. [Click here](#) for official rules and eligibility requirements.

WDC at the FCA National!

*The Worlds Largest Event
for the Chiropractic Profession*

Women Chiropractors had an incredible presence at FCA The National this year, with a weekend centered around connection, collaboration, and building toward what's next for women in chiropractic.

One of the greatest highlights was hosting our first Women Chiropractors Luncheon at FCA The National. Nearly 100 women chiropractors gathered together in one room to connect, share a meal, build relationships, and celebrate the power of this community. Seeing that many women together—representing different generations, backgrounds, practices, and places within the profession—was a powerful reminder of why creating spaces specifically for women in chiropractic continues to matter.

The National was also an important opportunity for our leadership to come together. On Friday, Aug. 14, our full Women Chiropractors Board of Directors gathered for an all-day board meeting. Being together in person gave us the chance to connect, collaborate, dream big, think-tank new ideas, and have meaningful conversations about the vision of WDC, where we are headed, and how we can continue growing our impact. It was a day not simply to conduct the business of the organization, but to dream together about what Women Chiropractors can become and how we can continue serving and advancing women throughout the profession.



Women Chiropractors and American Chiropractic Association; pictured left to right: ACA Vice President Dr. Maithy Ta, WDC President Dr. Cristina Padilla, WDC Vice President Dr. Neema Moore, ACA President Dr. Kris Anderson, WDC Executive Director Ashleigh Creeden, ACA Vice President of Education & Health Policy Dr. Brandy Spaulding.



Beyond our own gatherings, The National created meaningful opportunities for WDC to be part of conversations shaping the broader chiropractic profession. Our Executive Leadership Team participated in the Chiropractic Summit, joining leaders from across chiropractic around the shared goal of advancing the profession.

Our Executive Leadership also spent meaningful time meeting with leaders from both the American Chiropractic Association (ACA) and the World Federation of Chiropractic (WFC). These conversations focused on strengthening relationships between our organizations, identifying opportunities for greater collaboration, and exploring ways we can work together to elevate women across the chiropractic profession.

Being invited into these conversations matters. Whether sitting alongside leaders from across chiropractic at the Summit or meeting directly with national and global organizations, Women Chiropractors has the opportunity to bring the voices and perspectives of women into rooms where relationships are built, ideas take shape, and the future of the profession is discussed.

Throughout The National, we also connected face-to-face with several of the incredible companies that support Women Chiropractors, including Foot Levelers, CHUSA, NCMIC, and Jane. Our sponsors and partners make so much of what we do possible, and time together allows us to strengthen those relationships, exchange ideas, and explore new ways we can create value for our members and the profession.

And behind all of this is the community that makes our work possible. Our members are part of every step forward. Every membership strengthens our ability to show up in these spaces, build meaningful relationships across the profession, create opportunities for women, and ensure women have a meaningful voice in conversations about where chiropractic goes next. Membership isn't only an investment in the resources and opportunities you receive—it is an investment in what becomes possible for women throughout our profession.

Chiropractic College News

D'Youville University helps students start the school year properly equipped

D'Youville University was proud to support **2 On Your Side's 2 Pack a Backpack campaign**, helping ensure local students have the supplies they need to begin the school year with confidence.

Recently, members of the D'Youville community delivered 200 backpacks to the Tops Markets location in Depew, believed to be the largest single backpack donation in the history of the program. The backpacks will be distributed through the Boys & Girls Clubs of Buffalo to families across Western New York before the first day of school. Since 2004, the annual campaign has provided more than 30,000 backpacks to local children.

For D'Youville, participating in the campaign was a natural extension of the university's mission to serve the community.

"One of our guiding principles at D'Youville is to never refuse to serve," said Jeff Matthews, Chief Marketing Officer. "When we learned about the opportunity to help local students and families, we knew we wanted to be involved. Every child deserves the opportunity to succeed, and sometimes success begins with something as simple as having the supplies they need to start the school year."

As a sponsor of this year's campaign alongside 2 On Your Side, Tops Markets, First Student Inc., and the Boys & Girls Clubs of Buffalo, D'Youville joined organizations across Western New York committed to removing barriers to education and helping students start the school year prepared for success.



The donation reflects D'Youville's longstanding commitment to education and community engagement. While the university is known for preparing future healthcare professionals, business leaders, educators, and innovators, it also believes that supporting students begins long before they step onto a college campus.

D'Youville University thanks everyone who donated to this year's 2 Pack a Backpack campaign and the many community partners who continue to make the program a success for families throughout Western New York.

Northeast College and Susquehanna University streamline path to D.C. Degree

Northeast College of Health Sciences and Susquehanna University have announced a new educational partnership designed to create seamless pathways for students pursuing careers in healthcare. Through the agreement, Susquehanna University students can now streamline their journey to Northeast College through new 4+3 articulation pathways.

"Creating clear pathways for students is an important part of our mission, allowing them to focus on their education while preparing to become future healthcare leaders," said Dr. Michael Mestan, president of Northeast College. "We look forward to welcoming Susquehanna University students who are passionate about serving others and advancing wellness through patient-centered care."

The partnership provides qualifying students in biomedical sciences, exercise science, biology, psychology, neuroscience and other programs of interest with a guided pathway to Northeast College's Doctor of Chiropractic program. Through the 4+3 track, students can complete their undergraduate degree at Susquehanna while securing early admission to Northeast College, contingent upon meeting program requirements.

Northeast On the Road

Students exploring a career in chiropractic are gaining more than a glimpse of what it's like to learn at Northeast College of Health Sciences, with campus locations in Seneca Falls in New York's Finger Lakes region and Long Island in the New York City metropolitan area.

By welcoming future students into their clinics, these graduates shared their career journeys, answered questions and showed how a Northeast education can lead to rewarding careers and thriving practices. For Stephen Connor (D.C. '99), hosting an On the Road event gave prospective students and their families the kind of insight he wished he had when he explored a career in chiropractic.

They are stepping into the practices and professional journeys of Northeast graduates who once stood exactly where they are today. Beginning in Winter 2026, Northeast On the Road events invited prospective students inside clinics where alumni work across the United States and Canada, giving them the opportunity to experience firsthand where an education and career in chiropractic can lead.

The first three Northeast On the Road events held in alumni practices took place in Oakville, Ontario, with Dr. Stephen Connor; Rockville, Maryland, with Dr. Peter Rosa; and State College, Pennsylvania, with Dr. Morgan Huey.

Life West student Olivia Williams awarded prestigious post-graduate scholarship

Life Chiropractic College West is proud to congratulate Doctor of Chiropractic student Olivia Williams on receiving a 2026 CFUW Parkville Qualicum Post-Graduate Scholarship, recognizing her academic achievement and commitment to advancing healthcare through chiropractic.

Williams is one of three recipients selected this year for the Canadian Federation of University Women (CFUW) Parkville Qualicum Trust's prestigious Post-Graduate Scholarships, each valued at \$4,000. The scholarships support women pursuing advanced degrees who demonstrate academic excellence and dedication to their chosen professions.



As she continues her journey toward earning her Doctor of Chiropractic degree at Life West, Williams joins an accomplished group of scholars pursuing graduate studies in medicine, physical therapy, nursing, education, engineering, and the sciences.

For more than 40 years, the CFUW Parkville Qualicum Trust has invested in women's education, awarding more than \$627,000 in scholarships

and bursaries to help students achieve their academic and professional goals.

Graceland University and Logan launch 3+3 pathway to Chiropractic Degree

Logan University and Graceland University have established a new 3+3 articulation agreement that creates an accelerated pathway for Allied Health students pursuing a Doctor of Chiropractic (DC) degree.

Designed for students on Graceland's pre-chiropractic track, the pathway allows eligible students to complete three years of undergraduate coursework at Graceland before transferring to Logan's DC program. After their first year at Logan, designated coursework will transfer back to Graceland, enabling students to earn their Bachelor of Science in Allied Health while continuing seamlessly into the remaining two years of the DC program.

By integrating undergraduate and professional coursework, the 3+3 pathway shortens the time to completion by approximately one year and can reduce overall educational costs. Students benefit from a streamlined academic experience that supports earlier entry into the chiropractic profession.

The collaboration carries personal significance for Dr. James Geiselman, a Logan graduate who earned both his DC degree and a Master of Science in Nutrition and Human Performance from the university. His experience provides valuable insight for Graceland students preparing for the transition into professional study.

Graceland's Allied Health major offers multiple specialized tracks—including pre-chiropractic, pre-athletic training, pre-occupational therapy and pre-physical therapy—supported by hands-on learning and access to advanced human-performance technology. The new 3+3 agreement expands opportunities for students interested in chiropractic care and strengthens the pathway from undergraduate study into a professional healthcare career.

Parker University alumni and student assume leadership roles in Texas Chiropractic Association

Parker University is proud to celebrate the outstanding achievements of its alumni and students following the recent Texas Chiropractic Association (TCA) Chiro Texpo '26 convention in Austin. Parker graduates were recognized with prestigious statewide awards, elected to key leadership

Continued on next page

Chiropractic College News

Continued from last page

positions, and continue to play an influential role in advancing the chiropractic profession across Texas.

Leading the organization into the coming year is Dr. Andrew Oteo, who was sworn in as President of the Texas Chiropractic Association. A Parker University alumnus and past Parker Alumni of the Year recipient, Dr. Oteo has previously served on the TCA Board of Directors, chaired the Chiropractic Development Initiative (CDI) Committee, and has been actively involved in legislative advocacy for the profession.

Joining him on the executive leadership team is fellow Parker alumnus Dr. Korey Rose, who was installed as TCA Vice President. Dr. Rose has served in numerous leadership roles within the association and was previously recognized as TCA Young Chiropractor of the Year. Immediate Past President Dr. Don White also continues to serve the association in an important leadership capacity.

Parker University's influence extends well beyond the executive officers. According to TCA, seven of the association's twelve State Directors are Parker University graduates, and all four TCA Department Coordinators are Parker alumni, highlighting Parker's enduring commitment to developing leaders who serve both their profession and their communities.

"Our alumni continue to demonstrate what it means to lead through service, professionalism, and a commitment to advancing chiropractic," said Tran Pham, Director of Alumni Relations. "Seeing so many members of the Parker family recognized by the Texas Chiropractic Association—



and serving in leadership positions throughout the organization—is a testament to the character, dedication, and impact of our graduates. We congratulate each of these deserving honorees."

The recognitions reflect Parker University's long-standing mission of preparing healthcare professionals who not only excel in clinical practice but also become leaders, advocates, and ambassadors for the chiropractic profession.

NUHS celebrates summer 2026 graduates in Commencement Ceremony

National University of Health Sciences (NUHS) honored its Summer 2026 graduating class on August 21. Graduates received diplomas in biomedical science, advanced clinical practice, chiropractic medicine and naturopathic medicine.

The commencement keynote address was delivered by Executive Director of the Association of Accredited Naturopathic Medical Colleges (AANMC) JoAnn Yánez, ND, MPH, CAE. Dr. Yánez earned her Doctor of Naturopathic Medicine from Sonoran University, her Master of Public Health from Des Moines University and holds the Certified Association Executive (CAE) credential. Additionally, she serves as a Professional Member of the Public Health Academy of the National Academies of Practice and has received several awards, including Physician of the Year from the New York Association of Naturopathic Physicians and Alumni Legacy Award from Sonoran University of Health Sciences.

In her address, Dr. Yánez reminisced on her experiences from when she was a student, highlighting that there's beauty in not knowing every step of the way. She encouraged graduates to have courage, to take risks and to always continue to learn more.

"There are going to be moments where you feel totally prepared, and there will be plenty when you don't. Move forward anyway," Dr. Yánez advised. "I hope you have courage to take on the hard assignments... and use what you learned here not simply to build a successful career, but to make a meaningful difference in the lives of others. Graduates, congratulations on everything you have earned and accomplished. The road ahead is yours."

Upper Cervical Chiropractic Clinical experience at Sherman College

Upper cervical chiropractic requires precision, discipline, and the ability to connect detailed analysis with patient care. Classroom instruction builds that foundation, but clinical experience is where students begin applying it with patients under faculty supervision.

At Sherman College, interns who want to pursue upper cervical chiropractic can continue their education through a focused clinical elective in the on-campus Chiropractic Center. Under the guidance of Christine Theodossis, D.C., F.C.C.J.P., interns strengthen their skills in upper cervical analysis, patient communication, case management, adjusting, and reassessment.

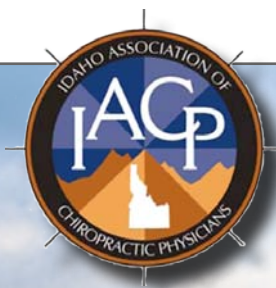
They also train in a clinical environment equipped with advanced imaging technology. Sherman became the first chiropractic college to install cone beam computed tomography, or CBCT, giving students and faculty access to detailed three-dimensional imaging for complex upper cervical cases.

For prospective students, this creates a clear path from upper cervical classroom education to supervised clinical application.

Students build their upper cervical foundation through anatomy, neurology, radiology, philosophy, technique, and advanced electives. Those who want to continue developing that focus can enroll in Orthogonal Model Upper Cervical Application, a clinical elective taught by Dr. Theodossis.

Within the Chiropractic Center, interns apply what they have learned while working with patients under faculty supervision. They develop experience in consultation, upper cervical examination, radiographic review, case planning, documentation, patient positioning, adjusting, reassessment, and follow-up care.

This allows students to understand how each part of the patient experience connects. The adjustment is not treated as an isolated procedure. Interns learn how careful analysis, clear communication, clinical judgment, and post-adjustment evaluation contribute to an organized approach to care.



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!



Idaho chiropractors, do you have something to sell, share, or advertise with your fellow practitioners? List it as an IACP classified ad. These ads will be listed online and included in the IACP newsletter for two months. Email your ad to: iacpcontact@gmail.com

FOR SALE: Lightly used portable chiropractic equipment for sale. This equipment would be great for a doc just starting, someone interested in a mobile practice model, an office that does home visits, or a doc who wants more convenient equipment for home use. I bought most of this equipment while in school and haven't used it since.

Thuli Portable Headpiece: \$200. Burgundy color; Carrying Case Included; Standard Drop Height

Thuli Portable Lumbo-Pelvic Drop: \$200. Burgundy color; Carrying Case Included

Pregnancy Pillows: \$100. Set of 2; one large 5 inch height, one small 3.5 inch height; Can be used with or without additional covers

Portable Chiropractic Drop Table: \$200. Black color; Thoracic and Lumbopelvic Drop; Arm Rests; Folds up and can be carried with convenient handle

If interested, contact: Dr. Lauren Wilmott DC, drlauren@alpinechiroclinic.com, 415-497-8724. Pickup in Southeast Boise or Boise Bench. Open to a bundle deal or selling items individually.

Experienced Chiropractic Neurologist Seeking Idaho Opportunity

Chiropractic physician with 20+ years of clinical and practice ownership experience seeking the right opportunity with an established Idaho practice. DIBCN and FIACN trained, I bring advanced clinical experience in chiropractic and functional neurology, spinal decompression, Class IV laser, shockwave, rehabilitation, nutrition, and functional medicine.

I can bring more than another set of hands—I can help expand clinical capabilities, manage complex cases, strengthen patient outcomes, and contribute the perspective of an experienced practice owner. If you see an opportunity where my experience could add value to your practice, I'd enjoy connecting. Reach out anytime at donpfau@gmail.com or 608-293-0425.

Part Time Position Available in Boise, ID: Wellness Chiropractic Care for All!

www.wellnessboise.com

Are you more interested in a healthy work-life balance than working your tail off for peanuts? Have you heard the horror stories of burn-out, being overworked and under-appreciated? We LOVE our practice, and it's easy to practice with JOY! Subluxation-based, membership-style practice seeks enthusiastic, personable Doctor of Chiropractic to help serve the wellness-minded community in one of the fastest growing small cities in the US. Our practice is 100% cash, 100% walk-ins, and 99% stress-free (let's be realistic!). We've eliminated all the unpleasant hassles of practice in favor of taking great care of people!

Qualified applicants will be committed to delivering meticulously specific, gentle adjustments and able to educate patients without being "preachy." New licensees are encouraged to apply; training is available! Position is part-time, with hours we'll configure to meet all of our needs; flexibility to include vacation coverage is important. Pay is based upon number of visits seen, paid semi-monthly. Curious? Let's chat and see if we might be a good fit!

TURNKEY CHIROPRACTIC OFFICE SPACE AVAILABLE, Meridian, Idaho

New Graduate • Relocating Chiropractor • Established Doctor Looking to Reduce Overhead

Are you a chiropractor looking for a professional, fully equipped office without the expense and commitment of building out a practice from scratch? We have approximately 1,500 SF of turnkey chiropractic space available within an established 3,400-SF wellness clinic in Meridian, Idaho. This is an ideal opportunity for:

- New chiropractic graduates looking to launch their first practice
- Chiropractors relocating to the Treasure Valley
- Established chiropractors looking to reduce overhead
- Doctors interested in sharing the overhead of an established wellness facility
- Chiropractors looking for a satellite or second location

WHAT'S INCLUDED:

- Private doctor office
- adjusting/treatment room
- rehabilitation room
- Physical therapy and rehabilitation equipment
- Computer
- Phone
- Chiropractic equipment
- Basic chiropractic supplies
- Professional reception/waiting area
- X-ray
- Janitorial services
- Utilities
- Parking
- Turnkey, move-in-ready clinical environment

NEW GRADUATE STARTUP RENT

Qualified new graduates can take advantage of a graduated rental program designed to give you time to build your patient base:

- Months 1–6: \$1,000/month
- Months 6–12: \$1,500/month
- Months 12–18: \$2,000/month
- Months 18–24: \$2,500/month
- Year 3 and beyond: \$3,000/month
- Rent will not exceed \$3,000/month.

WHY PAY FOR A FULL OFFICE? Instead of taking on the cost of a traditional commercial lease, build-out, equipment, furniture, utilities, janitorial services and other overhead, you can move into an established chiropractic environment with much of the infrastructure already in place. Focus on your patients and your practice—not building an office from the ground up.

The chiropractor will operate an independent practice and maintain their own professional licensing, malpractice insurance, patients, billing, supplies and clinical responsibility.

For more information or to schedule a private tour, contact us at: drlundahl@healthyhabitswc.com



Office Posters



We have created a FREE [printable PDF](#) of the

October is National Chiropractic Health Month

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

Chiropractic Care can help with anxiety & depression

The drug-free approach to pain reduction

Chiropractic Care helps with Inflammation

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).***

It's National Chiropractic Health Month!



How adjustments help:

- Reduce pain
- Better posture
- Improved mobility
- Less tension
- Natural relief



October
is National
Chiropractic
Health Month



*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