

THE SOURCE

A VERO NEWSLETTER



DOCTOR TRIVIA

How well do you know our doctors?

- 1 When I was a junior in high school, I played semi-pro baseball for a team in Missouri.
- 2 I played soccer in Italy when I was in 4th grade.
- 3 I ran in the 1990 and 1991 NAIA Division II Outdoor Track & Field Nationals.
- 4 I was a back-to-back 2002 and 2003 National Champion in tumbling.
- 5 I caught my playset on fire when I was a kid.
- 6 I was a three-time Pee-Wee wrestling state champion.
- 7 I am terrified of heights but have jumped out of a plane 27 times.
- 8 I walked the runway modeling to raise money for the American Heart Association.

ANSWERS

1. Dr. Scott 2. Dr. Josiah
3. Dr. Ann 4. Dr. Austin
5. Dr. Logan 6. Dr. Carter
7. Dr. Chris 8. Dr. Jeff

COMMITTED TO HEALTH

Did you know that World Health Day is April 7th? This year, the World Health Organization (WHO) is committing to creating a world where clean air, water, and food are available to all.

A polluted planet increases the likelihood of someone developing cancer, asthma, or heart disease. WHO estimates that 13 million deaths around the world each year are a result of avoidable environmental causes. This is why they are fighting to keep humans and the planet healthy and promote a movement to create societies focused on well-being.

At Vero, we are committed to making sure your body is equipped to heal itself. We love watching people take control of their health and being apart of their healing journey.

Be sure to check out all of our amazing testimonials! They are listed under the "About" tab on our website.

AVOID SCIATIC PAIN

Did you know that the sciatic nerve is the largest nerve in the body? This nerve roots in your lower back and runs down the back of each leg. When this nerve is compressed or pinched, it can cause large amounts of pain.

Typically, people find themselves dealing with sciatic pain at some point in their lives. Most people reach for pills to manage this sharp pain. This may cause relief temporarily, but there are other natural methods that are very effective.

While you may think that movement causes more pain, discomfort caused by sciatica actually worsens from sitting or standing for long periods of time. Taking a quick 15-minute walk can bring relief to your sciatica. Ice packs, heat packs, yoga and massages can help as well.

Chiropractic care regularly helps those suffering with sciatica and leg pain. If you know someone in pain and has been told they need back surgery, make sure you send them our way!



HAPPY EASTER!

After the winter we've had, we hope you are feeling as glad as we are to say hello to Easter and springtime. Happy Easter, Vero family!



MEET BRIANA

I was born and raised in small town Marathon, Iowa. I began my healthcare career in the dental field, but eventually found a true passion in chiropractic care. While working at Vero, I am honored to serve each of our practice members with the utmost compassion, love, and care. When I am not at Vero, you can find me playing volleyball, being artsy, and hanging out with family and friends.

You can find Briana at our front desk. Be sure to welcome her on your next visit!

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