

# THE SOURCE

A VERO NEWSLETTER



## 5 INTERESTING VALENTINE'S DAY FACTS



In the 1300s, it officially became a holiday associated with love. At the end of the 15th century, Roman Pope Gelasius declared the date of February 14 "St. Valentine's Day"



The oldest record of a valentine being sent was a poem written by a French medieval duke named Charles to his wife in 1415



Americans send 145 million Valentine's Day cards each year



The first heart-shaped box of chocolates was introduced in 1861 by Richard Cadbury. Today, more than 36 million heart-shaped boxes of chocolate are sold each year



Each year, more than 6 million couples get engaged on Valentine's Day

## HAPPY VALENTINE'S DAY!

What is at the top of your Valentine's Day gift list this year? Are chocolates and flowers at the top? If so, try to mix it up. Encourage your special someone to start chiropractic care and sign them up for a complimentary initial appointment!

Chiropractic care is the gift that keeps on giving and has many long-lasting benefits. This care helps reduce nerve interference. It will help your special someone experience greater overall health and well-being. This leads to fewer headaches, better sleep, improved range of motion, and so much more.

Regular chiropractic care can also help with a variety of health conditions such as; digestive discomfort, fatigue, and vertigo. As Valentine's Day is all about hearts, chiropractic care may improve heart health! Studies show that there is a direct correlation between regular adjustments and better blood pressure and circulation.

This year, encourage your Valentine to come visit us!

## TRUST YOUR GUT TO HEALTH

Recently, we added the "Trust Your Gut" program to our growing clinic. This program helps reset your hormones, conquer your body's stress response, and enhance health performance.

In medicine today, leaky gut (AKA intestinal permeability) isn't typically diagnosed. However, that doesn't mean that it's not affecting your health. Many health issues related to leaky gut syndrome go undiagnosed, misdiagnosed, or are ignored by traditional medicine.

Some common causes of a leaky gut are stress, excess sugar, inflammation, and nutrient deficiencies. Our program helps heal and seal, detox and destress, then replenish and rebuild your gut. If you are interested in learning more, let one of our team members know!



## DMARC FOOD PANTRY

Last month, we partnered with the Des Moines Area Religious Council to help those in the area seeking assistance. We donated a total of 938 items! These items were distributed among the 14 pantry sites around the metro. Thank you for your generosity and support! We couldn't be more grateful for such an incredible community of practice members.



## MEET DR. CARTER

*I am originally from Tiffin, IA and attended Kirkwood Community College and The University of Iowa. This is where I developed my passion for human performance and wellness. I then received my doctorate degree at Palmer College of Chiropractic. In my free time, I enjoy playing sand volleyball, slow-pitch softball, hunting, traveling, going out to eat, and spending time with family and friends.*

You will find Dr. Carter back in the adjustment rooms. Be sure to say hello on your next visit!

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