

# THE SOURCE

A VERO NEWSLETTER



## THESE JOKES CRACK US UP

Why did the composer go to the chiropractor?

*Because he had Bach problems.*

"I subscribe to chiropractor monthly. I have a lot of back issues."

What kind of music do chiropractors like?

*Hip-pop.*

"Chiropractors are some of the most trustworthy people. They always have your back."

## We've got your back, Dad!

Dads are awesome. They are the powerhouses that help drive our world. They work hard, many times doing physical labor that takes a toll on their body. Many dads are active in sports, which makes injuries more common. According to studies, men are less likely to seek medical assistance and attention when they are injured which makes injuries last longer.

Encourage Dad to get regularly adjusted and always stretch before physical activities to help prevent injuries. Here are some other ideas to to keep him healthy:

- **Ergonomic Chair.** Whether it is the home or work office, getting a proper chair that fits ergonomically to the spine will save him from back pain.
- **Green Tea.** Studies show that green tea is a great way to prevent degenerative spinal conditions and arthritis.
- **New Sneakers.** Getting new sneakers with arch support can make a world of difference for Dad's spine.
- **Perfect Pillow.** Getting Dad a posture correcting pillow, one that curves to his spine, will help him sleep well and avoid neck injuries. Ask one of our doctors what type of pillow they recommend.

### CELEBRATING DADS

We love serving our practice members who are dads. We want you to always feel your best so you are able to spend time and do activities with your children.

Our practice member, Matt, shared that he and his family have been under care at Vero since 2021. Regular chiropractic care has helped him enjoy more activities with his kids. Whether it is playing golf or video games, he is able to be present for his kids without any pain.

Cody shared that he and his wife have been coming to Vero for a couple of months. Since starting care, his sleep has improved tremendously. With all of this new energy, he spends his free time with his three young girls.

Happy Father's Day to all of the incredible dads that go above and beyond every single day!

### DES MOINES' PEOPLE'S CHOICE

We are honored to be voted Best Chiropractor and Best Alternative Therapies by the Des Moines People's Choice presented by the Des Moines Radio Group. Thank you to all that voted for us. We love serving our community!



### MEET ERIKA

*I am originally from Platteville, Wisconsin where I attended the University of Wisconsin-Platteville, then transferred to Iowa State University. In the Fall of 2020, I graduated with a Bachelor of Human Science in Kinesiology. While at Iowa State, I found a true passion for neurologically-based care which lead me to pursue a career at Vero. When I'm not at work, I enjoy spending time with my dog, Ellie, and closest friends. I also love listening to 80's rock-inspired vinyls and acrylic painting.*

You can find Erika in one of our evaluation rooms. Be sure to say hello to her on your next visit!

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