

THE SOURCE

A VERO NEWSLETTER



DOCTOR TRIVIA

How well do you know our doctors?

- 1 I have never eaten a Twinkie. Who am I?
- 2 I messed up my line in a Pirates of the Caribbean play in high school, so we had to jump to the end of the play (cutting the show in half!). Who am I?
- 3 I broke my tailbone in gymnastics. Who am I?
- 4 I was one of the top professional body builders in the nation. Who am I?
- 5 I have played in a local band named Dizclaimer. Who am I?

ANSWERS

1. Dr. Josiah 2. Dr. Logan
 3. Dr. Lianna 4. Dr. Scott
 5. Dr. Jeff

Spring into transformation

April is a month defined by transformation. The cloudy, rainy weather we experience at the start of the month turns into sunshine and green grass. We're experiencing a similar transformation at Vero. We are so honored to watch our community go from pain and frustration to hope and healing! One of our practice members, Megan, recently shared her experience of transformation with us. Praise God for her incredible story!

“Been fighting migraines since 1998. I've been through a couple chiropractors, a few doctors, and numerous medications. However, I started with Vero in September 2020 and have currently had one bad headache and one tipping to the migraine-side-of-pain headache. I used to live off NSAIDS just to get to work. In the TWO months I've been with Vero, I've only used NSAIDS during the migraine-like event. That was THREE days of NSAIDS versus 120-180 doses of what I probably would have taken had I not started my treatment plan!!! Right now it's improved my energy, my concentration, my movements and my life!!!”

IMPROVE YOUR GOLF GAME

What do Tiger Woods, Mike Weir, and Vijay Singh have in common? If you guessed that they're all professional golfers, you'd be correct. However, what binds all of these golfers together in our eyes is their dedication to chiropractic to improve their game.

We might not be able to stop your slice or improve your putting, but we just might help you improve your overall game and lower your score. It's no secret that golf can be hard on your lower back. The quick, repetitive twisting motion required to swing a club puts your back at risk every time you play, and if you already have a back injury, you're putting other muscle groups at risk. Since our doctors are trained to treat the entire neuromusculoskeletal system, they are able to help golfers reduce the amount of stress and strain placed on their bodies.

[Read more >>](#)



HAPPY EASTER!

Have you met our new doctor, Tarren, yet? He and the rest of our team wish you a wonderful Easter! May you experience joy, hope, and life as you celebrate.



MEET ANNALISSA

My name is Annalissa Eller, and I am a biochemistry student at Iowa State University. I recently transferred from Bethel University where I played volleyball! After college, I plan to further my education at a Chiropractic or Naturopathic school. Outside of work, you can find me cooking, at CrossFit, studying at a local coffee shop, or doing just about any outdoor activity.

You can find Annalissa at our front desk or in one of our evaluation rooms. Be sure to welcome her on your next visit!

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