

THE SOURCE

A VERO NEWSLETTER



TEAM TRIVIA

How well do you know the Vero team?

- 1 I have a first-degree black belt in Taekwondo. Who am I?
- 2 I have eight siblings and have lived in seven states. Who am I?
- 3 We teach and practice hot yoga. Who are we?
- 4 I was a national champion in tumbling when I lived in Kentucky. Who am I?
- 5 I have completed six RAGBRAIs! Who am I?
- 6 I was born on Thanksgiving Day. Who am I?

ANSWERS

1. Ashley 2. Dr. Josiah 3. Sheri & Sarah 4. Dr. Lianna 5. Dayna 5. Megan

It's our birthday month!

Although July 10 is our official birthday, who says we can't celebrate all month long? It's been four years of healing, growth, and joy! To those of you who have been with us from the beginning—and to those of you who just got started—we are so grateful to have the opportunity to celebrate with you. We've loved every minute of this journey and can't wait for the years to come! Below are four favorite Vero moments from our owners, Dr. Josiah and Megan, to commemorate the past four years.

- ★ Setting the record for the largest ribbon-cutting in West Des Moines Chamber history.
- ★ The traditions that take place in our office, including handing out 1,000 pumpkin pies at Thanksgiving, dressing up for Halloween, 12 Days of Christmas, and many different drives to make a difference in our community.
- ★ Witnessing more than 1,000 people receive hope and healing through our neurologically-based care each week.
- ★ Winning a Best of Des Moines competition every year since our opening.

CHIRO FOR KIDS

Much like adults, children experience fantastic results under our neurologically-based care. Believe it or not, even little systems need to be adjusted on a regular basis. However, it's important to note that the way we adjust children, especially babies, is different from how we adjust adults. Our doctors use significantly less force, making sure the child feels comfortable and safe throughout each adjustment. With consistency and time, the children in our office experience incredible changes!

- A newborn baby is born with about 100 billion nerve cells. By the age of 10, about half of these connections are gone! Seeking chiropractic care can help preserve these nerve cells and maximize brain development.
- We don't treat symptoms but instead remove nerve interference to allow the body to heal from the inside out. As a result, a child's immunity is strengthened.



- The birthing process can be traumatic for moms and babies. Many newborns face nerve dysfunction from the womb due to abnormal positions, spinal pressure and delivery. If undetected, these problems can develop into learning difficulties, asthma, ear infections, hyperactivity, and other health problems. Our neurologically-based care removes that nerve interference, protecting your child as an infant and for years to come.

[Read more in our blog >>](#)



MEET SPENCER

Hello! I grew up in a small town in Northeast Iowa called Nashua but currently live in Altoona. I got my Bachelor's degree in marketing from Iowa State University. Go Clones! I am very passionate about health and wellness and am excited to be part of a team that changes the lives of many people every day! In my spare time, I love to play basketball, spend time with friends and family, and go on walks with my fiancé, Kenzie.

Spencer is board-certified in neuropathy and provides guidance for many of our practice members. Be sure to say hello on your next visit!

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