

# THE SOURCE

A VERO NEWSLETTER



## WE LOVE OUR VERO KIDS!

We had a blast celebrating the amazing kids of Vero last month!

In honor of National Absolutely Incredible #KidDay (March 16), we hosted Vero Kids Week to celebrate the incredible young people in our lives!

**-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!

## WDM Human Services Drive: Now through end of April

We are excited to partner with the West Des Moines Human Services to collect personal care and clothing items for those in need. Please consider bringing personal care items for households in need including: soap, shampoo, toothpaste, deodorant, laundry detergent, diapers, wipes, toilet paper, clothing for all ages, etc. We will begin accepting donations now through the end of April!



## NEW PROTOCOL FOR HORMONE OPTIMIZATION

We are excited to launch a new protocol for hormone optimization. Read on to learn more!

Bioidentical hormones help boost the body's natural-made hormones to balance levels in the body and encourage optimal function of hormonal pathways. These natural hormones are in a bioavailable form that is readily utilized in the body to support emotional, physical, and cellular processes. They slowly release the desired hormone over the next few months.

Hormones control everything our bodies do within a day, including sleep, metabolism, detoxification, energy, skin health, and more. It is extremely important to keep your body in balance, so these processes are supported. If they are not supported, your body will begin to respond with fatigue, inflammation, skin problems, digestive issues, sleep issues, etc.

Personalized dosing is very important in administration of bioidentical hormones. Different bodies require different levels of individual hormones for optimal function and feeling. Vero performs comprehensive blood work for each Practice Member to understand the hormonal state of your body and craft a plan specific to you and your health goals.

Balancing your hormones help with the following:

- Low Energy or Chronic Fatigue
- Sleep Disorders
- Anxiety
- Low Sex Drive or Sexual Dysfunction
- Difficulty Losing Weight
- Irritability
- Bladder Issues
- Metabolic Syndrome
- Depression



### Meet Dr. Austin

Dr. Austin Seitsinger is originally from Sumner, Iowa. He studied Biology at the University of Northern Iowa and then attended Palmer College of Chiropractic. He chose to pursue chiropractic at a young age as he has always had a passion for helping others.

#### Fun Facts:

- I enjoy watching my favorite teams the Vikings, Hawkeyes, and Cubs.
- I was an assistant wrestling coach for my high school while in college.
- I have hiked multiple locations including the Manitou Incline near Colorado Springs.

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