

THE SOURCE

A VERO NEWSLETTER



HEALTHY FAIR FOODS YOU HAVE TO TRY

It's not always easy to eat healthy foods at the Fair, so we put together a list of foods that will taste good and leave you energized for the rest of your day!

CAPRESE SALAD ON-A-STICK

A skewer of cherry tomatoes, fresh basil, mozzarella cheese, and a balsamic vinaigrette at The Salad Bowl

NOT YOUR MAMMA'S TACO

Turkey tenderloin with a slaw of celery, onions, and green peppers at the Iowa Turkey Federation Stand

SALAD ON-A-STICK

Lettuce wedges with carrots and tomatoes served kabob-style at The Salad Bowl

CORN-ON-THE-COB

An Iowa favorite at Westmoreland or the Cattlemen's Beef Quarters

The Fair is back!

Butter on a stick, anyone? The State Fair is back, and we are ready to celebrate! Did you know that the Iowa State Fair is one of the oldest and largest agricultural and industrial expositions in the country? It attracts more than a million people from around the world. Although the festivities don't begin until August 12, we're going to get started early. Throughout the week of August 9, we're showing appreciation to each of our practice members with a week of fair-themed treats and surprises! Look forward to cotton candy, mini corn dogs, watermelon, and more. It's going to be a fun week!

During the Iowa State Fair, you'll find part of our team at the Varied Industries Building educating our community about the benefits of neurologically-based care while giving free neurological evaluations. In addition, you can tune into Iowa Live on Channel 5 on August 17 to catch our owner, Dr. Josiah, live at the Fair sharing about our neuropathy program. We can't wait!

THE BEST BACKPACKS FOR YOUR CHILD'S SPINE

The 2021-22 school year is here! As most of our children get back to in-person learning, it's time to think about purchasing new school supplies. As you select the perfect dinosaur or Disney princess backpack for your child, make sure that it's going to look good *and* feel good on your child's back.

Although children are smaller than adults, and their bodies are still growing and developing, parents tend to weigh them down with backpacks that are far too heavy and unbalanced. Lower back pain is the most common health issue suffered by Americans. In many cases, those back issues begin in childhood with oversized backpacks. Below are our top tips for selecting and wearing a good backpack.

- Child backpacks should be proportionate to the size of the child's body and made of lightweight material.



- Look for backpacks that have several individualized compartments to help your child balance out the weight effectively.
- Padded shoulder straps that are at least two-inches wide and a strap that goes around the waist are helpful features.
- When packing the backpack, distribute the weight evenly to ensure it weighs less than 15% of your child's bodyweight. If it's too heavy, your child may bend forward slightly to counterbalance the weight on their shoulders, creating stress on the lower back.

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



MEET ASHLEY

I grew up in Des Moines and then attended North Iowa Area Community College as a music major. After college, I moved back to the metro, where I met my husband, Zach, and had two beautiful children. Outside of work, I serve as a worship and women's ministry leader at my church. I also love being with my family, exploring, gardening, reading, and playing!

You'll find Ashley sitting at our front desk, greeting practice members and helping our office run as efficiently as possible!

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