

THE SOURCE

A VERO NEWSLETTER



HAPPY Valentines DAY JOKES



How do vampires know if they had a successful Valentine's Day?
It's love at first bite.



What do you call a romance that starts at the aquarium?
Guppy love.



What did the painter tell his girlfriend?
"I love you with all my art."



What did one cat say to the other cat on Valentine's Day?
"You're purr-fect."



Do you have a date for Valentine's Day?
Yes, it's February 14.

HAPPY VALENSPINE'S DAY!

What is at the top of your Valentine's Day gift list this year? Are chocolates and flowers at the top? If so, try to mix it up. Encourage your special someone to start chiropractic care and sign them up for a complementary initial appointment!

Chiropractic care is the gift that keeps on giving and has many long-lasting benefits. This care helps reduce nerve interference. It will help your special someone experience greater overall health and well-being. This leads to fewer headaches, better sleep, improved range of motion, and so much more.

Regular chiropractic care can also help with a variety of health conditions such as: digestive discomfort, fatigue, and vertigo. As Valentine's Day is all about hearts, chiropractic care may improve heart health! Studies show that there is a direct correlation between regular adjustments and better blood pressure and circulation.

This year, encourage your Valentine to come visit us!

WHAT IS REGENERATIVE MEDICINE



Regenerative Medicine seeks to replace tissue or establish normal function of organs that have been damaged by disease, trauma, or congenital issues using stem cell treatment.

COMMON SYMPTOMS:

- Osteoarthritis and Joint Pain
- Tendonitis and Tendinosis
- Degenerative Disc Disease
- Intervertebral Disc Tears
- Fractures (Broken Bones)
- Cartilage Injuries
- Plantar Fasciitis
- Muscle Strain Injuries
- Meniscus Tears
- Labral Tears
- Ligament Sprains or Tears
- Partial Tendon Tears
- Nerve Inflammation



Accelerates Healing



Eliminates pain and inflammation



Avoids the need for surgery



Enhances collagen production



Decreases Nerve Damage



Less invasive



MEET TAYLOR

I grew up on a family farm in southwest Iowa. Growing up I showed Black Angus cattle around the US and rode horses! I went to college to play volleyball and got a Bachelor's Degree in Kinesiology and Health Promotion. I have a passion for health and fitness, but love helping others achieve their highest level of health the most. I have lived in Des Moines for 4 years now with my boyfriend Tre and our two cats, Stella and Briggs!

Fun Facts:

- At age 7, I rode barrels in my first rodeo and won my first belt buckle.
- In 2016 I was the Iowa Angus Association's Queen, where I volunteered for many different organizations and assisted with cattle shows.
- I qualified for and played in the State Golf tournament my freshman year of high school.
- I've coached volleyball for 6 years

CONNECT WITH US



LEAVE A REVIEW

