

THE SOURCE

A VERO NEWSLETTER



SPRING INTO ACTION!

After a long winter of harsh weather and frigid temperatures, most people are excited to get outside and move. Before you jump back into your favorite springtime activities, you have to prepare your body to avoid injury. Most people immediately jump back into their favorite activities (such as hiking, golfing, or gardening) as soon as the weather warms. When we are cooped up all winter long, our muscles and joints can weaken. Bouncing back into your physical activities too soon can cause many consequences-and might prevent you from participating altogether! Following your care plan and getting adjusted regularly will prepare your body for the active spring season that you want! The care plan that we created for you involves chiropractic adjustments and exercises that will help your body prepare for some springtime fun!

VERO KIDS MONTH

In honor of National Absolutely Incredible #KidDay (March 21st), Vero will be hosting Vero Kids Month to celebrate the incredible young people in our lives. Participating in #KidDay #AIKD is a simple, meaningful way to let young people know how much they are appreciated. We will have fun gifts for kids all month long to show them how awesome we think they are! Give the gift of Health -- refer your Incredible Kid for a complimentary evaluation!



DINNER WITH DOCTOR

Tuesday, March 12th | 6:00 - 8:00 PM

Wednesday, March 27th | 5:00 - 7:00 PM

Urban Cellar 640 S 50th St., West Des Moines, IA 50265
Free for all new patients and current patients that bring a guest!



ALLERGIES, ASTHMA & ADHD

The common treatment for these conditions is usually medication. Instead of addressing the root cause, meds are used to mask symptoms temporarily.

This raises the question: What's being done to identify the root cause and promote long-term health? When our bodies show outward symptoms, it's a sign of internal issues. Internal function is key to overall health.

Let's use a vehicle analogy: Just like a car needs proper wiring for smooth operation, our bodies need internal balance for optimal function.

If the brain can't communicate due to spinal misalignments, our bodies can't heal or function at full capacity.

Many kids have spinal misalignments from birth, affecting their health. Chiropractic care can help, especially with allergies, asthma, and ADHD in children.

"A healthy body can neutralize toxins, while a malfunctioning defense system can't." - Dr. Kurt Donsback



For allergies, addressing the root cause is crucial. Allergy meds suppress symptoms but don't solve the underlying issue, leading to a cycle of medication.

At Vero Health Center, we use NASA tech to detect spinal misalignments causing nerve interference. By making specific adjustments, we aim to restore nervous system function for natural healing.

HAHAHA JOKES FOR KIDS

- 
Why couldn't the pony sing?
 A: Because she was a little horse.
- 
What do you call a Boomerang that won't come back?
 A: A Stick
- 
How do you get a squirrel to like you?
 A: Act like a nut.
- 
What building in your town has the most stories?
 A: The Library
- 
What did one volcano say to another?
 A: I lava you!
- 
What animal is always at a baseball game?
 A: A Bat

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