

# THE SOURCE

A VERO NEWSLETTER



## MARCH MADNESS TRIVIA

- 1 Which team won the first NCAA basketball national championship tournament?
  - A) Oregon
  - B) Villanova
  - C) Oklahoma
- 2 What sportscaster first called the NCAA tournament "March Madness"?
  - A) Jim Nantz
  - B) Bucky Waters
  - C) Brent Musberger
- 3 What is the traditional March Madness anthem?
  - A) "One Shining Moment"
  - B) "We Are The Champions"
  - C) "The Final Countdown"
- 4 What player is the NCAA tournament's all-time leading scorer?
  - A) Elvin Hayes
  - B) Christian Laettner
  - C) Danny Manning

## ANSWERS

4. B  
3. A  
2. C  
1. A

## 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! Our doctors are not only the experts in pain management, but wellness and movement as well. The care plan that we created for you involves chiropractic adjustments and exercises that will help your body prepare for some springtime fun!

## CHILDREN & EAR INFECTIONS

Many parents bring their children into Vero asking us to treat their ear infections. The purpose of chiropractic care is not the treatment of current conditions or diseases. Instead, it is the restoration of normal body function. Our doctors work with our nerves to reduce interference in the nervous system which improves overall body function.

As a parent, you have some choices to make. You can either treat the ear infection immediately or watch and wait. Even the American Academy of Pediatrics recommends a watch-and-wait approach as research shows that antibiotics are ineffective at treating ear infections since these infections are usually caused by a virus. These antibiotics can even lead to repeated episodes in your child.

You can treat the ear infection through medications or naturally. Regardless of which option you choose, the chiropractic approach will improve your child's ability to function. Doesn't it make sense to have your child functioning at their best for healing and health?



Does your child currently come with you to your adjustments? No? Sign them up for an initial consultation! Our doctors will assess your child's spine and make the necessary adjustments to improve their nervous system function.

It is important that parents realize the role chiropractic care plays in whole-body wellness. Chiropractic care allows children to express a greater state of health by healing current conditions and preventing future issues.



## MEET SHALANE

*I am originally from Wabasso, MN and attended Iowa State University. After graduating, I moved to Des Moines to be closer to family. I spent many years working retail before I decided to find a career that closely aligned with my values and allowed me to grow as an individual. In my free time, I enjoy taking my dogs on walks, biking, camping, and spending time with my family.*

You will find Shalane at the front desk greeting all of our practice members. Be sure to say hello on your next visit!

## CONNECT WITH US



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