

THE SOURCE

A VERO NEWSLETTER



BOUNCE INTO WELLNESS

In honor of March Madness, below are our top reasons why you should make team sports a regular part of your routine!

1 Athletes who play team sports are healthier and more satisfied with life. One study found that playing sports had a significant influence on the life satisfaction of participants.

2 You may already know about some of the physical benefits of sports, but did you know they can also improve your immune system, lower your risk of cancer, and improve your sleep?

3 Team sports are good for your mental health too. They battle anxiety and depression, sharpen your focus, and improve self esteem.

March Madness

March Madness is back this year—and in more ways than one for this neurologically-based clinic!

Last month, we couldn't be more honored to receive CityView's 2021 award for Best Chiropractor in Des Moines. We are humbled, excited, and expectant for all that's to come. In a season full of confusion and change, you've trusted us to join you in your journey towards health and healing. **THANK YOU for making us the best office we can be!**

We also welcomed five new individuals to our team, including two new doctors! If you haven't had the chance to introduce yourself yet, please welcome Dr. Jeff, Dr. Lianna, Annalissa, Mackay, and Carissa to our Vero family. Each new team member is excited and ready to continue serving you at our highest potential.

Meet our new doctors



DR. LIANNA

Dr. Lianna Hunt is originally from Dubuque, IA. At an early age, she was a member of the United States of America Gymnastics & Tumbling Association teams where she developed an understanding of human anatomy and biomechanics. She attended Iowa State University and graduated with a Bachelor of Science Degree in Kinesiology. She furthered her education at Logan University, College of Chiropractic, where she gained a greater level of appreciation for the human body as a self-healing organism when the nervous system functions optimally. She spent two years practicing in San Diego, CA, growing her knowledge in gentle, neurologically-based chiropractic care with a focus on pregnancy and pediatrics. In her free time, she enjoys practicing yoga and meditation, hiking, biking, creating healthy recipes, and reading.

DR. JEFF

Dr. Jeff Gilbert is originally from West Des Moines, IA. Through mentorship from Dr. John Barakat with support and guidance from his parents, he chose to specialize in chiropractic to focus on improving and developing one's health rather than just treating disease. His journey to chiropractic care included earning his undergraduate degree from Central College and attending Palmer College of Chiropractic to obtain his Doctor of Chiropractic degree. Dr. Gilbert has now practiced for over 20 years in the Des Moines area. His greatest joy is partnering with patients to achieve their goals for increased life potential and health. Dr. Jeff is married to his lovely wife, Michelle, and they have a vibrant and active teenager named Chloe. He enjoys mentoring his daughter in her musical and athletic activities, playing the piano, traveling with his family, and volunteering with the National Ski Patrol.



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