

THE SOURCE

A VERO NEWSLETTER



TIPS FOR STAYING HEALTHY THIS FALL...

We all know how quickly germs can spread, below you will find some things that you can do NOW to help make sure that your household stays flu-free this year!

- ★ Taking probiotics
- ★ A daily dose of Vitamin D
- ★ Eating fruits/vegetables with Vitamin C
- ★ Staying hydrated
- ★ A healthy diet
- ★ Staying active
- ★ Improving the air quality in your home
- ★ Getting enough sleep at night
- ★ Practice good hygiene

FALL Giveaway

PRIZES

- ★ \$300 gift card that can be applied to adjustments, exams, and X-rays at Vero
- ★ Iowa State Football tickets (Dates TBD)
- ★ Family game night gift basket with fun games, snacks & gift cards

HOW TO ENTER

Let our front desk team know when you have completed one or several of the following tasks so we can give you a ticket(s) to enter in our drawing!

- ★ Refer a new patient to Vero who shows up for their first appointment (3 tickets)
- ★ Give Vero a Google review (1 ticket)
- ★ Vote for Vero for the Metro's Best Chiropractor using the QR code to the right and scrolling to lines #196 and #200 (1 ticket)



VOTE HERE



CHIROPRACTIC TIPS FOR IMMUNE SYSTEM SUPPORT

REGULAR ADJUSTMENTS:

- **Spinal Alignment:** Chiropractic adjustments help ensure proper spinal alignment. Misalignments (subluxations) can affect the nervous system, potentially impairing communication between the brain and immune system. Regular adjustments can help maintain optimal nervous system function.
- **Enhanced Nervous System Function:** Proper spinal alignment may improve the body's ability to respond to infections and stress, supporting overall immune health.

STRESS REDUCTION:

- **Lower Stress Levels:** Chiropractic care can help reduce physical and emotional stress by addressing musculoskeletal imbalances and promoting relaxation, which is beneficial since chronic stress can weaken the immune system.

IMPROVED SLEEP QUALITY:

- **Better Rest:** By alleviating pain and discomfort, chiropractic adjustments may contribute to better sleep quality. Quality sleep is essential for a well-functioning immune system.

BOOST CIRCULATION:

- **Enhanced Blood Flow:** Chiropractic adjustments may help improve blood circulation, which can aid in the efficient delivery of immune cells throughout the body.

POSTURE CORRECTION:

- **Optimal Posture:** Proper alignment helps maintain good posture, reducing the strain on the body and potentially improving overall health and immune response.

Community Engagement:

We launched a series of educational talks for existing Practice Members in our office.

Here is a list of our upcoming talks:

- **Sept. 25th:** Hormones and Health: What You Need to Know
- **Oct. 16th:** Sciatica & Low Back
- **Nov. 13th:** Navigating Hormonal Imbalances: Tips and Strategies
- **Dec. 14th:** Gut Health & Weight Loss



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