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VERO

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## HEART HEALTH STARTS WITH THE NERVOUS SYSTEM

February is all about the heart, and that goes beyond chocolates and cards. Your heart health is closely connected to how well your nervous system functions. Neurologically based chiropractic care helps reduce stress and interference in the nervous system, allowing your body to better regulate heart rate, blood pressure, and overall cardiovascular function.

Many practice members notice they feel calmer, more balanced, and better able to handle stress with regular care. Supporting your nervous system is one powerful way to support your heart, and now is the perfect time to show it a little extra love.

## VALENTINE'S TRIVIA YOU'LL LOVE!

Did you know the human heart beats about **100,000 times a day**, pumping blood through nearly **60,000 miles of blood vessels**?

Or that **laughter and relaxation** can help lower stress hormones, which is great for heart health? Even simple acts of care and connection can positively impact how your heart functions.

Consider this your friendly reminder that taking care of your body, managing stress, and staying connected all play a role in keeping your heart healthy.



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## DECOMPRESSION THERAPY: A LITTLE PRESSURE RELIEF GOES A LONG WAY

Stress, tension, and compression can take a toll on your spine and nervous system, especially during long workdays or cold winter months. Our decompression therapy program is designed to gently reduce pressure on the spine, helping improve movement, comfort, and nervous system communication.

If you're curious about whether decompression could benefit you, we encourage you to talk with one of our doctors or team members. We're always happy to explain how decompression works and whether it could be a helpful addition to your care plan.

## UPCOMING WORKSHOP AT VERO

We're hosting a special workshop in partnership with the Hopeful Mama Foundation, led by Dr. Nate Halverson, for those navigating infertility and interested in how true health connects to the nervous system. Dr. Nate will share how calming the fight or flight response and understanding neurologically based care can support overall health.

The workshop will take place in the Vero lobby on Wednesday, March 4th from 6:00–8:00pm and will include light refreshments and a small take-home gift. If this topic resonates with you or someone you love, we invite you to keep this evening in mind.

## FROM ALL OF US AT VERO

This month, we're celebrating heart health, connection, and the relationships that make life richer. Thank you for trusting us with your care and for being part of the Vero family. Wishing you a February filled with love, health, and plenty of reasons to smile.

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