

N O V E M B E R 2 0 1 4

the

Inside-Out

Chronicles

In Flanders Field

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we
lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies



“Lest We Forget”

As we head into November, our focus is to never forget where we came from. On November 11, we remember those who died in their line of duty. Around 100,000 Canadian soldiers died while fighting the First and Second World Wars. We honour those who have come before us, especially the veterans who made it possible for us to live in the Canada of today.

Veterans, we are forever grateful for the service you did for our country and for us. God bless you!

Special Dates Coming Up...

Nov. 7, 10, & 11

CLOSED

We are closed for
Remembrance Day
Weekend.

Nov. 17-21

Operation
Christmas Child
Drive

Wed, Nov. 26

7:00

Annual Stress Talk:
“Bogged Down,
Bottled Up & Under
Pressure”

Register at the Front Desk
or call

Featured Article

Chiropractic Advisory Committee Named by U. S. Department of Veterans Affairs

Presented By: Inside-Out Chiropractic Center, Dr. Jason Sabo, DC

It took an act of the US Congress, but the Department of Veterans Affairs (DVA) has finally taken steps toward offering chiropractic care to all US military and veterans. The first step involves the creation of a committee to oversee and make recommendations to the DVA on how best to offer chiropractic care to all their beneficiaries. As was reported in the August 8, 2002 issue of the Chiropractic News Service, as well as most every other chiropractic publication, the five member Advisory Committee was made up of representatives from most national chiropractic associations.

Initial indications are that the Chiropractic Advisory Committee will have at least three meetings in the coming year, based on budget information the DVA has provided. "We are pleased to finally see some movement on this vital new chiropractic program," said International Chiropractors Association President Dr. D.D. Humber. "We continue to have concerns, however, over the delay in taking this first step of naming Chiropractic Advisory Committee members and what it might mean for the rest of the process. We will urge the chiropractic representatives of this committee to come together and aggressively assert the rights of veterans to receive the chiropractic services mandated by Congress, without obstruction or unnecessary delay on the part of the DVA."

Among the key issues which this Advisory Committee will deal with will be direct access to chiropractic care, a vital component of any benefits program and one of the top priorities in this and in all health benefits programs, both public and private. Most of the chiropractic profession is concerned that the DVA will attempt to limit the access of chiropractic care, placing the benefits under the direct referral of medical doctors. The chiropractic profession and the national associations are unanimous in their objection to any provision that would limit the rights of US veterans to have direct access to chiropractic services when they desire them.

The wording of the bill that requires chiropractic care to be offered by the DVA includes the following:



"The program shall be carried out at sites designated by the Secretary for purpose of the program. The Secretary shall designate [at least] one site for such program in each geographic service area of the Veterans Health Administration. The sites so designated shall be medical centers and clinics located in urban areas and in rural areas. The chiropractic care and services available under the program shall include a variety of chiropractic care and services for neuro-musculoskeletal conditions, including subluxation complex."

News, Events and Happenings

Operation Christmas Child

During the week of **November 17-21**, IOCC will be participating in Operation Christmas Child. We will be accepting items such as school supplies, hygienic items, toys and other gifts. For more information about Operation Christmas Child and what items are appropriate to donate, visit

www.samaritanspurse.ca/operation-christmas-child/

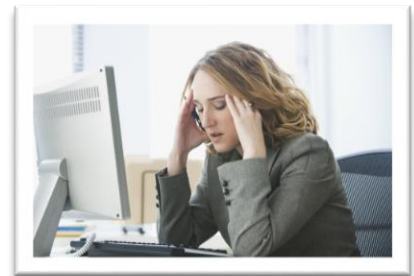


Tell Us Your Story...

Many have been helped by Dr. Jason through chiropractic care. We want to hear your story and help others receive the unique delivery of chiropractic Dr. Jason provides. In the near future, Dr. Jason will begin teaching his technique to other chiropractors and we need your help. Fill out a testimony form and you may be selected to be part of our upcoming testimonial video!

Bogged Down, Bottled Up & Under Pressure

Come and learn about stress, how your body responds to it, and ways to improve stress management! You are invited to our Annual Stress Talk on **Wednesday, November 26** at 7:00pm. You are sure to leave better than you came!



All are welcome however seating is limited so be sure to register at the Front Desk or call 780-462-4243.

Meet Linnette...

For many of you, Linnette is the first face you see when you come into Inside-Out. Linnette previously struggled with weakened immunity which led to bronchitis. To see how chiropractic care made a difference in Linnette's life, see the Front Desk and receive a copy of her story.



Exercises to Try at Home

Seated Glute Stretch

DIFFICULTY: EASY – MODERATE

(Consult Dr. Jason before starting this or any other exercise.)

Start: Seated on a chair.

Exercise: Place one ankle on opposite knee.

Then, bend forward until you feel a good stretch in hip. Also, relax lower back in this position.

Hold for 30-60 seconds, and then return to starting position. Switch sides, and repeat 2X per side.



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