

President's Message



It's the beginning of the year again. Did you set goals or resolutions? Personally and/or professionally?

The UVCA is gearing up for its annual strategic planning meeting on Saturday, February 3rd. A group of your leaders and members will volunteer their time to get together, review the state of the profession and the association, and set a plan for the coming year(s).

It's not much different than what we do in our offices. What's worked and what hasn't? Getting new members is much like getting new patients. Increasing association income is much like increasing practice income.

Increasing membership in the UVCA is advantageous to us all. There's always power in numbers, right? More people equals more money which equals more power. The more money we have, the more we can donate to legislative, PR, and other issues that affect us. While things may seem status quo at the moment, that can change with the blink of an eye.

One of the easiest ways to increase membership is to meet your fellow colleagues. Some may be new to the state, some are new docs, and some have just been working in their offices without connecting to other chiropractors. So:

- Donate to CPAC. That's how we influence our legislators to help us.
- Meet your fellow chiropractors. Bring them to UVCA District Connections or conventions.

Let's grow our association, so we can be the best health profession in Virginia -- and ensure the health of Virginians.



Dr. Michelle Rose
UVCA President

Fulfill the New CE Requirement

HUMAN TRAFFICKING FREE WEBINAR

Thursday, February 22, 7:00-8:00 p.m.

Did you know that human trafficking is the fastest-growing industry in the U.S., affecting Virginians every day? Dr. Eric Harrison and Mr. Joe Kryszak of Chiro Heroes Foundation will share Virginia-specific data on human trafficking and sex slavery, teach you the warning signs of someone being trafficked, what you should do when you identify a victim, and much more. Free to all DCs and staff. **REGISTRATION**

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- **"What is All the Fuss about? Harnessing the Power of Artificial Intelligence to Build Your Practice"** by DR. MARK SANNA, Sponsored by Foundation for Chiropractic Progress
- **"Philosophy Trio: Principles of Chiropractic Applied in Practice, Unsung Heroes in Chiropractic (Standing on the Shoulders of Giants), & Philosophy in Chiropractic Practice"** by DR. NEIL COHEN, Sponsored by AboveDown Success Coaching
- **"Cervical Artery Dissection: Research Review, Clinical Perspectives, & Associated Risk Factors"** by DR. JAMES DEMETRIOUS, Sponsored by NCMIC
- **"Getting Chiropractic Care into the Schools"** by DR. AMANDA BLONIGEN & DR. LESLIE HILES
- **Keynote "The Power of Dedication for LIFE"** by DR. GILLES LAMARCHE, Sponsored by Life University
- **"Resolving Peripheral Nerve Entrapments"** by DR. TIM BERTLESMAN, Sponsored by ChiroUp
- **"Pearls of Wisdom & Motivation: Insights into Leadership & Practice Success"** by DR. COREY MALNIKOF, DR. NISHA SAGGAR-PATEL, DR. MINESH PATEL, & DR. PHIL GOLINSKY
- **"Chiropractic History: Why It Matters Today"** by DR. JOE FOLEY
- **"Sexual Harassment in the Chiropractic Office"** by MS. KRISTI HUDSON, Sponsored by ChiroHealthUSA
- **"Proving Medical Necessity in ANY Type of Case"**
* **"Proper Utilization of the 2023 ICD-10 NEW Codes & Guidelines"** * **"Essential Requirements & Communications for the Chiropractic Office"** by DR. MARIO FUCINARI, Sponsored by Foot Levelers



And if top-notch education for doctors and important insights for office team members aren't enough, all attendees enjoy valuable meeting extras such as:

- Saturday Night Spizz #2 (A huge hit at UVCA's Fall 2023 Convention!)
- Exhibit Hall featuring the suppliers that are supporting you and your state association
- Receptions and meals
- Dedicated time for the sharing and connecting you just can't get online

REGISTRATION IS NOT YET OPEN – but more details, registration, and hotel reservation information will be available soon, so

MARK YOUR CALENDAR NOW!

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Seasonal Affective Disorder

Kayla Swingle, DC

What is SAD?

Seasonal Affective Disorder (SAD) is a type of depression characterized by significant changes in mood and behavior when the seasons change.¹ While it can occur with any season change, it is more prominent in the fall and winter. SAD is thought to be due to the decrease in daylight hours causing a dysfunction between the circadian rhythm and our daily schedule.² This causes an imbalance of the biochemicals within the brain leading to depressive symptoms.²

Symptoms of SAD vary for everyone and typically develop during young adulthood (18-30 years of age).² Symptoms typically resolve

with the return of spring when daylight hours start getting longer. However, this means that a person can suffer with symptoms for up to 40 percent of the year.² The most common symptoms of SAD are:^{1,2}

- Feeling depressed, sad, hopeless, or anxious
- Loss of interest in activities that typically bring joy
- Change in appetite – particularly craving more carbohydrates
- Trouble sleeping – insomnia or oversleeping
- Low energy
- Difficulty concentrating or making decisions
- Social withdrawal or agitation
- Thoughts of death or suicide

Approximately five percent of the United States population (10 million people) are diagnosed with Seasonal Affective Disorder.² Many more have mild symptoms and go undiagnosed. While SAD can affect anyone, there are a few factors that seem to make some more susceptible:

- Living further away from the equator. Those living in Alaska or New England are more susceptible than those living in Texas or Florida.¹ This is due to the significant decrease in length of daylight hours.
- Females are diagnosed with SAD more than their male counterparts, but it is not well understood why. There is some research that estrogen fluctuations affect the biochemicals (namely serotonin) of the brain which can be associated with depressive disorders.³
- Having a family or personal history of SAD or other mental health disorders, such as ADHD, an anxiety disorder, or an eating disorder can be a predisposition.¹

What can you do to help with Seasonal Affective Disorder?

Seasonal Affective Disorder can be treated in a variety of ways. Always check in with a trained mental health professional to discuss what may work best for you and rule out any underlying conditions that may be causing your symptoms. The most common treatment options are lifestyle changes, chiropractic care, and light therapy. Because SAD follows a predictable pattern, you can begin these therapies proactively early in the season.

Lifestyle Changes

Supplements are one of the easiest changes to make for positive mental health. It has been found that a Vitamin D deficiency is associated with many cases of SAD.¹ Among many other functions, Vitamin D is involved in the brain's antioxidation process.⁴ It also has a role in producing and regulating neurotransmitters, such as dopamine, which affect mental health.⁴ While Vitamin D is predominately made from sunlight exposure to the skin, there are several factors that can inhibit this process.⁵ Inadequate exposure to natural sunlight, wearing sunscreen, having a darker skin tone, obesity, over 65 years old, and kidney dysfunction are the top reasons for inadequate Vitamin D **Continued on page 5**

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Continued from page 4 production.⁵ Therefore, supplementation can be beneficial, particularly in winter months. Other supplements, such as Omega 3, St. John's Wort, and melatonin, may also be helpful.

Exercise is another way to promote good mental health. Studies show that even 10 minutes of exercise each day can produce positive mood changes.⁶ Exercising in the morning versus the evening is best to promote a good circadian rhythm. Exercise also promotes healthy changes within the brain, such as decreased inflammation, and releases chemicals called endorphins which make you feel good.⁶

Diet is also an important factor in good mental health. The brain needs the vitamins and minerals found in whole foods to be able to function properly.⁷ Diets that focus on ultra processed foods (foods that have six or more ingredients) appear to be the most problematic.⁷ These foods create an imbalance of vitamins, minerals, and hormones which leads to an increase of inflammation in the brain and can contribute to mental health disorders, such as SAD.⁷ Studies show that depression rates fell by 45% in groups that ate a Mediterranean style diet.⁷

Chiropractic Care

A study of almost 35 thousand Americans receiving chiropractic care showed that almost 70% reported an improvement in overall

health and feeling better.⁸ The goal of chiropractic care is to restore normal motion of the joints of the spine thus relieving pressure off the nerves. Restoring normal motion allows your body to move the way it was intended to. Spinal

adjustments also help to relieve muscle tension. This makes exercise and activities of daily living easier and less painful. While spinal adjustments help you to physically feel better, the results can also be much further reaching.

Studies have shown that individuals with depression symptoms are in a chronic state of stress.⁸ Chiropractic care helps to balance the nervous system thus allowing our brain to get out of the fight or flight mode.⁸ Spinal adjustments can also encourage relaxation and aid in sleep patterns which can help fight depression symptoms.⁸



Light Therapy

Light therapy has been the main treatment for SAD since the 1980s.¹ The idea is that using a bright light every day will counter the limited sunlight that occurs with the winter **Continued on page 7**

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Continued from page 5 months. The bright light stimulates cells in our eyes that connect to the part of the brain, the hypothalamus, responsible for controlling our circadian rhythm.⁹

To be therapeutic, the light needs to be 10,000 lux and should also filter out any potentially damaging UV light.¹ This is about 100x brighter than typical indoor lighting.⁹ It is recommended to sit with the light source above your eye level for at least 20 minutes first thing in the morning.² Because it is so bright, do not look at the light directly, but you should have your eyes open.⁹

For those experiencing more mild symptoms of SAD, increasing the amount of time spent in natural sunlight can be enough. Easy ways to achieve this would be to arrange your home so that you are exposed to more windows throughout the day or taking more walks outside in the morning.^{2,3}

Talk therapy, cognitive behavior therapy, and antidepressants may also be helpful. Seek out a qualified mental health professional who has experience with SAD or other depressive disorders and uses evidence-based therapies. Resources such as the Psychologist Locator on the American Psychological Association website or your state's psychological association may be helpful in finding a professional.

If you feel that your symptoms are severe or you are experiencing suicidal thoughts, please consult your mental health professional, seek the nearest emergency room, or call the National Suicide Prevention Line (800-273-8255).

Dr. Kayla Swingle is a graduate of Parker University in Texas, graduating with both a Master's Degree in Functional Nutrition and a Doctorate Degree in Chiropractic. She received her Bachelor's Degree from Bridgewater College, majoring in Nutrition and Exercise Science and minoring in Equine Studies. In addition to the traditional chiropractic techniques employed at the Cox Clinic, Dr. Swingle specializes in Functional Neurology, Nutrition, and is trained in Applied Kinesiology and a cranial technique that helps with many headaches. She is trained in the use of Class IV laser therapy and certified in the use of chiropractic for animals.

References:

1. Seasonal Affective Disorder. (2020). Retrieved from National Institute of Mental Health: <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

2. Felix Torres, M. (2020). Seasonal Affective Disorder (SAD). Retrieved from American Psychiatric Association: <https://www.psychiatry.org/patients-families/seasonal-affective-disorder#:~:text=About%20%20percent%20of%20adults,and%20less%20sunlight%20in%20winter.>

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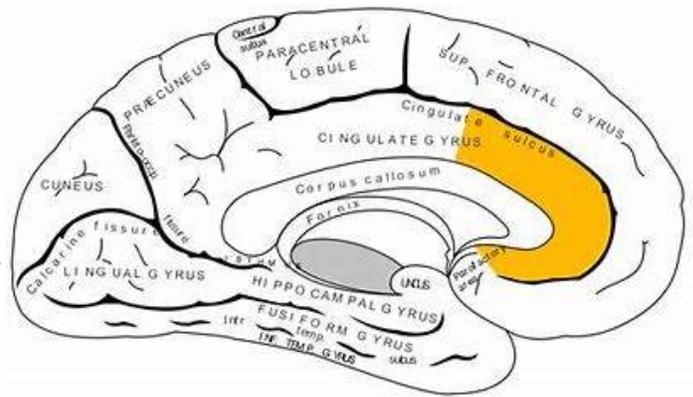
Willpower: A Neuroscience Perspective

By James A. Munse, DC, DACNB, MPA

New Year's resolutions are a common theme as we welcome the new year and make strides to better ourselves, our families, and our communities. An overwhelmingly popular goal is to improve one's health and wellbeing – I'm sure we all hear countless proclamations from our patients about how "this year" will be "the year" for them to make a change. This may be in the form of exercise, dietary changes, stress reduction, and/or lifestyle modifications. And as we unfortunately know...many of these resolutions fail to stick. We might make changes that last a few weeks...maybe a few months...but that's it. We often lack the consistency to make a lasting change. And why is this? Well – we could make a variety of excuses. But a lot of it boils down to willpower...or the lack thereof. Willpower is defined as the "control exerted to do something or restrain impulses." In other words, willpower is the ability to resist short-term gratification in pursuit of long-term goals or objectives, and it's associated with positive attributes such as better grades, higher self-esteem, lower substance abuse, increased happiness, and improved health and longevity (just to name a few). This article will explore willpower from a neuroscience perspective,

and it is my hope that this information is not only interesting – but also helpful for you and your patients.

Researchers have found that willpower resides within a fascinating region of the brain known as the anterior mid-cingulate cortex (aMCC). And it's extremely important to note that the aMCC is exceptionally responsive to the principles of neuroplasticity, which is the nervous system's ability to change in response to experience. The brain is dynamic and has the amazing capacity to reorganize itself, maximize its efficiency, and compensate for lost functions. As long as neurons have stimulation and fuel – they can grow and strengthen their communication with other nerve cells. However, there are two types of neuroplasticity...it can be either "adaptive" or "maladaptive." Adaptive neuroplasticity is neuronal change that occurs for the better...to improve our functionality. Whereas maladaptive neuroplasticity is



rewiring that occurs for negative reasons. As such, neuroplastic changes can be positive or negative.

MRI studies have demonstrated that the aMCC quickly changes in size based upon certain behaviors. In particular, the aMCC gets larger when you do something that you do not want to do. The key point is that the activity is something that you do not want to do. For example, if you're performing an early morning exercise routine even though you'd rather be sleeping...the aMCC gets larger. However, if that same exercise routine eventually becomes something that you enjoy and **Continued on page 9**

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Continued from page 8 derive pleasure from...then the aMCC gets smaller. As such, fighting through adverse situations, pushing through obstacles, and resisting short-term gratification in the pursuit of long-term goals will grow and strengthen the aMCC. Whereas taking the short-cut, following the path of least resistance, and seeking short-term pleasure will shrink the aMCC.

In fact, researchers have shown that the aMCC is smaller in obese people when compared to those with a healthy weight. And once these same obese individuals start an exercise and/or diet regimen... their aMCC becomes larger! As such, the aMCC changes quickly in accordance with our behavior. The aMCC is also larger in athletes – likely due to the consistent, hard work required to reach their goals. The aMCC is especially large in individuals that view themselves as challenged or having to overcome an exceedingly difficult obstacle. And what’s even more interesting...the aMCC is remarkably large and maintains its size in those that live into their late 90’s and beyond. Due to this finding – some researchers have remarked that in addition to willpower...the aMCC could be the neurological basis for the will to live.

The good news is that because the aMCC is especially susceptible to neuroplastic

changes – we can build it up! Each day we can reinforce the aMCC by making decisions and performing actions that help us achieve our long-term goals – as opposed to taking the easy way out. Sometimes...the obstacle is the way. Short-term pain for long-term gain. The ability to fight through adverse situations is pivotal... not just for the present moment – but also for our longevity. How many of our patients comment on the challenges of getting old? I hear it every day...getting old is not easy. Willpower is needed to confront the challenges that come with age. And with willpower comes a robust aMCC. Countless philosophers and ancient teachings have emphasized the need to challenge yourself, seek out obstacles, and persist through adversity. Overcoming adverse situations and challenges is what grows confidence, mental discipline, tenacity, resiliency, and willpower. And modern neuroscience is just now starting to understand the mechanism behind our ability to not only persist through seemingly impossible challenges...but grow stronger because of it. Maybe Mark Twain was on to something when he said, “Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.” It is my hope that you share this information and apply these principles to your daily life to aid the process of making good on your New Year’s resolutions.

A special thanks to Dr. Andrew Huberman (from the Stanford School of Medicine) for his recent podcast episode on willpower, which featured David Goggins. Thank you.



James A. Munse, DC, DACNB, MA of Chantilly Chiropractic Center in Chantilly, Virginia is a Diplomate of the American Chiropractic Neurology Board, which he earned through the Carrick Institute. He is proficient in Full

Spine Diversified (Palmer Package), Gonstead, Activator, Thompson, Flexion-Distraction, Extremity Adjusting, and Functional Neurology diagnosis and rehabilitation. In addition to practice, Dr. Munse serves as an adjunct professor at George Mason University and an assistant coach for the Westfield High School varsity football team.



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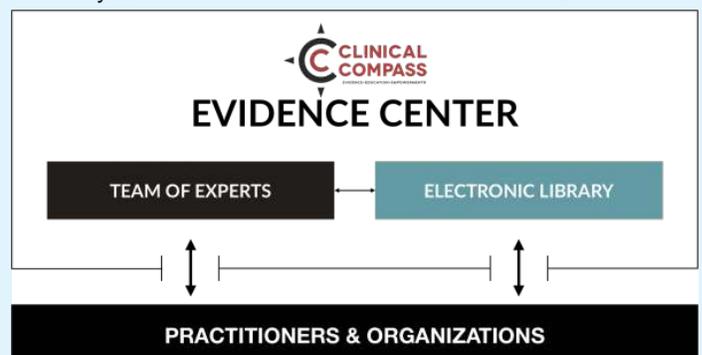
The Clinical Compass mission is to improve patient outcomes by advancing evidence-based care in an effort to transform healthcare through knowledge translation. The Clinical Compass' Evidence Center is the foundation of its outreach to the chiropractic community. It provides practitioners the resources needed to address the real-world issues they encounter in their practices every day. It is an extensive library of research summaries that includes relevant and current peer-reviewed journal articles, either as abstracts or full-text with an annotated bibliography for each topic that is updated twice a year.

UVCA Premier Members now have direct access to the Evidence Center for all of 2024!

All Premier Members can now access this valuable resource! The individual subscription will last for one year from the time of registration and expire 12/31/24. Call the UVCA office for the free access code. The following conditions are currently covered.

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Compliance Helpdesk

HIPAA Compliance Services -- Dr. Ty Talcott

The UVCA and HIPAA Compliance Services (Dr. Ty Talcott) are excited to announce this new benefit to help protect and educate members relative to the increase in cyberattacks, regulatory fines, and penalties affecting physician offices.

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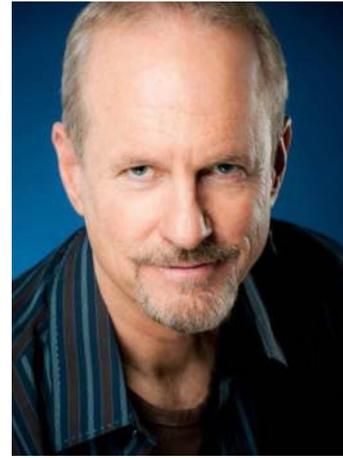
Dr. Talcott has presented at UVCA seminars, conventions, and webinars a number of times. While few people "love" the topics he teaches, all agree that Dr. Ty teaches it better than anyone.

To learn more about this new benefit or to access it at any time, simply go to:

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Wells, Luke

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Shout out to Dr. Chris Connolly!

Dr. Connolly of Back in Motion in Yorktown, Virginia did a great job in a recent interview on The Hampton Roads Show in which he shared the benefits of chiropractic care! Great job representing Chiropractic, Dr. Connolly!

One-Time Student Loan Adjustment Extended to April!

Chiropractors are the second highest defaulting professional borrower, second only to attorneys. This is unfortunate considering most of them can qualify for \$0 monthly payments at a 0% interest rate and have the potential to have hundreds of thousands of dollars in debt forgiven.

Recent updates to the federal student loan program will allow some borrowers to count backdated months toward their loan forgiveness date, and the Biden Administration is waiving federal taxes on loans forgiven through 2025. These changes apply to more than 43 million Americans holding federal student loans and may amount to a projected ~\$400 billion in loans forgiven.

However, many don't know how to take advantage of the new rules, nor how they'll be affected when forgiveness occurs. The waiver allows borrowers to have all previous payments, regardless of loan or repayment type, count toward forgiveness. Backdated payments may now include any months of deferment prior to 2013 and any months of payments before consolidation of federal student loans.

To avoid missing the potential impact of this one-time account adjustment, schedule a free evaluation with Student Loan Tutor at <https://calendly.com/free-evaluations/partner> or call them at (385) 213-4515.



Dr. Phil Golinsky Wins \$1000 by

Sponsoring the Highest # of New Members!

CONGRATULATIONS to Dr. Phil Golinsky of RxWellness Spine & Health for referring 12 new members to the UVCA in 2022-2023! Thanks to Chirocenters Management Corporation's and Chiro1Source's generosity and support, you've won \$1000 to thank you for helping to strengthen the Association!

It's worth repeating: Member referral by a colleague is the single most effective way to grow the UVCA. We extend a huge thanks to all the following doctors for making a big difference in membership in the 2022-2023 campaign.

12 New Members:

Dr. Philip Golinsky

4 New Members:

Dr. Taylor Myers
Dr. Marty Skopp

2 New Members:

Dr. Christine Fallwell
Dr. Jason Kennedy
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Dr. Phil Golinsky, RXWellness



It's easy to share your membership recommendation with others. We provide benefits information, testimonials and membership forms on the UVCA website at Member Recruitment - Unified Virginia Chiropractic Association | UVCA... and the chance for some major cash from our fantastic suppliers like Chiro1Source and Chirocenters Management Corporation certainly doesn't hurt!

What is Bio-Geometric Integration?

The following is an explanation of BGI by the late founder, Dr. Sue Brown.

To understand BGI, it is necessary to first have an understanding of chiropractic. Not the mainstream view of chiropractors as “back doctors,” but the original intention of chiropractic, that being, “to release interference to the expression of the innate intelligence of the body.” There is an organizing intelligence in the body that coordinates our heartbeat, breathing, digestion and chemical balance without conscious thought. It allows us to walk, talk, think and listen without knowing the complex interactions that must take place for those things to occur. All actions and reactions and all healing occur as a result of the expression of this intelligence. The only reason we experience dis-ease in our lives, whether it expresses as a physical symptom, a chemical dependency or an emotional/mental pattern is that there is an interference in the expression of this intelligence. This interference is what the chiropractic profession calls a subluxation. And the chiropractic adjustment is intended to release the subluxation, thus releasing the interference to the expression of the innate intelligence of the body.

Traditionally in chiropractic, the subluxation is viewed strictly in terms of a compression or stretching on the nerve system or more specifically, the spinal cord and nerve roots attached to the cord (thus the association with the spine). BGI not only recognizes this aspect but also expands the idea further to encompass contemporary knowledge of our bodies and the world we live in.

And now on to BGI. With the discovery of quantum physics, came a new vision of the world we live in. There was a shift away from “solid reality” to one in which energy and matter **Continued on page 19**



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The Dangers of Billing Under Another Provider's NPI Number

By Ray Foxworth, DC

Recently, in a Facebook group, the question arose about whether it was okay for the associate doctor in a practice to bill for services under the owner's NPI number. The range of responses surprised me and made me aware that many providers largely misunderstand the rules and regulations regarding billing. Medical billing is a crucial aspect of healthcare administration, ensuring that healthcare providers receive proper reimbursement for their services and avoid potential billing fraud.

The Dangers of Billing Under Another Provider's NPI Number

Fraud and Misrepresentation: One of the primary dangers of billing under another provider's NPI number is the potential for fraud and misrepresentation. When an individual or organization uses a different NPI number to bill for services, they misrepresent themselves as the provider. This can lead to wrongful reimbursement claims, inflated bills, and ultimately defraud insurance companies, government programs, and patients.

Legal Consequences: Billing under another provider's NPI number is unethical and illegal. The False Claims Act and Anti-Kickback Statute, among other healthcare fraud laws, explicitly prohibit fraudulent billing practices. Those caught engaging in such activities can face severe legal consequences, including fines, imprisonment, and the loss of their professional licenses. On October 24, 2023, after its self-disclosed conduct to OIG, VIZIA Diagnostics, LLC f/k/a Robert S. Smith, Inc. (VIZIA), Georgia, agreed to pay \$701,209.50 for allegedly violating the Civil Monetary Penalties Law. OIG alleged that VIZIA submitted false claims to Federal health care programs for pathology laboratory services using a physician's name and NPI number who did not furnish the services. (OIG, 2023)

Damage to Reputation: Healthcare providers work diligently to build trust with their patients and communities. Billing under another provider's NPI number not only jeopardizes the financial integrity of healthcare systems but also damages the reputation of the legitimate provider. Patients may lose trust in the healthcare system if they discover fraudulent billing practices, which can ultimately deter them from seeking necessary medical care.

Erosion of Data Accuracy: Accurate billing is essential for tracking healthcare services and outcomes and making informed decisions regarding patient care. Billing under another provider's NPI number can disrupt the accuracy of healthcare data, making it challenging to assess the effectiveness of treatments, identify patterns, and allocate resources appropriately. This erosion of data accuracy can ultimately compromise the quality of healthcare delivery.

However, the government generally permits one provider's services to be billed under the name and NPI of another provider in two circumstances: first, where the services of auxiliary personnel (including both physicians and non-physician practitioners) are billed "incident to" the professional services of a physician, second, where the services of a substitute physician are billed under the regular, but unavailable, physician's name and NPI temporarily ("locum tenens" and "reciprocal billing" arrangements). The "incident to" billing rules have strict requirements and only apply to certain services. Failure to strictly comply with the requirements for each billing arrangement could subject providers to significant liability under the False Claims Act. (Shah, Esq & Swain, 2022)



Billing under another provider's NPI number is a practice that undermines the integrity of the healthcare system, jeopardizes patient trust, and poses legal and financial risks. Healthcare professionals must be diligent in detecting and preventing such fraudulent activities. By upholding ethical billing practices and maintaining the integrity of the NPI system, we can ensure that healthcare resources are used efficiently and transparently, ultimately benefiting patients and the entire healthcare community.

Dr. Ray Foxworth, DC, FICC, is founder and CEO of ChiroHealthUSA. For over 35 years, he worked "in the trenches" facing challenges with billing, coding, documentation, and compliance, in his practice. He is a former Medical Compliance Specialist and currently serves as chairman of The Chiropractic Summit, an at-large board member of the Chiropractic Future Strategic Plan Committee, a board member of the Cleveland College Foundation, and an executive board member of the Foundation for Chiropractic Progress. He is a former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Mississippi Department of Health.

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To access the above and much, much more:

1. Go to <https://www.f4cp.org/opt-in/> and follow the prompts.
2. Reach out to Marta Cerdan, the Foundation's Membership Director: phone 866-901-3427 x 1, email marta@f4cp.com.
3. OR watch this 2-minute video tutorial from UVCA team member Maria del Mar Villar-Villar.

Virginia Chiropractic Political Action Committee

ChiroPAC

This list of contributors is based on income received by 10/10/23 and new donors from the Fall Convention. If you have any questions or needs, reach out to Dr. Brad Robinson, Virginia CPAC Chair, at drbrad@wardscornerdc.com.

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Listings as of 1-19-2024

COVERAGE NEEDED:
Virginia Beach, VA. Looking for coverage for a Chiropractic Clinic in Virginia Beach, VA. Practice uses an IQ instrument tool and has an excellence Office Manager / Tech. Primary doctor is on a sabbatical from 12/27/2023 - 2/16/2024. Flexible on individual days or weeks. Please reach out, if interested: doctor@vabeachchiro.com or call Kenton at (312) 434-3841.

COVERAGE: Central Virginia, NOVA, Williamsburg, & Hampton Roads areas. Locum Chiro...an extension of your team! Taking a maternity leave or vacation, needing to be open for an additional full day or extended morning/evening hours, or having an unexpected leave for illness, injury, or family emergency, Locum Chiro can assist. Currently serving Central Virginia, NOVA, Williamsburg, & Hampton Roads areas. Explore our services at www.locumchiro.com. Schedule a Peace of Mind Consultation at https://calendly.com/locumchiro/peace_of_mind_consultation or email contact@locumchiro.com.

COVERAGE: Hampton Roads Area. I am available for coverage on: Tuesday mornings, Thursday and

Saturday's all day, in the Hampton Roads area: Chesapeake, Norfolk, Hampton, etc. I have 23 years of experience and I am proficient in most techniques allowing me to keep consistent care for your patients while you are away. I am fully insured with NCMIC. Please give as much notice as you can (2 week min. usually). If you are interested, Thank You. email me @ DC2BME@AOL.COM.

COVERAGE: Have peace of mind. Is peace of mind, keeping your office open & continuity of care important? Yes. I am Dr Pat Boulogne. + I have over 30 yrs of experience & versed in the majority of techniques. NCMIC insured. References available upon request. Let's talk to see if we are a fit... call or email: drpatb@gmail.com & phone 202-642-2335.

DC POSITION AVAILABLE: Annandale, VA. Positively Chiropractic is looking for a dynamic, confident young chiropractor who is looking to join and grow a practice with her/his next chiropractic family. We are a multi-disciplined office offering chiropractic, ART, sports injury care, pediatric chiropractic, acupuncture, dry needling, and massage therapy. You will be joining a united family that has been together for

over 25 years. Please contact chirocoutinho@gmail.com.

DC POSITION AVAILABLE: Gainesville, VA. Busy established office needs a full or part time chiropractor. Recent graduate or established able to transition volume from owner looking to reduce hours. A flexible team player can be comfortable and be well compensated. Position includes salary, signing bonus, education and more. Send resume to drhaupt@gateway-chiropractic.com

DC POSITION AVAILABLE: Alexandria, VA. We are a well established chiropractic office in Northern Virginia. We are searching for someone who is looking for their next chiropractic family to grow with, to learn from and to become the best doctor. We are seeking for a dedicated and passionate full-time licensed Chiropractor in the state of Maryland and/or Virginia to join our second location. Candidate should be professional, a self starter, and a team player. New graduate or mature established doctor can easily join our system. Base salary plus bonus. Please send your CV to topfchirorehab@gmail.com

DC POSITION AVAILABLE: Arlington, VA. Student or New Doctor, Will mentor. Open office specializing in Sports & Rehabilitation. Office therapies: Massage, Muscle Activation, Traction/Decompression, CRYO-LEAN 360, Cold Laser & Pulsed Energy (PEMF). Located 10 minutes from D.C. Highly rated and voted Arlington's Best 8 years straight. Wanting to retire soon, office will be turned over to you. Salary + % patients seen, 401K, 1 week paid vacation, Malpractice insurance + moving bonus. Email resume to info@jacobschiro.com.

DC POSITION AVAILABLE: Arlington, VA. We are Pershing Chiropractic & Rehab Center, a wellness chiropractic clinic in Arlington, VA! Looking to hire

an Associate Doctor to join our team and support our mission. To learn more about the role and our clinic, please email. Qualifications: Accredited Doctor of Chiropractic Program & VA Chiropractic license. Salary: \$80k-\$150k. Work Week: Mon-Thurs. Contact: Dr. Danny Park © 704-989-4688 or Email: drpark@pershingchiropractic.com Cc: om@pershingchiropractic.com.

DC POSITION AVAILABLE: Ashburn, VA. Ashburn, VA Associate Wanted. Join a multi-disciplinary team of Chiro's/PT's/Acupuncturists/Reiki Practitioners. Experience with myofascial release techniques and Dry Needling a plus. Contact ywong@mybwdoc.com w/C.V.100K+ & benefits package for the right doc and energy.

DC POSITION AVAILABLE: Chesapeake. Looking for a motivated ethical associate who has good communication and adjusting skills to be a permanent addition to our high volume family practice of 30 years. Large pediatric presence. Webster certified would be a plus but not required. Visit our website www.blockchiro.com and read our reviews. Great starting salary and full benefits and retirement. Email resumes and any questions to: stacey@drblockchiropractic.com

DC POSITION AVAILABLE: Fairfax, VA. The Roselle Center for Healing has an immediate opening for a chiropractic associate. Work for the premier chiropractic integrative/wellness clinic in the mid-Atlantic area. Must have excellent adjusting and communication skills and a desire to work with other professionals in restoring patient health. Learn from the best in chiropractic. AK, functional neurology, Brimhall Therapy are a plus. Salary, bonus, mal-practice, health insurance contribution, 401k and paid vacation. Send resume to: drtomroselle@gmail.com. **Continued on page 20**

SAD Continued from page 7

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were interchangeable. There was a realization that the things that we consider to be solid matter are actually made up of energy, and this energy is experienced as a vibration of a certain frequency or tone. This discovery paved the way for many of the technological advancements that have been made and also changed the way many researchers viewed the body. Scientists began to see the body not only as a physical structure but also as an energetic system, something ancient healing arts have recognized for centuries. In BGI, this view of the energetic quality of the body is integrated into the idea of sublaxation. The sublaxation is not only viewed in terms of the neurological component but also the energetic component.

In life, each moment we are bombarded with input. This input comes in many forms ranging from all we see, hear, smell, taste and touch to accidents, arguments, weddings and Bar Mitzvahs. As varied as all these experiences or stressors are, the one consistent aspect is that they are all energetic in nature. Our senses perceive the energy of the experience and then our system interprets it and changes it from frequencies and tones to words we understand, objects we recognize and impacts we feel.

My understanding is that if the experiences we have are integrated, that is, the intelligence of the body recognizes and processes the information contained in the experience, then we can utilize them to grow, learn, heal and evolve. If we do not integrate the experience, then the body "hangs onto" the stress which causes dis-ease and discomfort.

If we translate this into energetic terms, it goes something like this. Our senses perceive a particular energy, with a particular frequency or tone. The tone of the energy determines the information carried by the experience. The information processing systems of the body then interprets the tones and initiate the appropriate response and the energy of the experience is utilized in the body. This energy utilization and tone interpretation suggests that there is an integration of this energy and tone (information) into the system. To integrate is to make whole or unify by bringing together parts. So when an experience is integrated, essentially what happens is the tone of the energy becomes part of us.

Quantum physics has shown that we are but a multitude of synchronized/organized frequencies. In other words, we are a musical symphony physically manifested and walking around on earth. When we integrate an experience of life we've simply added another note to the music that we are, increasing the complexity of our music ever so slightly. Our structure is determined by our music. If the music changes, the structure changes. Thus if we increase the complexity of the music by integrating a new tone (experience) we increase the complexity of our structure. This, to me, is what evolution is, simply the integration by living systems of frequency upon frequency over billions of years. Viewing the experiences of life in this way opens the door to see every experience, no matter what it is, as an opportunity to learn, grow and evolve.

So what if the experience (tone) doesn't integrate? If the system can't integrate the experience then, instead of the new tone becoming part of the integrated whole, it is stored in the body. The system perceives it as a foreign, dissonant tone. It's like the experience of someone yelling and screaming at you and you don't know why. You can't integrate the experience because it is too big and beyond comprehension. Therefore long after it is over you keep playing it repeatedly. The more you think about it, the more uncomfortable you get. And years later you see this person who verbally assaulted you and you get agitated, nervous and defensive.

Continued on page 20

BGI Continued from page 19 These unintegrated tones create dis-ease in the body and the dissonance of the tone distorts the body's natural geometric structure and alignment. This is the subluxation, an unintegrated energetic experience which distorts the music (and geometry) and interferes with our innate expression. This is what causes tight muscles, misaligned vertebrae and the tension on the nerve system. There is the bad news! The good news is that it's all just stored energy which gives us a second chance. The subluxation contains the information of the experience. If the body didn't store the experience in the form of a subluxation, then the possible learning contained in each experience would be lost. All those overwhelming experiences would wreak havoc and then be lost forever with no possibility to learn, grow and evolve. In storing the unintegrated experiences, the body keeps the potential of every experience.

In BGI, the chiropractic adjustment releases that potential energy giving the system a second chance to integrate the energy and information of the original experience, thus providing the opportunity to grow, learn, evolve and heal.

The BGI approach first and foremost, utilizes this understanding of the subluxation. Other aspects also make it unique. One is the idea of integration. We discussed integration previously in terms of the creation of the subluxation and the evolution of living things. The aspect which is important in adjusting, is the concept of integration to assess whether the system is ready to receive the adjustment and also whether the system fully integrates the adjustment given. If the body is not ready to receive the information and potential that will be released by the adjustment or if the system is ready but does not fully integrate the potential released then it will simply lock back in, be stored again and the subluxation will return. BGI addresses this concern and uses assessment tools which allow the practitioner to determine if the system is ready to be adjusted and if the adjustment and thus potential energy will be fully integrated.

BGI also recognizes that the potential energy in the body is best accessed where it is being primarily stored. Essentially there are three categories of "stored places"—the muscles, the soft connective tissue (ligaments, tendons, and the tissue around the organs called mesentery) and the hard connective tissue (bones). This is important because a different adjustive force is required for each. The force of the adjustment for releasing potential in the muscles and soft tissue is rather light while the force of the adjustment to release potential in the bony system is more dynamic and is the type typically associated with chiropractic. Both are powerful adjustments but are best utilized with the appropriate category.

Finally BGI recognizes that there is an innate geometry in the body. This geometry is a reflection of the innate music that we are. By identifying, understanding and utilizing the geometry, the chiropractor can better assess and release the subluxation. The geometry allows us to glimpse the entire effect of the subluxation thus making it possible to release it as an integrated whole. It also allows us to prioritize the incredible number of subluxation patterns so that the timing of each release is optimum.

Through BGI we can understand both the physical and energetic aspects of the cause of dis-ease, realize the potential of each experience and assess the most effective, efficient and integrative way to release the potential stored within each one of us.

Sue Brown, DC was the founder and developer of BGI.

Continued from page 18

com. Check us out at www.rosellecare.com

DC POSITION AVAILABLE: Ft. Washington, MD. Kaizo Health, a rapidly growing Chiro, PT & Rehab Co is looking for highly skilled, ethical DCs w/exc clinical, interpersonal & comm skills. Competitive salary, bonus structure, benefits plan inclusive of health, dental, life, long term disability insurance as well as cont ed benefit, 401K match, ownership plan, more. For more info, pls contact Dr Jay Greenstein at drjay@kaizo-health.com.

DC POSITION AVAILABLE: Leesburg, VA. We are seeking a part time chiropractor (associate or IC) to work alongside our family-and sports-based practice. Position is open to new grads and experienced docs alike. We offer ultrasound, shockwave, and spinal decompression treatment options. Soft tissue treatment techniques, dry-needling certifications are a plus. Contact: text - (571) 331-3343 or email - info@belmontchiroclinic.com.

DC POSITION AVAILABLE: Mechanicsville, VA. Atlee Chiropractic Center is a family practice clinic seeing people of all ages, but specializing in prenatal and pediatric chiropractic care. Established in Mechanicsville, VA in 2004 we have developed a long standing reputation for excellence within the community. Atlee Chiropractic Center is known for its excellence because we take exceptional care of our patients and cater to them as a whole, not just a spine. Our office is warm and welcoming and our

goal is to consistently exceed patient expectations. We are currently looking for a qualified associate. We are seeking a chiropractor to work alongside the host chiropractor, Dr. Anna Bender, and our two other associates, not develop a separate practice or spend your days and weekends doing screenings and marketing. Education and interest in motion palpation is preferable and excellent adjusting skills are a must. If your vision for practice has included being welcomed as a part of an exceptional team, treated as an equal and having an opportunity to be hands on with consults, examinations, films, reports and adjust, while being paid a competitive salary to make a difference, then please email your CV and a letter about yourself to dr.anna@atleechiropractic.com.

DC POSITION AVAILABLE: Midlothian, VA. If you are dedicated and passionate about service to patients and lifelong learning, then this opportunity is for you. We are looking for a Virginia-licensed DC to join our practice – one based in AK, Functional Medicine/Nutrition and Functional Neurology. The best candidate is one who has a strong desire to learn and assist patients towards their health, utilizing a variety of diagnostic tools, resources and natural solutions. This is an ideal situation for a new or established doctor. We operate a fully equipped office and have a great location in the Richmond, Virginia area. For further information or to submit your resume please contact: drsmith@rcn.health. www.richmondchironeuro.com.

Continued on page 22



Chiropractic Assistant Certification Program



For CAs Who Are Ready To

GROW

Online and On-Demand
30 Hours, 10 Months

Developed specifically for Virginia by popular instructor and UVCA supporter **Dr. Louis Crivelli**, creator of the Maryland Chiropractic Association CA licensure program, the UVCA program is based on priorities voiced from Virginia DCs and CAs. It is accessible for 10 months after purchase and can be completed at your own pace.



GENERAL INFO/ CHIROPRACTIC BLOCK (10 HRS)

- Intro to a Rewarding Career
- The Healthcare Spectrum
- Duties of the CA
- Office Procedures



ANATOMY/ PHYSIOLOGY BLOCK (10 HRS)

- Medical/Chiropractic Terminology
- Common diagnostic and procedural terms
- Body, Skeletal, Muscular, and Nervous Systems
- Pain and Recovery



THERAPEUTICS BLOCK (10 HRS)

- The Chiropractic Adjustment
- Thermotherapy
- Cryotherapy
- Electrical Stimulation
- Traction
- Rehab Methodology
- New/Emerging Therapies
- Medicare for the CA

ONLINE PROGRAM REGISTRATION FEES

CA working for a UVCA member DC: **\$249**
(Just \$9.96 per hour!)

CA working for a non-member DC: **\$449**

- **REGISTER NOW:**
https://bit.ly/CA_Cert

FOR QUESTIONS ABOUT PROGRAM CONTENT:

 drcrivelli@gmail.com

 305.474.5934

 [virginiachiropractic.org/
CA-Training](http://virginiachiropractic.org/CA-Training)

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DC POSITION AVAILABLE: Midlothian, VA. Looking for a chiropractor to take over 19 year established practice in Midlothian. Fully equipped office with Hill Labs Air-Flex II adjusting table. Large adjusting office/room. Massage therapy room and waiting room. I'm open to all options, so send a message and let's find something that works. Email for more details and specifics. dr.placide@hopechirova.com

DC POSITION AVAILABLE: Northern Virginia/Richmond. The Joint Chiropractic in Northern Virginia/Richmond is looking for full time & part time Drs. All cash practice, great adjustment skills required. Competitive Salary & great environment w/benefits & bonuses. Please email your CV to Dr Ahmed Migdadi amigdadi1988@gmail.com or fax to (888) 503-7522.

DC POSITION AVAILABLE: Nottingham, MD. Looking for an energetic, goal-oriented Chiropractor looking to help us empower others to live healthier lives. You'll learn the PIERCE technique including rare, state-of-the-art technology. Be part of a great team while you excel in patient care and running an exceptionally successful practice. We're focused on principled Chiropractic and holistic health. Good base, excellent bonus, paid vacation and insurance. Contact Dr. Jamie: chirojamie@comcast.net.

DC POSITION AVAILABLE: Richmond, VA. Associate Needed -Dynamic, experienced doctor or new graduate needed for a part time position. Eventually full-time with the right person in the near future. We are Chiro Guys a brand new, modern practice with 2 locations. We are a wellness chiropractic office. In addition to Chiropractic care, we offer the following adjunctive therapies: LightForce class 4 Laser, decompression,

assisted stretch and massage. We are seeking a dedicated and passionate licensed Chiropractor in the state of Virginia to join either of our locations, Henrico and Midlothian. Base salary +/- % bonus, 1-week paid vacation. Please send your CV to tochiroguys2023@gmail.com

DC POSITION AVAILABLE: Virginia Beach, VA. We are looking for a Passionate. Driven. Pediatric. Prenatal. Focused Chiropractor to join our fabulous team of CAs and Doctors at Wave of Life Chiropractic. We are passionate about bringing chiropractic to help our community live with less frustration and more vitality. We are a cash based practice that sees 80% peds and prenatal. We have 2 female doctors and 2 locations. This is a fast paced, fun loving, team oriented job. We just had our holiday party with a meditative sound bath, pedicures, and brunch with a white elephant present exchange. Check out our IG to see more about our company [@waveoflifechiropractic](https://www.waveoflifechiropractic.com). We will train you in our processes and procedures, CLA Insight Exam equipment, ChiroTouch etc. as well as mentor you professionally to grow into the chiropractor you dream to be. Part time & Full Time Positions Available Salary: 75-95k/yr ICPA certification not required but an advantage Benefits PTO, Malpractice, 401K, License, Association dues. We expect you to be hungry to succeed and join our mission to bring prenatal and pediatric chiropractic to Hampton Roads. Please contact Dr. Carly Swift at drcarlo@waveoflifechiropractic.com or 757-358-0700.

DC POSITION AVAILABLE: Virginia Beach, VA. Established growing practice in search of full-time chiropractor. Starting at \$105,000 plus attainable bonus structure. Owner/partnership opportunities available for the right candidate. Located in beautiful Virginia Beach,

VA. Monday-Friday only. Set schedule with no surprises. Robust support staff including clinical assistants to proceed doctors and complete most documentation for established patients and billers onsite. Health, dental, and vision insurance available after 60 days. Vacation and sick leave provided. Malpractice insurance paid for. Professional yet family-like atmosphere. Please email: lisa@chiroeventsva.com or call (757)-580-0270.

DC POSITION AVAILABLE: Virginia Beach, VA. Established growing practice in search of full-time chiropractor. Starting at \$92,000 plus attainable bonus structure. Owner/partnership opportunities available for the right candidate. Monday-Friday only and a set schedule with no surprises. Two full days and three half days. Robust support staff including clinical assistants to proceed doctors and complete most documentation for established patients and billers onsite. Family practice with high concentration of athletes and military. Health, dental, and vision insurance available after 60 days. Vacation and sick leave provided. Malpractice insurance paid for. Professional yet family-like atmosphere. Please email: lisa@chiroeventsva.com or call (757)-580-0270.

DC POSITION AVAILABLE: Virginia Beach, VA. Virginia Beach. Looking for a full or part time chiropractor for busy office. As a member of our team, you'll have the opportunity to build your practice in the company of established docs from a variety of professional backgrounds, and enjoy the flexibility to use your favored approach and methods. Compensation negotiable. Contact tcvinick@gmail.com.

DC POSITION AVAILABLE: Virginia Beach, VA. Premier Health Chiropractic in VA Beach is an award-winning practice seeking full-time &

part-time DCs. Full-Time: \$100K Salary + signing bonus, paid holidays and a full benefits package available. Potential Relocation Bonus. Part-Time: \$60+ per hour, based on experience. Part-Time days available during the week or weekend. Email doctor@vabeachchiro.com or call Kenton at 312-434-3841.

DC POSITION AVAILABLE: Williamsburg, VA. Successorship: A better model The classic Associate Doctor model doesn't work. Who wants to build a practice only to leave and start over? Consider joining our thriving Williamsburg Virginia practice & earn a healthy living, have some fun, grow personally and professionally, & enjoy life! Guaranteed base + bonus, retirement plan, & (most importantly) direct path to partnership & ownership -- with the training and support needed to thrive, not just survive. (757) 876-0899, or email pchiro@performancechiropractic.com. More information at: <https://www.performancechiropractic.com/successor/>

EQUIPMENT: Arlington, VA. Gonstead like Flat bench - Good Condition \$100. Hill Portable Table in blue-Good Condition \$100. New Massage table, never used \$100. Narson Portable table with 2 drops in Red and Blue - Very Good Condition \$600. New \$1200. Call Dr. Wendy Jacobs (703) 892-0430 for more information.

EQUIPMENT: Charlottesville, VA. We have a [Protec Ecomax Processor Model 1186 with stand] along with free green cassettes in 2 different sizes 6 [8x10] & 6 [14x17] that we no longer use. Pick up only please. Last used was 2 years ago. Might need servicing since it has not been used or great for spare parts. Please email or call if interested. Daisy336@comcast.net 434-817-3666.

EQUIPMENT: Charlottesville, VA. **Continued on page 23**

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Multi Radiance Medical 2013 MR4 Super Pulsed Laser Console with (2) MR4 Laser Shower 50 4-D Emitters with Stand and Manuals for Sale. Has preprogrammed frequencies to eliminate pain and improve range of motion. Get patient results faster with laser. \$3,000.00 OBO. Please call (434) 245-8456 or email Terry@thelynchclinic.com.

EQUIPMENT: Fredericksburg, VA. Universal Unimatic 325 xray unit. You will need to remove. Available immediately. Bach Chiropractic and Acupuncture Clinic - 540-374-0998, jbachdc@gmail.com

EQUIPMENT: Mechanicsville, VA. Gently used intersegmental traction table for sale. It was lightly used by previous chiropractor who no longer practices at our office. It is fully functional with two spots of wear on the upholstery. You must pick it up! \$1500 OBO

EQUIPMENT: Mechanicsville, VA. Flat, stationary physical therapy table 22" high, 6' long and 23" wide. Needs to be reupholstered. Very sturdy with arm rests, face slot and shoulder cut outs. Must pick up. Willing to sell them separately. \$200 each

EQUIPMENT: Richmond, VA. Leander 950 vertical rise chiropractic table with motorized flexion distraction and all drops. \$4500.

EQUIPMENT: Roanoke, VA. WAVi is a CUTTING EDGE BRAIN ASSESSMENT and Cognitive training all in 1. NEW WAVi BRAIN Analysis for Sale. Paid \$14,500. Sale \$11,500. \$3,000 Savings includes a computer, assessment 3-helmets, and 4 containers of disposable electrode pads. Contact Dr. Karen @ 540-815-5077 or dr.karen@oasischiro.com. See more at <https://wavimed.com/>. <https://youtu.be/01dnjQaO5bo?si=3Tmm7Wikdao4nXfh>

EQUIPMENT: Virginia Beach,

VA. Zenith Hi-Lo table with pelvic drop (handle), thoracic break away, pelvic lift, cervical piece can move in flexion/extension, entire bottom region can move superior/inferior, as well as upper portion as well. Hi-lo works great with foot pedal. Selling for \$1000 OBO. Can help load into trailer. Located in Virginia Beach. Email admin@empowerhealthco.com or call/text 757-317-0124

EQUIPMENT: Virginia Beach, VA. Chiropractic table, zenith Hi-lo, hi-lo, hydraulic. Used zenith hi-lo table. It's completely functional and in real good shape. One minor tear in the material. \$500 takes it.

EQUIPMENT: Virginia Beach, VA. X-ray, x-ray processor, all Xray accessories. Summit Industries Americorp L501-01 Xray unit and a Konica SRX-101A X-rays processor with everything you need. \$3250 for all or \$800 for processor and \$2750 for X-ray. Great working condition. Not digital but can be upgraded. eBay link

EQUIPMENT: Washington, DC. Elite Pump Control Elevation Table - 1 lumbar drop. Adjustable headpiece. Used and in excellent condition. Color - Navy. \$2000 Must be able to pick-up on-site. No delivery. (If needs to be delivered, must pay for shipping.) Please contact stephaniejohnsondc@gmail.com

EQUIPMENT: Williamsburg, VA. 2 Chattanooga Intellect Legend Combo units for sale. Capable of IFC, Premod, Russian, High Volt and Ultrasound. Both work great. \$600.00 each or \$1000.00 for both. Call/text (757) 880-1564.

EVENTS: Various locations. ALL THE CEUs AND TEAM TRAINING YOU NEED! See the conventions, Nuts + Bolts Lunch & Learns, webinars, seminars, and online/on-demand programs the Unified Virginia Chiropractic Association (UVCA) has

coming up at Calendar - Unified Virginia Chiropractic Association | UVCA. Membership not required for most programs. Members usually enjoy discounted or free registration. Questions? Call 540-932-3100.

IC POSITION AVAILABLE: Ashburn, VA (One Loudoun). Partnership with an IC in Ashburn VA (One Loudoun). Preference like minded chiropractor with background in myofascial release & Dry Needling. Office is willing to grow your practice with their overflow of patients. Office space is in a 2200 sq foot multidisciplinary practice with fully equipped rehab space. Text 703-975-3278 or email ywong@mybwdoc.com.

IC POSITION AVAILABLE: Richmond, VA. Independent Contractor Opportunity in Richmond Suburbs: Established, busy office looking for IC ready to start or move an established practice. We know how to launch & grow a successful practice providing amazing support in all aspects of practice management with a highly trained staff. Our office of professionals is eager to offer this opportunity to the right doctor, new or experienced. Send CV/resume:rva.chiro.doctor@gmail.com

NON-DC POSITIONS AVAILABLE: Richmond, VA. Urgently Hiring! Massage Therapist. Dynamic, experienced massage therapist or new graduate needed for a part time position, make it full-time with the right person in the near future. We are Chiro Guys a brand new, modern practice with 2 locations. We are a wellness chiropractic office. In addition to Chiropractic care, we offer the following therapies: LightForce class 4 Laser, decompression, assisted stretch and massage. We are seeking a dedicated and passionate licensed massage therapist in the state of Virginia to join our Staples Mill Plaza location. Offering either a base salary,

% split, or straight space rental. Please send your CV to chiroguys2023@gmail.com

PRACTICES: Arlington, VA. Younger and growing chiropractic office in super-convenient Arlington (just off the orange line), seeking collaboration with an experienced DC or multi-office chiro business for gradual transition of ownership over the next few years. We also offer massage (3 therapists) and acupuncture services. Lots of great Google reviews and other positive social sharing. Appx 50/50 cash/BCBS with a little Medicare. Massage is 100% cash. Current DC (20+ years) open to possibilities to stay and assist with management, marketing, and/or treatment services as needed for a flexible amount of time. If you are a NOVA multi-practice group, this is an excellent opportunity to increase your footprint into one of the most population-dense areas in the region. Let's discuss and explore some options! NoVaDoc2023@gmail.com

PRACTICES: Washington DC Metro Area, VA. Retiring dr with very well-established practice looking for a new owner. Clinic utilizes a variety of adjusting techniques and physiotherapy. Additional services include physical therapy and laser therapy. Patients primarily come in through referrals or advertising. 3-day a week operation averaging 394 patient visits per month and collecting over \$46K monthly. For more details, please contact Practice Brokers, Inc. toll-free at 888-878-0027 or email info.practicebrokersinc@gmail.com.

PRODUCTS & SERVICES: Highland Beach, FL. FREE Video and Chiro Guide. 2 MUST SEE websites: www.bestchirovideo.com and www.bestchiroguide.com.

UVCA Education & Events for DCs & Their Teams

Now through March 30

CEU 6-PACK - *Online/OnDemand*
6 Type 1 CEUs, Assorted Topics & Speakers

Friday-Sunday, January
26-28

DRY NEEDLING CERTIFIED TRAINING - *In-Person*
By Dr. David Fishkin
Rockville, MD

Thursday, February 8
12:45 - 2:00 p.m.

Lunch at Rubino's - *Lunch/Social*
DISTRICT 2 CONNECTION
Ashburn, VA

Thursday, February 22
7:00-8:00 p.m.

HUMAN TRAFFICKING - *FREE Webinar*
By Dr. Eric Harrison & Mr. Joe Kryszak, Chiro Heroes
Sponsored by Stirling Professional
FULFILLS NEW VA. CEU REQUIREMENT

Thursday, March 14
1:00 - 2:00 p.m.

Nuts + Bolts Lunch & Learns - *FREE Webinar*
TRANSITIONING TO A CASH PRACTICE
By Dr. Miles Bodzin & Ms. Holly Jensen
For the Whole Team

Friday-Sunday, March
15-17

DRY NEEDLING CERTIFIED TRAINING - *In-Person*
By Dr. David Fishkin
Rockville, MD

Friday-Sunday, May 3-5



UVCA SPRING CONVENTION - *In-Person*
SPECIAL GUESTS Including Dr. Allesandra Colon of
"Crack Addicts"
Speakers Drs. Tim Bertelsman, James Demetrious, Giles
LaMarche, Mario Fucinari, Mark Sanna, and many more!
Richmond, VA
See page 3.

Ongoing

Online/On-Demand for DCs & CAs:

- **UVCA CA Certification Program**
- **New Rad Tech Ltd. Program**
- CA Training from Assistants for Chiropractic Excellence
- CEUs through ChiroCredit.com & EON!
- DOT Testing through TeamCME & NYCC

Supplier Member Events

UVCA Supporting Supplier Programs
Visit the calendar on UVCA's website especially for
programs & events from supplier members.

For more details, updates, and/or to register, visit the **Calendar of Events** at
www.viriniachiropractic.org

The Virginia Voice

Winter 2023-2024

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Editorial Committee: Scott Banks, DC; Michelle Rose, DC; Daniel Shaye, DC.

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We estimate that 78% of VCA dues are not deductible as a charitable contribution, but may be deductible as ordinary and necessary business expense. The remaining 22% is allocated to lobbying expenses and is not deductible. Further info. should be obtained from your tax advisor.