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Dr. David Webb completed his undergraduate training at the prestigious Xavier University of Louisiana in New Orleans, Louisiana. He then completed medical school and a postgraduate residency in Anesthesiology, at the Medical College of Georgia in Augusta, Georgia.

Dr. Webb further specialized his medical training, completing a fellowship in Regional Anesthesia and Acute Pain Medicine at the University of Pittsburgh Medical Center and an Interventional Pain Medicine Fellowship at the University of lowa.

During his medical training, he served as chair of the Resident Section of the American Society of Regional Anesthesia and Pain Medicine. He has published numerous peer-reviewed articles relating to all aspects of interventional pain medicine and has been involved in investigative clinical research which has opened new doors in the treatment of chronic pain.

Dr. Webb brings to Georgia Pain and Spine Institute a wealth of knowledge acquired through the years of training and in practice. He is double board certified in Anesthesiology and Pain Medicine and is one of a limited number of physicians in the country who is dual fellowship trained in both acute and chronic pain medicine.

Dr. Webb specializes in many interventional and noninterventional techniques.

## 2024 44 14 18



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## Dear **Georgia Chiropractors**,

I am humbled and honored to address you as the newly elected President of the Georgia Chiropractic Association. As the first Black president in the history of our esteemed organization, I am filled with excitement and gratitude for the trust and confidence you have placed in me. This milestone is not just a personal achievement, but a testament to our association's commitment to diversity, equity and inclusion.

Growing GCA membership is my passion, and I am committed to fostering an environment where ALL doctors of chiropractic in Georgia feel welcome and included – no matter their background, how they practice or their age, religion, race or beliefs. GCA is stronger when we embrace our differences and come together to advocate for what we all believe in – the power of chiropractic to make our patients well!

One thing we'll be advocating for during the 2024 legislative session is the insurance disclosure bill (H.B. 362), that seeks to correct a problem I brought to the Board of Directors. I am deeply grateful to our General Counsel, Aubrey Villines, for crafting legislation to address the issue of insurers not disclosing to doctors what they've paid on a bill once an attorney has rerouted the payment.

The bill, introduced last year by Rep. Dr. Karen Mathiak, passed the House, but didn't pass the Senate before the session ended. The bill is still alive, and I'm optimistic it will pass this year, but we need YOUR help!

- If you're not a member of GCA or the GCA-PAC, join today the more doctors we represent, the louder our voice is heard at the Capitol. And the more money the PAC can contribute to the campaigns of chiropractic-friendly legislators, the more likely our bills will pass.
- Build a relationship with your state representative and senator attend their town hall meetings, take them out for coffee or invite them to visit your office.
   When your legislator knows you personally, they're more likely to read your emails and take your calls on bills that are important to chiropractic.

Thank you for your support and commitment to the future of chiropractic care in Georgia. I am excited to serve as your president and look forward to the positive transformations we will achieve together.





A LETTER FROM THE PRESIDENT

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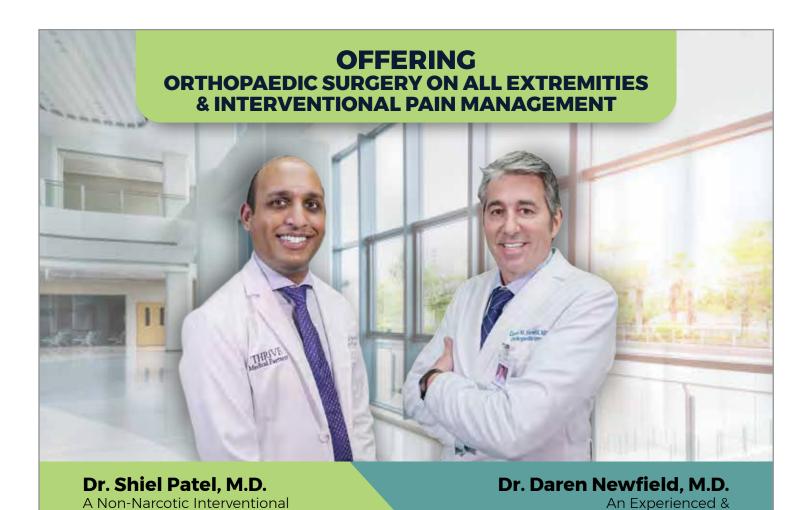
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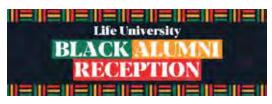
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### GCA Members Attend Life Extravaganza and Black Alumni Association Gala

GCA demonstrated its commitment to diversity and inclusion by sponsoring Life University's Black Alumni gala, a poignant gathering of Life's accomplished Black alumni during the Life Vision Extravaganza. Against the backdrop of the Cobb Galleria's elegant surroundings, alumni shared stories of their journey in the industry, reflecting on the strides made and the challenges overcome. It was a night of shared experiences, laughter and the forging of new connections.



## GCA Named State Association of the Year

GCA received the inaugural State Association of the Year Award during the Congress of Chiropractic State Associations in November for its work to add chiropractors to Georgia's lien statute.

GCA President Dr. Deborah Little, Treasurer Dr. Leana Kart and former Executive Director Valerie Smith networked with other state association volunteers and staff to share best practices in the profession.



## GCA Hosts Annual Holiday Party

The Georgia Chiropractic Association celebrated its annual holiday party in style at the Westside Cultural Arts Center on December 2. The upscale event featured attendees in their best dress clothes, accompanied by a lively DJ.



### GCA Successfully Hosts Another Under 40

GCA orchestrated a vibrant Under 40 party at the lively locale, Battle & Brew. Sponsored by Dr. Dawn Samad of ChiroTime and Chiropreneurs, the event unfolded in the relaxed ambiance of this video game and board game haven, allowing for a uniquely comfortable environment to establish new networks.

### **WINTER 2024**

**VOLUME 43, NO. 1** 

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## UPCOMING EVENTS

FEBRUARY 1 Chriopractic Day at the Capitol

FEBRUARY 8
GCA Under 40

MARCH 14 GCA After 5

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Members Recognized

By SeKoixa Gonzalez

GCA's 111th Annual Fall Conference & Trade Show proved to be a dynamic showcase of innovation and expertise in chiropractic. Industry leaders, chiropractic assistants and stakeholders from across the state convened to explore the latest advancements, exchange ideas and foster collaborations. The event's expansive trade show floor buzzed with activity, featuring cuttingedge products, technologies and services that promise to shape the future of Georgia chiropractors.

At the heart of the conference was the inauguration of Dr. Deborah Little as GCA's first Black president, a historic moment that carried through the entire

conference. Dr. Little's election stands as a testament to GCA's dedication to fostering leadership from diverse backgrounds, signaling a new era of inclusivity and empowerment within the organization. Her vision and expertise promise to guide GCA towards even greater heights of achievement.

An outstanding group at this year's conference was the dedicated GCA volunteer group, the Back Boosters, led by Edwenna Rodriguez and Dr. Noel Steinle. This group went above and beyond to organize a raffle and silent auction, with proceeds directed towards GCA's Political Action Committee.

### GCA's 2023 Award Winners

Chiropractor of the Year: Ben McDowell, D.C.

Dr. William M. Harris Lifetime **Achievement Award:** Philip Day, D.C.

Lifetime Membership: Larry Steinle, D.C. Karen Mathiak, D.C.

Dr. Deane Mink Membership Award: Philip Day, D.C.

Dr. Hazel Cotney Volunteer of the Year Award: Amber Jackson, D.C.

Dr. Howard E. Wasdin Award: Sen. Ed Harbison

President's Award:

Karen Mathiak, D.C. General Counsel Aubrey Villines Ralph Templeton, D.C. Leana Kart, D.C. Harry W. Brown, D.C.





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## An Observation on Neuro-Emotional Technique's Impact on the Brain

By Marc Ellis D.C. NMT, MSc, DACNB, FACFN, FABBIR



Who are we? Where is our mind located? What is the relationship between the mind and the body? These have been questions that humans have considered for thousands of years, including Dr. D.D. Palmer. We, as chiropractors discuss that subluxations can be

caused by thoughts, traumas and toxins. One of the greatest questions we have in neuroscience today is how thought would impact the body.

Dr. Daniel Monti, Director of Integrative Medicine at Thomas Jefferson University, is highly interested in helping answer these types of questions. In his quest to do so, he has been working with the One Foundation (OneFoundation.org) to study the effects of Neuro-Emotional Technique on human health.

The researchers enrolled 23 participants who had cancer where in this research program they experienced anxiety for a minimum of six months. The participants were initially given a variety of psychological assessments. These included the Impact of Event Scale (IES), State Trait Anxiety Index (STAI), the

Brief Symptom Inventory (BSI) and the Posttraumatic Cognitions Inventory (PTCI).

Patients were randomly selected to either receive Neuro-Emotional Technique treatments or be placed in a control group. The control group did not receive any treatment. All participants were placed in a functional magnetic resonance scanner (fMRI) and were then read a script related to their personal trauma. While the script was read, the patient's heart rate was monitored and the fMRI was performed. Patients had an increase in heart rate, in response to hearing the script read. The fMRI scans showed an increase in brain activity in several brain regions: the parahip-pocampal nuclei, anterior cingulate, insula, brainstem and midline cerebellum.

The hippocampus, cingulate and insula being activated made sense to the researchers, as these areas are known to be related to stressful memories. However, they were surprised to see the involvement of the midline cerebellum. The midline cerebellum has been primarily thought of as an area that controls the motor functions of the spine and eyes. It has only recently been observed in the last few decades that the cerebellum is involved in emotional processing. The most famous researcher in this area is Jeremy Schmahmann M.D., the author of "The Cerebellum

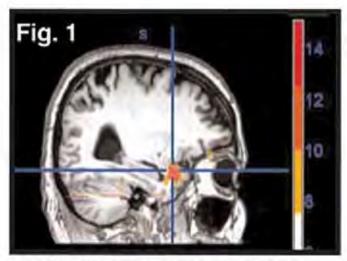


Fig. 1: This fMRI shows what the brain looks like during the re-experiencing of an unresolved trauma before a patient is treated with NET.

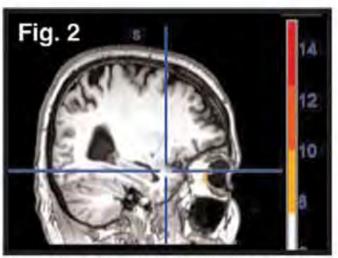


Fig. 2: After NET the fMRI shows the brain has returned to normal functioning — even when again exposed to the same stimulus that was traumatic before treatment.

and Cognition". There is an increased realization that the cerebellum is not simply involved in motor control, but that it also is involved in cognitive processing. This has led the scientific community to expand the classical networks of the limbic system to include the cerebellum as well. The initial set of data showed that the patients involved in these studies had subjective increases in stress scales. It also demonstrated increased autonomic responses and increased excitation in brain physiology.

After the initial scans were performed, the treatment group underwent 3-5 NET sessions. One of the researchers, Andrew Newberg, M.D., a professor of emergency medicine and radiology, discusses how amazed he was, watching one of the NET sessions. Dr. Newberg noted the NET practitioner helped the participant recognize their trauma as a cancer patient. It was correlated with the trauma they experienced at seven years old when a parental figure was diagnosed with colon cancer. Through muscle testing, the practioner was able to make this conclusion.

After the NET treatments, the initial tests were performed again. The control group did not have any changes in their findings. The treatment group showed improvements in all their initial assessments. The participants demonstrated improvements in somati-

zation ratings, depression and anxiety ratings. They also showed physical improvements in the autonomic nervous system, as demonstrated by a decrease in heart rate.

Post fMRI findings appeared to show improvement, showing a decrease in the previously heightened brain areas. In an interview, Newberg commented he has been published over 200 times as well as mentioning he has never seen the brain change so significantly in such a short period of time.

If you would like to learn more about the Neuro-Emotional Technique or the One Foundation you can go to OneFoundation.org. You may be interested in reading their other papers like the Chronic Low Back Pain Study. Research is showing that Neuro-Emotional Technique is effective in helping people with problems ranging from pain syndromes to anxiety or post-traumatic stress disorders.

## Non-Competition Agreements:

## An Imperfect Summary of Issues & Trends

By Mark Cohen, J.D., ATV and Aubrey Villines, J.D., ATV

### **Foreword**

I am constantly asked if non-competition agreements (covenants not compete are enforceable in Georgia? The short answer is yes but enforceability depends on varying factors, not the least of which is the specific terms of the agreement and the facts of the situation. I have litigated successfully in enforcing non-competition agreements and have litigated successfully against their enforcement. This article is an imperfect summary of the most common issues regarding noncompetition agreements. I cannot overemphasize enough the need to consult an attorney familiar with noncompetition agreements before a noncompetition agreement is signed. Sadly, most people consult the attorney after the agreement is executed with the hopes of either enforcing it or invalidating it.

### **Issues & Elements**

Some of the more pertinent provisions of O.C.G.A 13-8-50 at seq. are as follows:

Georgia courts can enforce noncompete agreements if they support a legitimate business interest; They are applied to an employee who has regular contact with customers and is in a sales or management position; and they are reasonably limited in duration, geographic area covered, and the activities restricted. Ga. Code Ann. § 13-8-53 (a)

The General Assembly finds that reasonable restrictive covenants contained in employment and commercial contracts serve the legitimate purpose of protecting legitimate business interests and creating an environment that is favorable to attracting commercial enterprises to Georgia and keeping existing businesses within the state. Further, the General Assembly desires to provide statutory guidance so that all parties to such agreements

may be certain of the validity and enforceability of such provisions and may know their rights and duties according to such provisions.

Section 13-8-54 - Judicial construction of covenants

- (a) A court shall construe a restrictive covenant to comport with the reasonable intent and expectations of the parties to the covenant and in favor of providing reasonable protection to all legitimate business interests established by the person seeking enforcement
- (b) In any action concerning enforcement of a restrictive covenant, a court shall not enforce a restrictive covenant unless it is in compliance with the provisions of Code Section 13-8-53; provided, however, that if a court finds that a contractually specified restraint does not comply with the provisions of Code Section 13-8-53, then the court may modify the restraint provision and grant only the relief reasonably necessary to protect such interest or interests and to achieve the original intent of the contracting parties to the extent possible.

Section 13-8-55 - Requirements of person seeking enforcement of covenants

The person seeking enforcement of a restrictive covenant shall plead and prove the existence of one or more legitimate business interests justifying the restrictive covenant. If a person seeking enforcement of the restrictive covenant establishes by prima-facie evidence that the restraint follows the provisions of Code Section 13-8-53, then any person opposing enforcement has the burden of establishing that the contractually specified

restraint does not comply with such requirements or that such covenant is unreasonable.

A Georgia non-compete agreement is a limitation on the ability of an employee to carry out work in a particular field, over a specific geographic area, for a defined time, or some combination of the three.

Businesses can use non-compete agreements in Georgia, but they are considered difficult to enforce relative to other states. Agreements arising from a business's sale are more likely to be enforced than those stemming from an employment contract.

### Non-Competes are Enforceable in Georgia

Georgia courts can enforce non-compete agreements if:

- They support a legitimate business interest;
- They are applied to an employee who has regular contact with customers and is in a sales or management position; and
- They are reasonably limited in duration, geographic area covered, and the activities restricted. Ga. Code Ann. § 13-8-53(a).

### **Level of Scrutiny**

The level of scrutiny with which courts examine non-compete agreements depends on the source of the agreement.

- Non-compete agreements contained in an employment contract receive strict scrutiny.
- Non-compete agreements arising from the sale of a business receive little scrutiny.

 Non-compete clauses in professional partnership agreements receive an intermediate degree of scrutiny.

W. Coast Cambridge, Inc. v. Rice (2003).

### Reasonableness

Whether a non-compete agreement is reasonable depends on three factors:

- 1. The geographical reach of the limitation
- 2. The duration of the limitation
- 3. The scope of the activities that an employee is prohibited from pursuing.

Reardigan v. Shaw Industries (1999).

### **Geographic Reach**

A non-compete agreement must be specific about the territorial limitations where former employees know they are not allowed to conduct business. (W.R. Grace & Co. v. Mouyal (1992)).

Agreements preventing a former employee from operating in the territory they used to work are presumed valid. (Reardigan v. Shaw Industries (1999)).

Geographic limitations related to the territory where a former employee used to work are much more likely to be upheld than those concerning the entire region where the former employer does business. (Howard Schultz & Associates of the Southeast v. Broniec (1977)).

The territory covered by a noncompete agreement must be established when the agreement is signed; agreements that permit a former employer to add territory restrictions after signing are not enforceable. (New Atlanta Ear Nose and Throat Associates v. Pratt (2002)).

### Scope of Activity

Restrictions in a non-compete agreement on what a former employee may do in the future are considered with the limits on the employee's activity. Restrictions beyond calling on clients the former employee served must generally be limited to the territory where

the employee worked. (Paramount Tax & Acct., LLC v. H & R Block E. Enterprises, Inc. (2009)).

### **Trade Secrets**

Georgia law does not require a non-compete agreement or contract to prevent a former employee from disclosing trade secrets. Ga. Code § 10-1-762.

However, valuable business information that does not meet the definition of Georgia's Trade Secrets Act may be validly protected through a non-compete agreement. (Sunstates Refrigerated Services, Inc. v. Griffin (1994)).

### **Prohibited Professions**

Lawyers may not enter an employment agreement or partnership agreement that limits a lawyer's right to practice after the relationship concludes, except for agreements concerning retirement benefits. Lawyers also may not settle a case in such a way that restricts their right to practice. Rule 5.6, Georgia Rules of Professional Conduct.

Physicians may be subject to noncompete agreements resulting from the sale of a medical practice or a professional partnership agreement. (Physician Specialists in Anesthesia v. MacNeill (2000)).

### **Terminating an Employee**

There are no appellate cases deciding whether terminating an employee makes a non-compete enforceable against the employee. However, the use of the word "termination" throughout Ga. Code Ann. § 13-8-53(a) does not distinguish between an employee or an employer termination, suggesting that it may be enforceable in either case.

### **Burden of Proof**

The party seeking to enforce a noncompete agreement has the burden of proving that, if the agreement is not enforced, the former employee would be able to target clients the former employee served while working for the employer. (Howard Schultz & Associates of the Southeast v. Broniec (1977)).

### **Continued Employment**

Continued employment is sufficient consideration to support a non-compete agreement that is part of the sale of a business. Still, it is not clear that a non-compete agreement in an employment contract where the only consideration is continued employment is enforceable. (S. Hammond Story Agency, Inc. v. Baer (1991)).

### **Maximum Term**

No statute specifies the maximum term for a non-compete agreement, and Georgia courts have declined to set a maximum amount. However, they have upheld limitations for as long as five years. (Johnson v. Lee (1979)).

### **Blue Penciling**

If a particular provision of a non-compete agreement contained in an employment contract is unreasonable, the entire agreement is unenforceable. However, suppose a provision in a non-compete agreement that is ancillary to the sale of a business is unreasonable. In that case, a judge may eliminate the unreasonable portion to make the rest of the agreement enforceable. (Advance Technology Consultants v. Roadtrac (2001))

Often non-compete agreements are challenged on contracting public policy.

### O.C.G.A 13-82 Contract

Contracting Public Policy Generally

- (a) A contract that is against the policy of the cannot be enforced. Contracts deemed contrary to public policy include but are not limited to:
  - (2) Contracts in general restraint of trade, as distinguished from contracts which restrict certain competitive activities, as provided in Article 4 of this chapter.

Again, non-competition agreements can be enforced or invalidated based upon numerous factors. I caution all providers to seek review of the non-competition agreement prior to execution of some.



## Embracing TikTok & Redefining Social Media for Every Generation

In less than fifty years, we've witnessed the evolution of the worldwide web, from its humble beginnings to the age of augmented reality and artificial intelligence. Among this digital renaissance, TikTok stands as a beacon of innovation, captivating audiences with its dynamic content and engaging community.

At first glance, TikTok may seem like an enigma, a realm of boundless creativity and rapid-fire videos. However, unlocking its magic lies in understanding its ingenious algorithm. The cornerstone of this experience is the famed "For You Page" (FYP), a personalized feed tailored to each user's preferences.

Upon setting up your profile, TikTok quickly homes in on your interests and favorite celebrities, curating a FYP that mirrors your unique tastes. But that's just the beginning. Your interactions within the app — watching, rewatching, liking, commenting, sharing and saving — shape the content that influences your feed. Utilizing the search engine to explore specific filters, songs, hashtags, users, and popular sounds further refines the content that appears. In less than a minute, the algorithm adapts to serve you better. The dynamic app might seem daunting, yet it offers a golden opportunity for businesses seeking to connect with a broader audience.

Staying relevant is the key to thriving on TikTok, and age is no barrier to entry. Embracing the latest dance trends or infusing popular memes with your unique business message can elevate your presence on the platform. The app's expansive user base and rapidly changing landscape may seem overwhelming, but rest assured, there's a place for everyone on TikTok. The FYP is a testament to its commitment to individuality, ensuring that every user finds content that resonates with them and contrary to popular belief, over 65% of its users are over the age of 35, highlighting the platform's broad appeal.

TikTok is platform that celebrates individuality, inviting us all to share our unique perspectives with the world. So, whether you're a seasoned explorer of the digital realm or taking your first steps, TikTok welcomes you to a community where age is but a number, and inspiration knows no bounds. Embrace the adventure and let TikTok redefine the way you experience social media.

Stay tuned for some TikTok tips in the next edition of *The Georgia Chiropractor*.





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## Osteoarthritis A Comprehensive Approach To A Widespread Disorder

Paul A. Goldberg, B.A., B.S., M.P.H., D.C., D.A.C.B.N., D.C.B.C.N. Consultant to the Goldberg Tener Clinic

Health care practitioners have been widely misinformed as to the causes of osteoarthritis and how to address it. Millions of patients have received inappropriate information and care from their health care providers leading to ongoing disability that might have been prevented.

Osteoarthritis afflicts over 32.5 million Americans¹ and is the most common cause of disability in the United States, causing great suffering and financial loss. It is a public health and clinical issue that has been given insufficient attention, failing to bring adequate care to those afflicted.

### Osteoarthritis Defined

The traditional perspective on osteoarthritis is that it is a mechanical form of "wear and tear" arthritis, as opposed to other forms of arthritis that are systemic, metabolic and or autoimmune in nature e.g. rheumatoid arthritis.

This simplistic categorization has led to physicians viewing patients with osteoarthritis as having a condition that is an inevitable part of aging. Patients are administered anti-inflammatories, physical therapy and, in time, joint replacement as the expected course of action for this life altering disorder. This misunderstanding of osteoarthritis as simply being the result of wear and tear has led patients to resigning themselves to suffering with progressive disability without understanding the etiological factors involved and what effective steps can be taken to prevent its occurrence and address it once established.

An analysis of the etiological factors involved with osteoarthritis reveals the following underlying issues present in varying degrees depending on the individual patient.

### **Biomechanical Issues**

Biomechanical issues can play a significant role in the evolution of osteoarthritis. Imbalances of the feet, legs, pelvis and supporting muscle groups can result in degeneration of the joints including the knees and hips which can be transferred to problems in the spine and shoulders.

A patient history of athletic activities like distance running or heavy physical labor can play a role in osteoarthritic development if biomechanical imbalances are present. An analogy would be car tires. If the alignment of the tires is good, the tires might last forty to sixty thousand miles. The same set of tires, however, if the wheels are misaligned, will wear out far more rapidly.

Biomechanical issues call for a practitioner versed in correcting structural imbalances. Doctors of chiropractic and/or sports podiatrists, trained in the relationships between structure and function are logical choices. Attention to the patient's biomechanics can help protect and preserve joint integrity. It should be noted that rational physical labor and exercise alone have not been proven to be primary etiological factors in the evolution of osteoarthritis when the body is in good biomechanical form.

### Metabolic Issues

Metabolic issues are the most overlooked area in the care of patients with osteoarthritis.

The division between rheumatoid arthritis and osteoarthritis is not clear cut. Activation of the immune system is frequently present in both types of rheumatic disorders i.e., rheumatoid and osteoarthritis. Many of the same etiological factors are involved in both types of conditions.

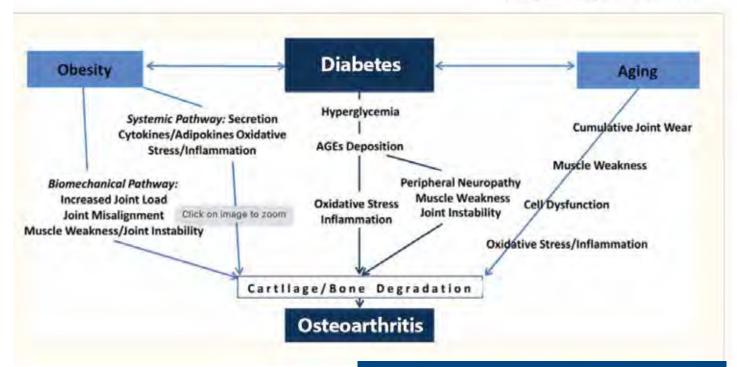
"...evidence indicates the same complex symphony of mediators underlie inflammation in both osteoarthritis and rheumatoid arthritis."<sup>2</sup>

The common belief that osteoarthritis is solely the result of wear and tear is incorrect. The aging process contributes to wear and tear on all tissues of the body, yet some people develop osteoarthritis in their thirties and others much older show no sign of it

A contributing factor in osteoarthritis relates to the patient's blood sugar status and excessive tissue glycation. "High blood sugar may have a direct impact on cartilage and bone health, due to Advanced Glycation End products (AGEs) forming in the bloodstream... the result of protein or fat combining with sugar... AGEs can damage bone and cartilage," <sup>3</sup> The damage to the joints caused by ongoing glycation particularly affects those with diabetes. With 50 percent of the adult population having some form of dysglycemia, a wide swath of the U.S. population is subject to osteoarthritis due to blood sugar imbalances including those with pre-diabetes. Hyperglycemia-induced accumulation of advanced glycosylation end products in fibroblast-like synoviocytes promotes knee osteoarthritis<sup>4</sup>

### Cartilage Glycation And Other Factors Leading to Osteoarthritis

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### **Environmental Toxicological Factors**

"Toxic factors from the environment can play a major role in numerous metabolic and autoimmune conditions." Heavy metals are present in many environmental pollutants and have cumulative effects on the body through water or food, which can lead to several diseases, including osteoarthritis.<sup>5</sup>

Organic compounds including pesticides, widely present in the environment are also implicated in the etiology of osteoarthritis. Elevated concentrations of a pyrethroid metabolite (3-PBA) in the body for example have an association with increased osteoarthritis (OA) risk among US adults.<sup>6</sup>

### Obesity/Diet/Nutrition

Overweight conditions place excess stress upon the joints. Obese patients particularly require an individual health and nutrition program resulting in weight loss. Their program should ensure dietary adequacy and take note of other factors contributing to a loss of tissue integrity including digestive problems, dysglycemia and toxicity.

Osteoarthritis, like other chronic health issues requires a comprehensive, individualized approach. At The Goldberg Tener Clinic we include in our assessment the following:

- 1) Biomechanical Evaluation
- 2) Metabolic/Nutritional/Digestive Evaluation (including looking for evidence of Dysglycemia)
- 3) Toxicology Evaluation
- 4) An individualized health program aimed at specific etiological factors in the development of osteoarthritis and improving the general health of the patient.

Osteoarthritis involves multiple etiological factors. All should be addressed for our patient's benefit both in terms of prevention and the restoration of health. Osteoarthritis is not simply a "wear and tear" disorder. To consider it as such is to shortchange the well-being of our patients and their enjoyment of life.

<sup>&</sup>lt;sup>1</sup> https://www.cdc.gov/arthritis/basics/osteoarthritis.htm

<sup>&</sup>lt;sup>2</sup> Bland, Jeffrey Ph.D. Nutrigenomic Modulation of Inflammatory Disorders Metagenics Educationaol Programs January 1, 2004

 $<sup>^{\</sup>scriptscriptstyle 3}$  Jessica Star, MD Hospital for Special Surgery NYC Creaky Joints.com 7/29/19

 $<sup>^4 \</sup> Exp \ Mol \ Med. \ 2021 \ Nov; 53(11): 1735-1747. \ Published \ online \ 2021 \ Nov \ 10. \ doi: 10.1038/s12276-021-00697-6 \ PMCID: PMC8639977 \ PMID: 34759325 \ PMC8639977 \ PMC863997 \ PMC$ 

<sup>&</sup>lt;sup>5</sup> Identification for heavy metals exposure on osteoarthritis among aging people. A study based on NHANES 2011-2020Fang Xia, Qingwen Li, Xin Luo, and Jinyi Wu Front Public Health. 2022; 10: 906774. Published online 2022 Aug 1. doi: 10.3389/fpublh.2022.906774

<sup>&</sup>lt;sup>6</sup>BMC Public Health as reported in Rheumatology (Oxford). 2018 May; 57(Suppl 4): iv61-iv74. Published online 2018 Apr 17. doi: 10.1093/rheumatology/key011 PMCID: PMC5905611



## Georgia Chiropractors Gear Up for a Pivotal Legislative Session

By SeKoixa Gonzalez

As the upcoming legislative session begins, the Georgia Chiropractic Association is gearing up for a session that promises to be markedly different from the last. At the forefront of their concerns is House Bill 362, also known as the insurance disclosure bill, which holds significant implications for all chiropractors in the state.

GCA General Counsel Aubrey Villines, a key advocate for the bill, shed light on its genesis. In a Board Meeting, President Dr. Deborah Little explained insurers would not disclose how much they paid on a bill if it had been re-routed to an attorney. Villines developed the disclosure bill as a solution. Working alongside Rep. Dr. Karen Mathiak, the primary sponsor of the bill, they collaborated with legislative counsel to craft the legislation.

The bill, if passed, would require insurance companies to provide doctors, upon written request, with a detailed account of payments and reimbursements for their services within 30 days.

Villines emphasized that this legislation extends beyond the chiropractic realm, benefiting all healthcare providers. This inclusivity, he notes, not only reflects the right course of action, but also bolsters the profession's support and credibility.

Villines highlighted the growing problem within the chiropractic community, "We have doctors [who are] getting 1099s for payments they did not receive." The bill seeks to address this issue by providing clarity on payments, ensuring healthcare providers receive fair compensation for their services.

In addition to the insurance disclosure bill, other pieces of legislation are on the radar. One such bill pertains to physical therapists and potential changes to their supervision requirements. While the GCA maintains a neutral stance, the organization will remain vigilant to ensure other language is not added that would negatively affect chiropractors.

Another area of interest is dry needling, a technique occupational therapists wish to add to their







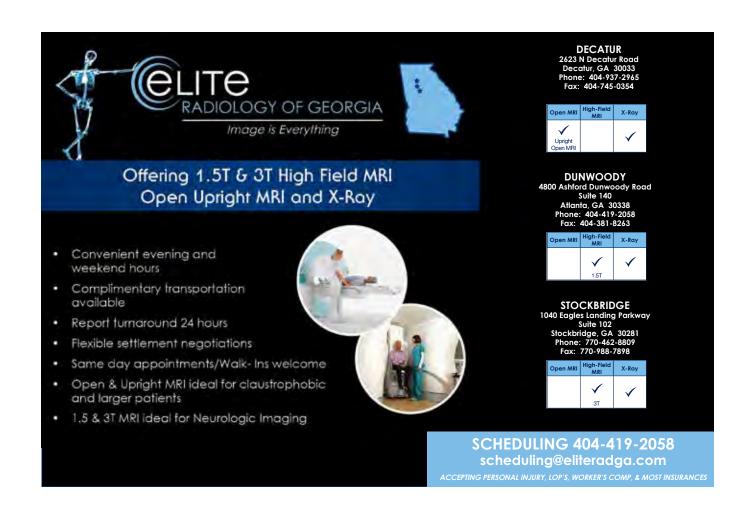
scope. While GCA maintains neutrality, it will closely monitor the bill's progress, recognizing its potential significance for chiropractors seeking to expand their scope of practice.

Tort reform is also under observation, with its potential to limit recoveries and alter dynamics for lawyers in certain cases. While chiropractors are less frequently involved in medical malpractice suits, the bill's implications for patient access to healthcare remain uncertain.

To champion these legislative endeavors, grassroots efforts play a pivotal role. One-on-one engagements with local legislators, lunches, office tours and phone calls are just some of the strategies chiropractors

employ to build relationships with their legislators and advocate for their causes. "If GCA asks you to contact your legislator during the session, please do as soon as possible, as the legislature's proceedings can be swift," Villines said.

The Georgia Chiropractic Association's Political Action Committee (PAC) serves as the financial arm of these efforts, making contributions to legislators who support chiropractic initiatives. Villines urges all supporters, regardless of their professional background, to get involved in grassroots efforts and contribute to the PAC, highlighting the critical role it plays in advancing chiropractic interests.





























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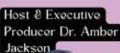








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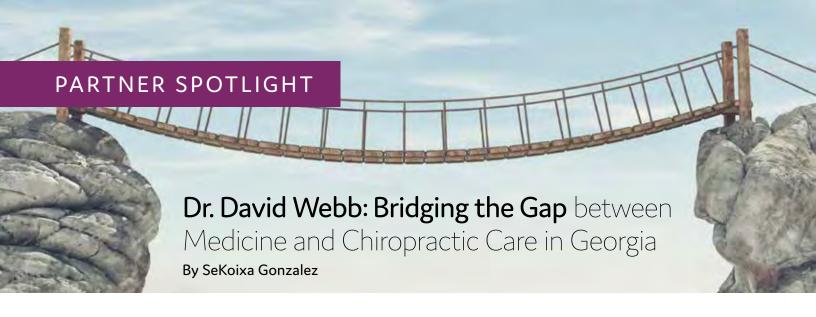


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In the bustling city of Atlanta, Dr. David Webb stands as a prominent figure at the intersection of medicine and chiropractic care. As the proud owner of Georgia Pain and Spine, he has not only become a trusted name in the healthcare industry but has also been a committed Gold Partner of the Georgia Chiropractic

Association and a Founders'-level donor to the GCA-PAC. As the legislative session looms in January, Dr. Webb's commitment to bridging the gap between traditional medicine and chiropractic practices takes priority.

Dr. Webb's journey into the world of chiropractic care began in 2016 during a business trip to Las Vegas. Intrigued by the potential collaboration between interventional pain management and chiropractic care, he explored how these disciplines could collaboratively benefit patients. "I found myself constantly in connection with chiropractors due to personal injury, leading me to inquire and learn more about how chiropractic can be beneficial in a treatment plan alongside other essential personnel," Webb reflected.

Central to his philosophy is the belief in the importance of conservative treatment options. Webb emphasized, "It is essential and important that conservative treatment be implemented because a lot of injuries that are sustained can be managed conservatively. The mission is to reduce the number of opioids that are inappropriately prescribed and used for chronic long-term pain. The very first step in any treatment plan is to consider conservative treatment, with chiropractic being on the front lines."

What drew Webb to the chiropractic community was not just the expertise of the doctors, but their

attitude of servitude. He found immense value in the fact that chiropractors actively seek noninvasive treatments before resorting to pain medications and surgery. "I love their willingness to think outside the box," he said. This admiration for chiropractic principles has not only shaped his professional approach but has also allowed him to expand his network.

Networking within the chiropractic community proved to be a transformative experience for Dr. Webb. Through interactions with practitioners like Dr. Leana Kart, he discovered the importance of collective advocacy. Kart's encouragement led him to become a member of the GCA-PAC aligning his practice with GCA's mission, "I want to be assured when I refer someone out that they are getting the best quality of care. By providing the fiscal means to protect the chiropractic practice, that quality of care is protected. They look out for my patients, and I look out for them."

As the legislative session approaches, Dr. Webb sees himself as a bridge between medical practitioners and chiropractors. He recognizes the need for change at the capitol and actively supports the political action committee.

"Change needs to take place at the capitol. I am setting an example and being a role model to my peers in the medical industry simply by facilitating support from across the aisle. I sit and listen to these doctors and hear what they have to say and find ways to support the political action committee," he asserted.

In his quest to foster understanding, Dr. Webb advocates for exposure, education and discussion within the medical community. He believes these elements are crucial in healing the divide between medical practitioners in today's world. By actively participating in the GCA and PAC, Webb stands as a testament to the power of collaboration in revolutionizing healthcare practices, ensuring a holistic approach to patient care and setting a precedent for a united front as the legislative session unfolds.

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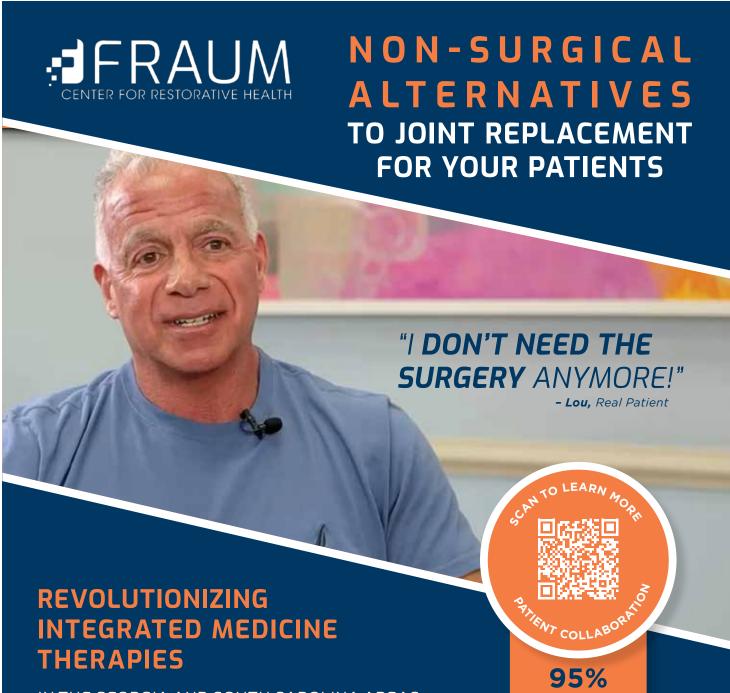
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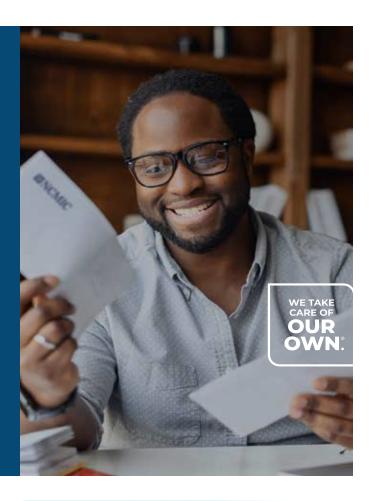
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### INSIGHTFUL IMAGING

By J.C. Carter, D.C., D.A.C.B.R.



Dr. Carter is a GCA member. He maintains a busy film reading practice at 4480-H S Cobb Dr. #325, Smyrna, GA 30080 and is a full time faculty member at Life University. If you have **questions regarding his film reading service** please call 678-424-8588 or email at jccarterdc@gmail.com.

## Flap Fracture

A flap fracture represents a fracture of the greater tuberosity of the proximal humerus. It is typically the result of direct trauma such as a fall. It can also be fractured as part of an anterior humeral dislocation. Occasionally the tuberosity can be avulsed from violent muscular contraction. Younger patients tend to have more displacement of the fracture fragments than older patients.

The best view to demonstrate a flap fracture is the external rotation view of the shoulder. The degree of displacement of the fracture fragments is variable.

Minimally displaced fractures can often be treated conservatively. Fractures that are displaced more than a centimeter typically require surgical intervention. If there is a clinical question regarding the integrity of surrounding soft tissue, an MRI would be of value. If the soft tissue in question is the glenoid labrum, the MRI should be ordered with contrast.



(Figure 1). Note the minimally displaced comminuted fracture of the greater tuberosity best seen on the external rotation view.





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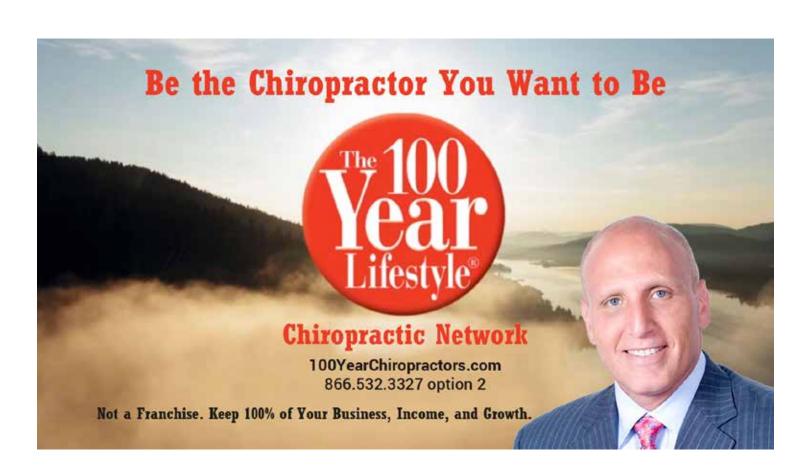
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### MEMBER SPOTLIGHT

# Janay Johnson: Pioneering Excellence in Chiropractic Care at Grid Chiropractic

By SeKoixa Gonzalez



In the heart of Macon, Grid Chiropractic is led by the dynamic Janay Johnson, its CEO and Director of Business Development. In an exclusive interview, Johnson shared the remarkable journey that brought her into the world of chiropractic and her vision for the clinic's future.

Johnson's involvement with chiropractic began when she took a position as a chiropractic assistant (CA) and after years of dedication and continuous learning, she propelled into leadership, positioning her as a leader at Grid Chiropractic.

"I embarked on my chiropractic career after starting a position as a CA. My years of dedication and continuous learning brought me to where I am today, leading Grid Chiropractic with a commitment to innovative and compassionate care," Johnson reflected.

Her introduction to Dr. Ken Bartlett, the clinic's founder, was no ordinary encounter. A serendipitous blind date blossomed into both a personal and professional partnership. Bartlett, an associate at a practice facing significant challenges, joined forces with Johnson to establish Grid Chiropractic. Together, their love story and shared passion for chiropractic have become the driving force behind the clinic's commitment to excellence.

"Witnessing practices we felt were unethical fueled our determination to establish Grid Chiropractic, where we could uphold the highest standards and provide a haven for our community's well-being," Johnson explained.

Grid Chiropractic distinguishes itself from other clinics in the Macon area through its commitment to redefining the chiropractic experience. Johnson emphasized how the clinic offers a unique fusion of spa-like care and cutting-edge approaches, creating an environment that transcends the typical chiropractic setting. This blend of tranquility and innovation positions Grid Chiropractic as pioneers in the field, providing a transformative journey to optimal health and vitality.

While not a chiropractor herself, Johnson's decision to join the Georgia Chiropractic Association (GCA) reflects her dedication to advancing holistic well-being. By leveraging her expertise in business development, she contributes to the clinic's growth and outreach.

"Joining GCA aligns seamlessly with my commitment to excellence and positions me as an integral part of the team, contributing to the clinic's mission of providing exceptional care and promoting overall well-being," she said.

Looking towards the new year, Johnson envisions continuous growth and innovation, both personally and professionally. Professionally, she aims to contribute to the ongoing success of Grid Chiropractic by exploring new avenues for outreach and community impact. Moreover, in line with their commitment to the chiropractic community, Grid Chiropractic aspires to lead a GCA chapter in Macon, fostering a collaborative environment where practitioners can elevate the standards of chiropractic excellence.

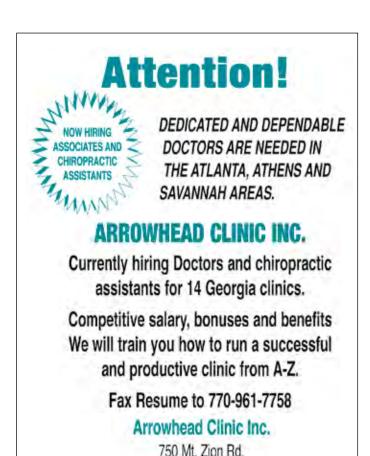
In Janay Johnson, Grid Chiropractic has found a leader with a passion for excellence, a commitment to community well-being and a vision that extends beyond the clinic's walls. As Grid Chiropractic continues to thrive under her guidance, the Macon community can expect transformative and unparalleled chiropractic care.











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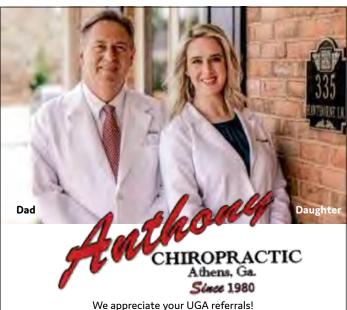








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INJURY 2 WELLNESS CENTERS (Decatur, Clarkston, Lithia Springs, Jonesboro, Norcross) is hiring Full/Part-Time Chiropractic Assistants! Candidates MUST have a friendly disposition, 3 years of front office and patient care experience and EHR experience. Starting pay \$14-\$28/hour based on experience. Send resume to ADMIN@i2wc.com for consideration.

### WANTED: A "WELL-ADJUSTED" CHIROPRACTOR WHO IS ALIGNED WITH OUR VALUES. Do

you want to put your chiropractic skills to work with a team in a multi-specialty medical clinic? Two locations in Knoxville, TN, less than an hour away from the Great Smoky Mountains! Learn more and apply today!

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EAST GEORGIA HEALTHCARE LOOKING FOR FULL-TIME CHIROPRACTOR TO JOIN OUR TEAM IN SWAINSBORO, GA - This is an excellent opportunity for a motivated and dedicated professional. Qualifications: \*Doctor of Chiropractic degree \*Active Georgia License Benefits: Great benefit package Please submit your resume to cscarboro@eghc.org www.eghc.org

ASSOCIATE CHIROPRACTOR- Est. 1997 - Thriving Chiropractic clinic seeking an associate doctor to join our successful team. Located in Augusta, Georgia, Pidcock Chiropractic, Inc. provides paid vacation, paid holidays, malpractice insurance, health insurance, and a retirement savings plan for its doctors and staff. Hours for the position are: 8AM to 1PM, 2:15PM to 6PM, Monday - Thursday. Friday hours are 8AM to

12PM. Salary range is \$92,000 to \$110,000. Please send resume to Dr. Scott Pidcock at pidcockposition21@gmail.com today and please visit our website at www.pidcockchiropractic.com.

### ••••• ACTIVATOR ASSOCIATE NEEDED IN SAVANNAH.

Established Activator clinic in beautiful Savannah looking for associate proficient with Activator. Send resume to office@daychiropracticsavannah.com.

**ASSOCIATE/ CHIROPRACTOR WANTED - The Sweat** Institute for Atlas Orthogonal Chiropractic -Atlanta, Georgia is Hiring an interested Doctor of Chiropractic to learn, train and practice the Atlas Orthogonal Chiropractic Program. The AO Placement for X-rays & Procedures, Digital x-ray analysis and Instrument adjusting all come with the Basic I -IV Course study work. Interested Doctors only, please send email to tecla@sweatinstitute.com

### CHIROPRACTORS NEEDED FOR PERSONAL INJURY CLINIC IN POWDER SPRINGS. Motivated,

Responsible and Entrepreneurial, Activator trained and great with patients and a team player. This is a long term practice and there is room for more than one Chiropractor. Fill in Chiropractors needed as well. Long term wanted, with possible buy-in or start your own practice in the same space, opportunities. Large building with all therapies and X-rays needed for a successful business. All interested please email: bkais444@gmail.com

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#### **SEEKING INDEPENDENT CONTRACTOR IC TO** TAKE OVER SOME OF MY PATIENT LOAD AND

BUILD THEIR OWN PRACTICE. Must be an excellent adjuster. Must have bio-mechanical skills and be in shape enough to perform our muscle energy techniques based upon PNF stretching and also have the energy, willingness and desire to learn. Earning potential 1st year \$75,000-\$90,000. Contact Robert Pruni - docpruni@ninjakour.ninja or 404 831-1400

### **PRACTICES FOR SALE**

PRACTICES FOR SALE: AL, AR, AZ, CA, CT, CO, DE, FL, GA, IL, IN, LA, MA, MD, MS, MO, NJ, NH, NC, NV, NY, OH, PA, SC, TX, VA, WY - We have doctors that want to buy your practice. ONLY \$795 for Practice Valuations. Call/Text CEO Dr. Randi I. Ross 770-748-6084 DrRandi@PremierPracticeConsultants.com PremierPracticeConsultants.com

**OFFICE FOR SALE - Practice at current location since** 1962. N. W. Ga practice for sell. 45 year old established multidiscipline practice and all equipment. Will finance. Will Finance text 706-238-2955

CHIROPRACTIC PRACTICE FOR SALE - Middle GA Region \$485,000. Well-established mature family practice in free-standing 2200sq ft building. Great reputation with strong positive social media platform ratings. Average annual gross last 3 years \$327,000/ wk (work 3.5day/wk) 31% overhead. New patients are referrals only, no external advertising. Excellent opportunity for significant growth. Doctor is retiring and relocating, but willing to remain for transition period. Email galagroupllc@gmail.com for Nondisclosure agreement and Financial package.

...... CONYERS GEORGIA \$500,000.00 Great Profit

Margin- Averages 57 NP/month. EHR w/Chirotouch. Large clinic w/lots of room for profit centers. Digital X-ray. Techniques are Diversified, Drop and ART. Call/Text Dr. Randi Ross, 770-748 6084 DrRandi@ Premier Practice Consultants.com

#### **HOME/OFFICE BUILDING FOR SALE IN**

CARROLLTON, GEORGIA https://www.zillow. com/homedetails/1223-N-Park-St-Carrollton-GA-30117/69925753\_zpid/ WITH 1827 SQ. FT. INCLUDING THREE TREATMENT ROOMS AND PLENTY OF LIVING SPACE WITHIN. IT HAS BEEN CHIROPRAC-TIC HOME/OFFICE FOR 20YEARS. CONTACT LOUISE McCARSON AT McCARSON REALTY INC @ (770) 459-3366 OR CELL (404) 626-3969 OR mccarsonrealty@

### PRACTICE FOR SALE IN ALBERTVILLE, AL - Twenty five years of practice with the best patients ever.

Prices to sale, excellent location. Owner retiring after fifty years. Marty Hatala Drhatala@aol.com 246-508-8499

**COLUMBUS GA START UP CLINIC FOR SALE - Cash** Practice, Extremely Low Overhead, Great Location!! Freshly Renovated and Priced to SELL!! Call 907.302.0098 for details. This one will not last long!!

### **EARLY RETIREMENT? DOT PRACTICE FOR SALE.**

- 1. Low Overhead 2. Recession Proof business 3. No employees necessary 4. No limits to Income 5. Essential business during pandemic 6. No third party pay collections (no accounts receivable), and INCOME IS ONLY LIMITED BY YOUR DESIRE AND ENERGY LEVEL! Dr. Tom Kirchhofer - 678-361-6595 \$ 200K

Practice for Sale: Birmingham, AL - Retiring doctor ready to transition this 29 year, highly successful practice to a motivated, passionate & ethical one owner. Practice consists of long term loyal patients in ALL CASH practice with steady flow of new patient referrals. Doctor has a sterling reputation and many solid community relationships. Current yearly revenues of \$460K on an 18 hour work week. (Diversified, Thompson and Arthrostim). Equipped with digital X-Ray. PRICED TO SELL. Please contact greg@chiroequity.com 908-419-7510

### **CHIROPRACTIC PRACTICE & BUILDING FOR**

**SALE-** Successful opportunity in Lawrenceville GA. Well established and wonderful community reputation for over 28 years!!! Annual Gross average last 8 years \$420K, one doctor, MWF work week. Beautiful 4,000 sqft. building/clinic for medical/chiropractic. Doctor semi-retiring/relocating. Options to purchase or lease to own. Text or call 404-759-5478

### PRACTICE FOR SALE MIDTOWN ATLANTA, GA

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- Dynamic 30 year established practice in Midtown Atlanta location. Multiple attorney referrals of PI patients along with excellent new patient flow generated by website and internal patient referrals. Collections exceed \$ 40K/Yr. Motivated seller. Contact greg@chiroequity.com, 908-419-7510 for further details.

### PRACTICE FOR SALE - CONYERS, GA - Busy, established Chiropractic office for sell. Located along major highway in Conyers, GA. 40+ years in business with over 300 active patients. Priced to sell quickly! Large 2000 sq ft space. All equipment/inventory

included. Support and training TBD. \$100,000. Negotiable Email kristilr@conyerschiropractic.com or

### **BUY, SHARE, LEASE OFFICE SPACE**

**AVAILABLE. ONE LARGE DECORATED ROOM 3** DAYS PER WEEK. Beautiful Buckhead Office - SEEK-ING: • Acupuncturist • Psychologist/Psychiatrist • Hypnotherapist • Massage Therapist • Chiropractor or Nutritional Therapist. Please call or text (404)

### **SEEKING CHIROPRACTOR TO RENT SHARED**

**OFFICE SPACE** in heart of Sandy Springs. Directly across city center and Performing Arts center. XRay machine, waiting room, reception shared. Includes power, water, internet. Three rooms available. Text 770-826-3883 Dr Rich, 220 Sandy Springs Circle, Sandy Springs Ga 30328

### WELL-ESTABLISHED HOLISTIC WELLNESS PRACTICE HAS SPACE FOR RENT/SHARE in

our Buckhead or Chamblee location. Looking for a chiropractor, complimentary healthcare practitioner, or LMT to share space with. Please send inquiries to admin@wakemanchiropractic.com or call 404-281-

### **SHARE OFFICE SPACE IN LARGE KENNESAW**

PRACTICE. Please call: 678-742-8528. A Turn- Key opportunity. Office boarders Marietta and Acworth Georgia. Start your own practice in ours at an affordable price. Ask for Dr. Joel

### **CHIROPRACTIC OFFICE SPACE FOR RENT** Perfect

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location in Woodstock. SEEKING - Chiropractor or other healthcare practitioner to share office space in a fully equipped office. Part-time or full-time availability. Please send inquiries to drkristie.chiro@gmail. com or call 770-256-5699.

### ••••• DOWNTOWN WOODSTOCK SPACE AVAILABLE.

1 adjusting room, 1 larger room and own entrance/ reception room. Beautiful Office - SEEKING: Chiropractor, Acupuncturist, Massage Therapist, please call or text (949) 394-1213. RATES NEGOTIABLE.

### **EQUIPMENT FOR SALE**

### **USED X-RAY SYSTEMS, VARIOUS USED FILM**

processors, cassettes, accessories and etc. for sale. Delivery and installation is available. For pricing and availability leave message 678-409-4161

### **USED TABLES & THERAPY EQUIPMENT** Used

tables in stock, trade-ins welcome. Also many other items of therapy equipment including E-Stim, Lasers and Decompression. Phone 770-966-0576 or www. spectrum4med com

### NEW, USED, REFURBISHED TABLES AND EQUIP-

**MENT** for the top brands, plus service and supplies. Trade-ins, consignments accepted. We have personally served chiropractors for 25 years and look forward to serving you! Contact Curtis Booker, CAB Medical at 678-516-7853 or chooker@hellsouth net

INBODY570 The accurate and precise body composition analyzer provides standard outputs like Percent Body Fat, Skeletal Muscle Mass, and BMR, plus Total Body Water, Visceral Fat Assessment, and other vital measurements. \$6500 (new \$10,000) Contact Jay Wilkins, drjay.wilkins@gmail.com, 678-876-9529

FOR SALE: ACTIVATOR 5 - Like new, barely used, 1 year old. For sale new through Activator for \$1942, will accept first \$1500. Call Karl @ 770-508-4456 or 470.277.1218. FOR SALE: Thomas Intersegmental Traction Table, like new, black with wood frame. It offers lighter traction and very good vibration. Some patients like it better than the traditional IST roller tables. It has a very modern look for your office. First \$1000 takes it. Dr Schwartz, 470.277.1218 or 770.508.4456

### FOR SALE: HIGH-QUALITY 50KW SUMMIT X-RAY

SYSTEM in Tucker, GA. Gently used powerful 3-Phase system. Price: \$28,000. Contact: 404-388-8727. Photos: https://rb.gy/1wusa. Installation and financing available.

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FOR SALE. PLEASE CONTACT 770-946-4075 or Isteele@steelechiro.com. (2)- Zenith II 210 tables w/ pelvic drop and Heritage upholstery, (5) Zenith-Rock Toggle tables and (5) Barge knee chest tables. Pictures available.

UNIVERSAL X-RAY MACHINE HE425 complete with Manual, supplies. Excellent condition \$2000.00 - Sandy Springs Contact rickspeizer@gmail.com

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### **COMPUTERIZED PROSOFT 360 MECHANICAL IN** MOTION THERAPY ADJUSTING INSTRUMENT. For

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manipulation of the ligaments, muscles and tendons of all the extremities, spine and pelvis of the human body. Condition of this instrument is like new. Originally \$18,000.00. For sale at \$6,400.00. Please call 770-832-2226 or email to askdrpete@aol.com.

FOR SALE Chiropractic clinic in Dunwoody, GA - ALL furniture for sale. Please call 678-481-8252 or email Kirshna.posa@gmail.com

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### 2019 MODEL HYDRO MASSAGE TABLE - VERY

LIGHTLY USED and had all the maintenance done! It has sat, drained, cleaned and unused for about 2 years as my office has changed as we no longer have space for it. It cost almost \$20k new...asking \$10k. It is the 350 laying flat (NOT RECLINED) model. Patient's LOVE the digital screen and relaxation. The water is heated, effective and relaxing prior to adjustments. Local Pick Up near AUGUSTA, GA 30809. Can discuss shipping with an added cost. Jason Rueggeberg 571-606-9300 Jrueggeberg@gmail.com

### **SERVICES**

**DOCTORS' CHOICE MEDICAL BILLING** provides

comprehensive chiropractic billing and coding services with a goal of collecting the highest revenue possible, in a timely manner. Managed by an AAPC certified coder and Registered Health Information Administrator (RHIA) with 20+ years of experience, our services include: timely and accurately coded electronic claims submission; posting of insurance payments; and AR follow-up. Please contact Rhonda Setnar-Klubeck, RHIA, CPC at 770-641-1749.

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