



About River Junction Chiropractic

Dr. Gene A Zdrzil has an MA in Sociology and History from Louisiana State University. He is a 1980 graduate of Palmer College of Chiropractic. He is Advanced Proficiency rated in the Activator Technique. He also uses Nimmo and S.O.T. techniques. He opened his first practice in 1980 in West Branch, Iowa and practiced there for 17 years. When he came to River Junction and fell in love with the old general store and post office he was determined to bring his home and practice together. In 1997 he was able to move his practice here. The waiting room is the old general store and still has the ambiance. The shelves and counter are original to the store. The shelves have been stocked with many generous donations from our patients so we are complete with old boxes and bottles and reminders of old times. The River Junction Chiropractic Clinic promotes wellness care for the whole family. All age groups are encouraged to receive care and with the gentle effective low force methods of adjusting it is possible to give care for all ages. We offer nutritional and relaxation counseling. There is an extensive patient library and access to health education resource networks. Dr. Zdrzil is also a certified hypnotherapist.

Connie Waltz-Zdrzil has a BA in Biology and Chemistry from University of Northern Iowa and has been Office Manager at the Clinic from the beginning. In addition to being Office Manager she is also the Cold Level Laser technician.

The Setting:

River Junction Chiropractic Clinic is located in the tiny settlement of River Junction, Iowa. This little community, which we have been told was the first city in Johnson County, is a very active home to about 25 people and one very busy Chiropractic Clinic. We are located about 12 miles south of Iowa City with Lone Tree 4 miles east of us and Riverside 4 miles west. We are just $\frac{1}{4}$ mile south of Highway 22 so we are easy to locate although we are fronted by an old fashioned mud road with a county road to the side. Several times a year our little community plays host to hundreds of people as we share some very fun activities. In the spring there is the Spring Festival which usually coincides with Easter. It features a

massive Easter egg hunt, has at least 12 adults in various costumes arriving on the fire truck. There are old fashioned games with prizes and a petting zoo—along with some great entertainment such as a puppet show or play. Midsummer is the arrival of the tractors. We have now hosted several tractor rides and have anywhere from 90 to 150 tractors participating. The ride is accompanied by a great homemade pork meal, that is open to the public, and some great entertainment from the River Junction Theatre. In the Fall (the first Sunday after Labor Day) is the Old Settlers Picnic, which has been being held off and on since 1907. This is a potluck, so lots of good food and of course great entertainment. The winter brings the Jerry and Joan Morgan's Christmas Open House where their yard is filled with old fashioned Christmas lights and their house has at least 59 trees all decorated and a tour of the Christmas Room. The year ends with the Zdrzil's "Stumptown Shooters New Years Eve Extravaganza". A beautiful fireworks show with music and a big bonfire and potluck snacks. It is a great way to end the year and celebrate the beginning of a new one.

Dr. Gene's ideas on chiropractic:

Chiropractors work with the spine because the spine holds and protects the delicate spinal cord. The brain, spinal cord, and nerve branches constitute the nervous system, which in turn controls and coordinates the function of all the body's systems. The spinal cord is particularly important because it is the main communication link between the brain and the cells of the body.

A steady flow of information (to the tune of thousands of impulses every second) takes place between the brain and the tissues of the body. The uninterrupted flow of these nerve impulses over the spinal cord is vital to the functioning of the body. So essential is the spinal cord that it is protected by 26 moveable bones (vertebrae).

Very often one or more of the joints of the vertebrae can be jammed or irritated in some way causing improper motion and irritation to the sensory nerves. These irritated joints (or subluxations) can be caused by numerous physical, chemical, or emotional circumstances. Falls, accidents, and the like can physically knock a vertebra into subluxation. Chemical abuses such as poor diet, polluted air and water, and the use of medicines can cause sufficient internal imbalance to irritate the joints and nervous system. Sudden emotional traumas such as the loss of a loved one, anxiety or extreme fear can set up internal irritations and upheavals that result in subluxations. Whether caused by poor shoes, bad sleeping surfaces, high tension jobs, low quality diets, or any of the above, these irritations (subluxations) rob us of proper energy and quality of life.

In the beginning these irritations do not necessarily cause pain or any direct symptoms but over time can magnify and ruin our health.

With these thoughts in mind it is easy to see that it should not be the occasional presence of a neck or backache that motivates us to see a chiropractor. Chiropractic is not just for people when they are sick (after the damage is done), it is for everyone to maintain a good nerve supply and thus a greater chance for a more happy-healthy life.

Chiropractic offers its greatest benefits as a preventative health care system. The chiropractors' job is to locate and correct (thru adjustments) the interferences to the body's proper expression. This allows the restoration of normal nerve supply and natural healing in children and adults.