



FEBRUARY



Winter 2019 Vol 4

Dear Patient,

We have made it half way through this month and so far the snow and ice haven't been too bad. We would like to thank you for making it to your appointments. It's not just what we do that helps you heal, it's what you do too! It requires 3 basic steps to heal... Time, Repetition, Effort. We do our best for you here, but we need you to do your best at home. Ask yourself these questions:

1. Am I Wim Hoff breathing 3 times daily? This is shown in the orientation class!
2. Am I drinking enough water? Half your body weight in ounces daily.
3. Am I doing the recommended stretches? Only if you were instructed to do so.

If you answered yes to these, then you're on the right track!

If you answered no... what's holding you back?

Stay warm,

Dr. Max and the gang!

We have added to our clinic!

Let me take a few moments to introduce you to the newest members of our team.

[Dr. Adrienne Terry, D.C.](#)

Dr. Terry joined us January 1, 2019. She is a graduate of the University of Western States Chiropractic College where she received a bachelor's in human biology and graduated with a Doctor of Chiropractic degree in 2018. Prior to attending UWS she earned two associates degrees from Clark College. Dr. Terry is from the Ridgefield area where she attended Ridgefield High School graduating class of 2000. She has a 17 year old daughter who is an aspiring architect. Her daughter attends Clark College during the day and in her spare time likes to paint and draw. Dr. Terry is accepting new patients, she is excited to share the message of how chiropractic can help you and your loved ones.



[Bridget](#)

Bridget has joined our clinic to scribe/ assist the doctors in the back of the clinic. Stay tuned for the next newsletter to learn more about her.

Here are some pointers to make your visit smooth:

1. Hand your patient health care card to Bridget.
2. Take off your jacket or large sweatshirt and hang up on the coat rack available.
3. Empty all pockets into the basket.
4. Lay face down or up whatever is comfortable on any open bench.
5. RELAX!!