

QUARTERS FOR A CAUSE



New Patient Special!
For all new patient referrals in January,
we'll donate an extra \$40 to
Quarters For A Cause!

During the first month of each quarter (January, April, July, October) MFC donates one quarter for every office visit to a local charitable organization. We invite you to contribute any spare change you have jingling in your pocket!

This Winter, MFC will donate to: The Marysville Emergency Cold Weather Shelter

The cold weather shelter provides critical support to homeless individuals and families in Marysville who would otherwise freeze during inclement weather temperatures at night.

Volunteers ensure that a safe indoor location is available to those in need of shelter each winter.

Warm dinner and breakfast meals are also able to be provided thanks to generous donations from community members and businesses!



Expecting a New Baby in the New Year?

MFC offers services catered to helping pregnant women achieve optimum wellness both prenatal and postpartum!

Chiropractic Care: **The Webster Technique**

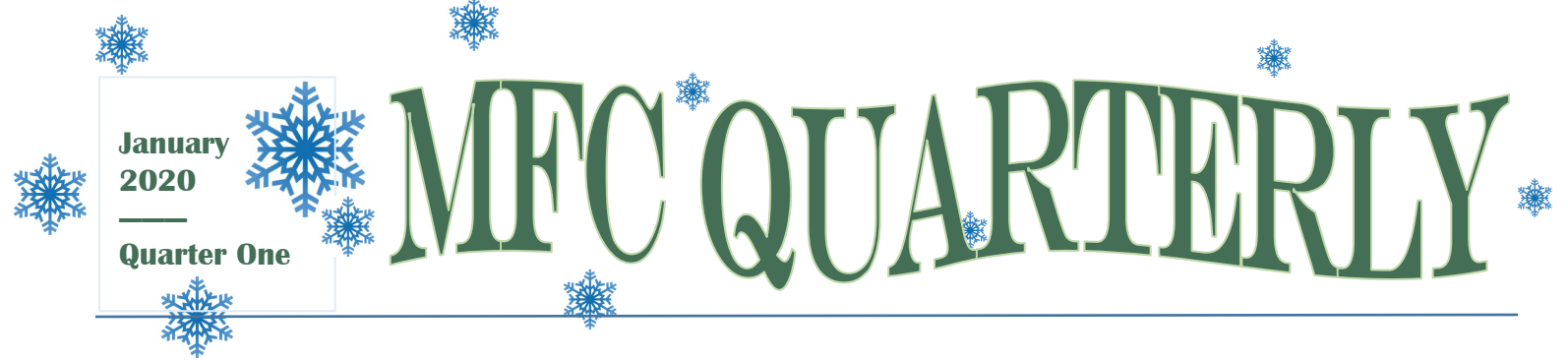
Dr. Matt is trained and certified in the Webster Technique. Developed for moms, this technique gently adjusts the sacrum and round ligament to achieve pelvic balance.

A balanced pelvis reduces undue tension in the attached muscles and ligaments. In pregnant women, if the pelvis is not balanced, the uneven pulling on these muscles and ligaments may be restricting the baby's ability to get into the best possible position for birth.

Lending Library: **Pregnancy Reading Resources**

Included in the MFC library are Monica McCann's top book picks for soon-to-be moms! Her suggestions include- Real Food for Pregnancy and Ina May's Guide to Childbirth. Other titles to help you thrive during pregnancy are available to check out in the reception area.

***MFC also offers pregnancy massage!
Book early, as we are often filled for several weeks.***



Happy New Year!

Let's talk about The Sunshine Vitamin!

Vitamin D is quite a unique Vitamin because your body can synthesize it from just sunshine, well, sometimes it can! It requires the exposure of your skin to sunlight. However, in Washington, we do not get a lot of sunshine three quarters of the year. More importantly though, this time of year, we are far enough up on the Earth that the sunshine's rays required to convert Vitamin D on your skin bounce right off the atmosphere and are not available for your body to convert the sunshine into Vitamin D!



So, what does this mean for us? Vitamin D is important to supplement with, especially for us in the Pacific Northwest. It is one of the 4 "must-have" supplements that I recommend, and especially important during the winter months.

Vitamin D deficiency has been linked with an increased risk of asthma, cancer and chronic pain. Along with these, it has been shown to contribute to depression and to the closely related cousin, seasonal affective disorder (SAD). According to the research team - led by Alan Stewart of the College of Education at the University of Georgia, one hypothesis behind SAD is that reduced sunlight exposure interferes with the body's biological clock that regulates mood, sleep and hormones. Another theory is that lack of sunlight causes an imbalance of neurotransmitters - such as dopamine and serotonin - which regulate mood.

If either (or both) of these hypotheses are true, the lack of Vitamin D can be very problematic for us. Most often, when asked about dosages on Vitamin D, we have to be careful not to take too much of it. Vitamin D is fat soluble, meaning that your body stores it in the fat, if it gets too much. That said, with the lack of sunshine that we get, an adult can usually safely dose with around 5,000 IU's per day.

According to the Vitamin D council, they recommend 5-10K per day. The best way to know if you are supplementing appropriately is to have your Vitamin D levels checked through bloodwork. We do have a quality product that is a liquid Vitamin D from Pure Encapsulations that my entire family uses throughout the year. Wherever you get it, Vitamin D is a necessary supplement for all of us, especially during the Winter months.

Dr. Matt

Staff Spotlight: **Sarah Chebert** ***Massage Therapist***

Sarah is the newest addition to the MFC family (Pictured right with her border collie, Cooper). Having been a massage therapist for the past 4 years, she loves helping clients and finds them fun to talk to. Sarah also is a fantastic realism artist, with her chosen mediums being pencil and charcoal. For the New Year of 2020, her resolution is to start up indoor rock climbing. Also, her birthday is on January 28th so be sure to wish her a great year!



Call us at 360-657-7183

Or

Check us out online!
www.mfcwellness.com



COMING UP



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 1 Closed	2 1:00-6:30	3 9:00 - 2:30	4	
5 9:00- 12:15 2:15 - 6:30	6 1:00 - 5:30	7 9:00 - 12:15 2:15 - 6:30	8 1:00-6:30	9 Closed All Team Admin Day	10	11
12 9:00- 12:15 2:15 - 6:30	13 1:00 - 5:30	14 9:00 - 12:15 2:15 - 6:30	15 1:00-6:30	16 9:00 - 2:30	17	18
19 9:00- 12:15 2:15 - 6:30	20 1:00 - 5:30	21 9:00 - 12:15 2:15 - 6:30	22 1:00-6:30	23 9:00 - 2:30	24	25 9:00-11:00
26 9:00- 12:15 2:15 - 6:30	27 1:00 - 5:30	28 9:00 - 12:15 2:15-6:30	29 1:00-6:30	30 9:00 - 2:30	31	
"Write it on your heart that every day is the best day in the year." -Ralph Waldo Emerson						

JANUARY

HAPPY NEW YEAR! WE'VE GOT SOMETHING TO CELEBRATE!

Last quarter, together through Quarters For A Cause, we raised **\$779** for **Hand in Hand!**

We want to thank YOU for your support towards local foster care children throughout the 2019 holiday season.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Love is like the wind... you can't see it, but you can feel it! ~ Nicholas Sparks						1
2	3 9:00-12:15 2:15-6:30	4 1:00-5:30	5 9:00 - 12:15 2:15 - 6:30	6 1:00 - 6:30	7 CLOSED All Office Admin Day	8
9	10 CLOSED	11 9:00-12:15 2:15- 5:30	12 9:00 - 12:15 2:15 - 6:30	13 1:00 - 6:30	14 9:00 -2:30 	15 9:00-1:00
16 9:00-12:15 2:15-6:30	17 1:00 - 5:30	18 9:00 - 12:15 2:15 - 6:30	19 1:00 - 6:30	20 9:00 - 2:30	21	22
23 9:00-12:15 2:15-6:30	24 1:00 - 5:30	25 9:00 - 12:15 2:15 - 6:30	26 1:00 - 6:30	27 9:00 - 2:30	28	29 

FEBRUARY

Did You Know?

Handing out Valentine's Day cards to your friends, family, and amour is a 604 year old tradition!

History's oldest record of a Valentine's Day card was written in 1415 by the Duke of Orleans to his wife while imprisoned in the Tower of London.

1st QUARTER



Cupid Chow: Valentine Recipe

Found on Craftymorning.com

Ingredients:

- 1/2 cup creamy peanut butter
- 1/4 cup butter
- 1 cup milk chocolate chips
- 1 tsp vanilla
- 9 cups Chex cereal
- 2 cups powdered sugar
- 1 cup M&Ms
- Sprinkles of your choice

Directions:

- Combine peanut butter, butter, and chocolate chips in a microwaveable bowl.
- Microwave for 1 minute, then stir until melted and creamy. Add vanilla and stir. In a large bowl with a cover, pour chocolate mixture over cereal.
- Cover and shake until cereal is evenly coated. Sprinkle powdered sugar over cereal. Cover and shake until evenly coated. Add M&Ms and sprinkles of your choice.

MARCH

Saturdays

Miss an appointment?
Saturdays are an easy way to make them up!

MFC is open from 9am – 11am on the following Saturday mornings:

- January 25
- February 15
- March 7

Call 360-657-7183 to schedule your next Adjustment or Massage!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 -12:15 2:15-6:30	3 1:00-5:30	4 9:00 -12:15 2:15-6:30	5 1:00-6:30	6 9:00-2:30	7 9:00-11:00
8	9 9:00 -12:15 2:15-6:30	10 1:00-5:30	11 9:00 -12:15 2:15-6:30	12 1:00-6:30	13 9:00-2:30	14
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22 9:00 -12:15 2:15-6:30	23 1:00-5:30	24 9:00 -12:15 2:15-6:30	25 1:00-6:30	26 CLOSED	27	28
29	30 CLOSED	31 CLOSED				