

QUARTERS FOR A CAUSE



NSCO

Happy January, friends! This month, we have selected the North Snohomish County Outreach to bless with your donations. NSCO says their,

"...mission is to build relationships with those experiencing poverty in North Snohomish County while meeting basic human needs through charitable outreach. Connecting people with and navigating through other resources available to alleviate poverty. Why we do this - to give people dignity and create healthier, happier communities."

The North County Cold Weather Shelter is one of the few overnight shelters in our area. They are partly county-funded, but are trying to raise an additional \$25,000. Let's help keep our neighbors who are on the streets alive and without unnecessary suffering.

Have an appointment? Walk in— We'll drop a quarter in our donation bin right in front of you! We encourage you to help in the efforts, and drop in any spare change you might have.

We appreciate your kindness!



New Patient Special!

For all new patient referrals for the month of January, we will donate an extra \$40 to the cause!

COVID-19 Starter Package

Statistics are consistently showing there are 3 supplements that are substantially improving immune health and defense against the well-known COVID-19 virus. As getting sick is a concern for many people, we have decided to package the 3 wonders together and **sell them at a 15% discount**.

Vitamin D - \$19 for one 30 ml bottle, which is about a 22 week supply (following the starter package recommendations). Vitamin D levels are woefully deficient in Washington State - as we don't see the sun, and even if we do, it doesn't work in the winter to convert it in your body. Research consistently shows a strong correlation between low Vitamin D levels and a more severe outcome with COVID-19 infection.

Vitamin A - \$17 for one bottle with 600 drops (about 300 servings) which will last nearly a year. This goes hand in hand with Vitamin D, improving the effectiveness of both.

Fish Oil, 2 options - \$60 for 120 servings of NFH capsules or \$52 for 1 bottle of Innate Choice liquid (100 servings). The liquid is less servings, but more nutrients/serving. Fish oil reduces inflammation, and research suggests that it appears to be beneficial in reducing the "cytokine storm" impact.

With your 15% discount, the capsule fish oil package is \$81 and the liquid fish oil package is \$75. We are taking COVID-19 seriously, and this trio should be protective in keeping you well!

MFC QUARTERLY

January 2021



If you've been around awhile, you know our office had a major facelift this year! It is one we had been dreaming of and planning for a long time, and the COVID closure in March gave us the perfect opportunity to pull it off.

Along with the new front desk layout (which has been *so fabulous* for our staff!), we painted, and changed out all of the wall hangings. One of my very favorite new posters is "Back to the Basics."

COVID has made us all simplify our lives in many ways. While this certainly can be isolating and stressful, in other ways, simplifying might just be what our busy lives needed.

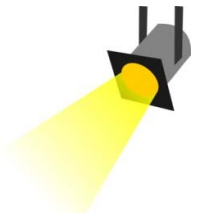
We need to be sure these "basics" are in place:

- Hydrating well
- Prioritizing sleep
- Being mindful
- Using food to fuel our bodies
- Staying active
- Keeping your nervous system working well

I'm working on these in my own life, especially sleep, diet, and being mindful to make time with my family. These years we have are short... so my plan is to make the most of them!

Dr. Matt

**Spotlight on:
NEW Hours!**



We have simplified our office hours for 2021!

Three days per week (M, W, Th), we are open 9-12, 2-6. This gives time over lunch to catch up on paperwork, check in with my team, and attend to administrative needs.

One day per week (Tu), we are open 1-6. This gives me time with my boys and lets my wife, Monica, work on insurance responsibilities.

On Fridays... we are CLOSED. This is intended to reduce unusual schedule changes and to provide all of us better work-life balance. We can better care for you when we are refreshed and rejuvenated!

Merry Christmas from the McCann boys!




**Call us at 360-657-7183 or
Check us out online!**



www.mfcwellness.com

COMING UP

JANUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 9:00 - 12:00 2:00 - 6:00	5 1:00 - 6:00	6 9:00 - 12:00 2:00 - 6:00	7 9:00 - 12:00 2:00 - 6:00	8	9
10	11 9:00 - 12:00 2:00 - 6:00	12 1:00 - 6:00	13 9:00 - 12:00 2:00 - 6:00	14 9:00 - 12:00 2:00 - 6:00	15	16 9:00 - 12:00
17	18 9:00 - 12:00 2:00 - 6:00	19 1:00 - 6:00	20 9:00 - 12:00 2:00 - 6:00	21 9:00 - 12:00 2:00 - 6:00	22	23
24 31	25 9:00 - 12:00 2:00 - 6:00	26 1:00 - 6:00	27 9:00 - 12:00 2:00 - 6:00	28 9:00 - 12:00 2:00 - 6:00	29	

NEW HOURS!

Starting January 1, we are simplifying our adjusting hours. We will be open Mon - Thurs, and we will be **CLOSED** on Fridays.

Once a month, we have Saturday hours!

Call us at
360-657-7183
to schedule your next adjustment!

Miss an appointment?

Saturdays are an easy way to make them up!

MFC is open the 3rd Saturday of the month:

- January 16
- February 20
- March 20

FUN FACT...

WHAT ARE THE CHANCES?

The chances of being a “leapling” (born on Feb. 29) are approximately 1 in 1,461.



FEBRUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Who is wise in love, love most, say least.— Alfred Lord Tennyson</i>						
	1 9:00 - 12:00 2:00 - 6:00	2 1:00 - 6:00	3 9:00 - 12:00 2:00 - 6:00	4 9:00 - 12:00 2:00 - 6:00	5	6
7	8 9:00 - 12:00 2:00 - 6:00	9 1:00 - 6:00	10 9:00 - 12:00 2:00 - 6:00	11 9:00 - 12:00 2:00 - 6:00	12	13
14	15 9:00 - 12:00 2:00 - 6:00	16 1:00 - 6:00	17 9:00 - 12:00 2:00 - 6:00	18 9:00 - 12:00 2:00 - 6:00	19	20 9:00 - 12:00
21	22 9:00 - 12:00 2:00 - 6:00	23 1:00 - 6:00	24 9:00 - 12:00 2:00 - 6:00	25 9:00 - 12:00 2:00 - 6:00	26	27
28						

1st QUARTER


DID YOU KNOW?

- Snow falls very slowly — about 3 mph. That’s approximately a 2 hour trip from sky to ground!
- “Solstice” translates as “sun stands still.”
- The biggest recorded snowman was taller than a 12-story building!

Vacation

MFC will be closed for Chiropractic March 29-30.

MARCH 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.” - Charles Dickens</i>						
	1 9:00 - 12:00 2:00 - 6:00	2 1:00 - 6:00	3 9:00 - 12:00 2:00 - 6:00	4 9:00 - 12:00 2:00 - 6:00	5	6
7	8 9:00 - 12:00 2:00 - 6:00	9 1:00 - 6:00	10 9:00 - 12:00 2:00 - 6:00	11 9:00 - 12:00 2:00 - 6:00	12	13
14	15 9:00 - 12:00 2:00 - 6:00	16 1:00 - 6:00	17 9:00 - 12:00 2:00 - 6:00	18 9:00 - 12:00 2:00 - 6:00	19	20 9:00 - 12:00
21	22 9:00 - 12:00 2:00 - 6:00	23 1:00 - 6:00	24 9:00 - 12:00 2:00 - 6:00	25 9:00 - 1:00	26	27
28	CLOSED	CLOSED	30 9:00 - 12:00 2:00 - 6:00	31		

WINTER WALKS

Do you tend to tuck yourself indoors when the air gets chilly enough to turn your nose pink?

You’re not alone!

Walks are so enjoyable during the Spring, Summer, and even Fall. Why do we skip Winter? We all have our reasons...but you should know: walking and exercising in winter weather has unique benefits!

- * Increased fat loss
- * Better sleep
- * Increased Mood and motivation
- * A stronger immune system



All you have to do is put a jacket on, prepare yourself well, and bring water (or a mug of tea!). Is it worth it? I think so! If you are interested in some lovely hikes in the area, there’s a more thorough blog on our website just for you. Happy hiking!

www.mfcwellness.com/blog