

QUARTERS FOR A CAUSE



It's a new Quarter, so we have our next

Quarters For a Cause organization which we get an opportunity to bless. The community organization is Saint Joseph's House, which is located right here in Marysville.

They started out with 4 volunteers and 700 square feet of space in 2004. They now have twice that much space, and ten times that many volunteers!

They reach out to support people and families who are at or below the Federal Poverty Line.

If you were to take a tour through Saint Joseph's house for a month, you would see

lots of volunteers as well as thousands of people shopping. What are they shopping for?

Everything normal! Saint Joseph's House supplies FREE clothes and household items to adults, children, and families. What a blessing for a child to have new clothes, or a parent to have the supplies they need to keep up on their house.

Each time you come in to MFC, we will donate 25 cents (a quarter) on your behalf. If you find some change in your own pockets, many people would be grateful to you if you dropped it in our bin at the front desk. Thank you for your generosity! ❤️



New Patient Special!

For all new patient referrals for the month of April, we will donate an extra \$40 to Saint Joseph's House!

I make several care recommendations, but the most important set of stretches are the **Spinal Hygiene Exercises**. Think of these as brushing your teeth, but for your spine.

Spinal Hygiene Exercises
Do these daily!

Spinal Hygiene Exercises

- Each of these exercises will be performed for both sides of the body
- For each exercise, move to maximum range of motion and hold for a minimum of 15 seconds
- Make sure you continue breathing with a relaxed face while stretching

Neck Rotation

Rotate head to one side as far as possible and hold.



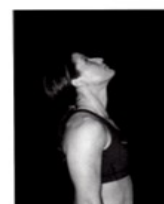
Neck Lateral Flexion

Pull left arm down and across back while laterally flexing head to right.



Neck Extension

Extend head back as far as possible and hold. Discontinue and tell doctor if dizziness occurs.



Neck Flexion

Flex head forward as far as possible and hold.



Spinal Forward Flexion

With knees straight, slowly bend forward and flex spine as much as possible and hold.



Spinal Lateral Flexion

With knees straight bend to the side and slide your hand down your leg as far as possible and hold.



Spinal Backward Extension

With knees straight, slowly extend backward as much as possible and hold. Discontinue if dizziness occurs.



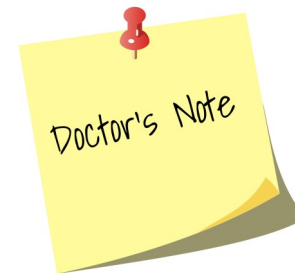
Spinal Rotation

Firmly plant feet on ground shoulder width apart. Clasp hands while posteriorly rotating head, shoulders and hips as far as possible and hold. Hold for 2 seconds, then switch sides, repeat 5x to each side.



April 2021

MFC QUARTERLY



As I am writing this note, we just enjoyed a gloriously bright Monday in March. Spring is definitely here! My daffodils are showing off and the bees are out already. This also means that I need to fire up the lawnmower - ugh!

Spring begs us to think of growth and renewal as we see the world transforming around us. We each have an opportunity to grow and to be the best version of ourselves. As part of our staff meetings, we often share positive affirmations about the way we want to show up or be present. One that I often use is: "I am committed to Constant, Never-ending Improvement (CNI)!" Clearly, we can't improve every second of every day, but we can strive to make positive strides and to grow and mature as a person. This applies to so many facets of our lives.

Each of us has a calling in life. Regardless of where your emphasis is right now (whether it be placed in your role as a spouse, a father or mother, a child, or in your professional life), you can choose to grow and be a bright light for those around you. I was once gifted a bumper sticker during my swimming years - it simply stated: "Attitude IS Everything." This spring, let's commit to having a positive attitude towards growth and being the best versions of ourselves possible!

Dr. Matt

Spotlight on: The "Core Four" Supplements

I am often asked about nutritional supplements. Every person's needs are different, but I believe that there are a "Core Four" that everyone needs on a daily basis to be healthily sufficient. In a perfect world, we would meet all of our nutritional needs from a well rounded diet. However, our diets are lacking in these four categories for almost everyone.

Those four are:

- Omega-3 Fatty Acids (fish oil is best)
- Probiotics (for gut health)
- Vitamin D (lack of sunshine, hello WA!)
- Multi-Vitamin (reduced vitamin and mineral content in our food).

For the month of April, these supplements will be on sale at a **15% discount!**

Happy Spring from
the McCann boys
(Timmy, Sammy,
Teddy and Benny)!




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



www.mfcwellness.com

COMING UP

APRIL 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April, dressed in all its trim, hath put a spirit of youth in everything. — William Shakespeare						
				1 9:00 - 12:15 2:00 - 6:00	2 9:00 - 12:15 2:00 - 4:30	3
4	5 9:00 - 12:15 2:00 - 6:00	6 1:00 - 6:00	7 9:00 - 12:15 2:00 - 6:00	8 9:00 - 12:15 2:00 - 6:00	9	10
11 9:00 - 12:15 2:00 - 6:00	12 9:00 - 12:15 2:00 - 6:00	13 1:00 - 6:00	14 9:00 - 12:15 2:00 - 6:00	15 9:00 - 12:15 2:00 - 6:00	16	17 9:00 - 12:00
18 9:00 - 12:15 2:00 - 6:00	19 9:00 - 12:15 2:00 - 6:00	20 1:00 - 6:00	21 9:00 - 12:15 2:00 - 6:00	22 9:00 - 12:15 2:00 - 6:00	23	24
25 9:00 - 12:15 2:00 - 6:00	26 9:00 - 12:15 2:00 - 6:00	27 1:00 - 6:00	28 9:00 - 12:15 2:00 - 6:00	29 9:00 - 12:15 2:00 - 6:00	30	



Wishing you a
Happy Easter
from all of us

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

MAY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May all your weeds be – WILDFLOWERS –						1
2	3 9:00 - 12:15 2:00 - 6:00	4 1:00 - 6:00	5 9:00 - 12:15 2:00 - 6:00	6 9:00 - 12:15 2:00 - 5:00	7	8
9	10 9:00 - 12:15 2:00 - 6:00	11 1:00 - 6:00	12 9:00 - 12:15 2:00 - 6:00	13 9:00 - 12:15 2:00 - 6:00	14	15 9:00 - 12:00
16	17 9:00 - 12:15 2:00 - 6:00	18 1:00 - 6:00	19 9:00 - 12:15 2:00 - 6:00	20 9:00 - 12:15 2:00 - 6:00	21	22
23	24 9:00 - 12:15 2:00 - 6:00	25 1:00 - 6:00	26 9:00 - 12:15 2:00 - 6:00	27 9:00 - 12:15 2:00 - 6:00	28	29
30	31 					

Extra busy schedule making it hard to come in during the work week?

MFC is open the 3rd Saturday of each month from 9am - 12pm.
April 17
May 15
June 19



Last Quarter, with your help, we raised almost \$500 for the North Snohomish County Outreach Cold Weather Shelter.

Thanks for your support!

2nd QUARTER

Fun Facts

JUNE 2021


It looks like June is chocolate MONTH!

June 7th is National Chocolate Ice Cream Day, celebrated as Ice Cream Soda Day in the UK. And, June 15th is Chocolate Éclair day.

Don't forget, though, that June 16th is Fresh Vegetables Day. The Farmer's Market is waiting for you!

Time Off

MFC will be closed to observe Memorial Day on May 31 and to enjoy a day off on Monday, June 14.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
In early June the world of leaf and blade and flowers explodes, and every sunset is different. —John Steinbeck						
		1 1:00 - 6:00	2 9:00 - 12:15 2:00 - 6:00	3 9:00 - 12:15 2:00 - 6:00	4	5
6	7 9:00 - 12:15 2:00 - 6:00	8 1:00 - 6:00	9 9:00 - 12:15 2:00 - 6:00	10 9:00 - 2:00	11	12
13	14 CLOSED	15 1:00 - 6:00	16 9:00 - 12:15 2:00 - 6:00	17 9:00 - 12:15 2:00 - 6:00	18	19 9:00 - 12:00
20	21 9:00 - 12:15 2:00 - 6:00	22 1:00 - 6:00	23 9:00 - 12:15 2:00 - 6:00	24 9:00 - 12:15 2:00 - 6:00	25	26
27	28 9:00 - 12:15 2:00 - 6:00	29 1:00 - 6:00	30 9:00 - 12:15 2:00 - 6:00			

Chiro After A Car Accident?

Do you know anyone who has been in a car accident recently?

Car accidents are so stressful - physically and emotionally. It's easy to get caught up in sorting things out like insurance and car repairs. While figuring out the car situation is important, you'll be stuck with your body for years to come! Why not get the body's healing figured out too?

Chiropractic is a wise place to start. Much of the body, such as discs, nerves, muscles, tendons, and the spine is impacted by a car accident - even if it doesn't feel like it right away! Starting a claim quickly can also be important for insurance purposes.

We will investigate what is going on following a car accident to find the cause of the pain, and gently make adjustments over time until the body is functioning the way it was intended to.

Many people continue seeing a chiropractor long after accident pain has been alleviated because they want to reach their wellness potential. We are here for you - for the long haul - to help take excellent care of you!

