

# QUARTERS FOR A CAUSE



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!

The Marysville Community Food Bank is a bedrock foundation of service within the Marysville community. In this unprecedented time of struggle, MCFB's services of providing food and hygiene care items are key to the survival of children, their parents, the elderly, and at-need individuals during America's current health and economic crisis. We pledge to help.

The MCFB has personally asked us to raise awareness for their need of certain food donations specifically to feed up to 600 school-age children every weekend through their Food-For-Thought Backpack Program.

DONATION WISH LIST	
• Pasta	• Dried Meals ( Mac & Cheese, etc.)
• Canned Soup/ Ravioli, etc.	• Jam/Jelly (low sugar if possible)
• Cereal	• Canned Corn
• Crackers	• Peanut Butter
• Canned Meats & Tuna	• Dog & Cat Food
• Protein Bars	• Diapers (size 4 & 5)
• Diaper wipes	

If you'd like to contribute your time and talents in a face-to-face way, contact the Marysville Community Food Bank Facebook Page to learn how easy it is to volunteer!

Volunteer opportunities may include produce sorter, cart driver, delivery driver, grounds upkeep, and more!



## New Patient Special!

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

## Coming soon — INFINITY EVOLUTION 4G Massage Chairs!

As many of you know, we have discontinued massage therapy performed by Licensed Massage Therapists in our office. We were very sad to say goodbye to our awesome therapists. It was a really hard decision, not made easily.

It has, however, opened the door for us to offer a new massage alternative! The Infinity Evolution 4G chairs will be here soon (*probably here by the time you read this newsletter*)! We will be configuring the former massage room to allow for two of these impressive chairs. Dr. Matt's wife, Monica, stumbled across them and was blown away when she experienced them for the first time. So, Dr. Matt had to try it, and we decided that we really needed to have them in the practice. These chairs effectively give you three massages at once: legs/bottom of your feet, whole arms, and full-spine. So, a 20 minute session is really like an hour massage! They are very adjustable, and can give a more fabulous and deep massage than you might imagine! We were absolutely impressed by the effectiveness of the chairs - even with just the short demos that we were given.

There will be a free trial for all chiropractic patients during the first month that they are here - October! Please call us to give it a try. I am sure that some people will like to get relaxed BEFORE their adjustment, and some AFTERWARDS. Either way...

**THE FIRST SESSION IS ON US!!**

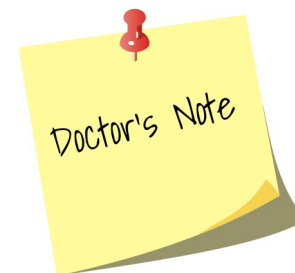
After that, we will offer either 10 or 20 minute sessions, for \$10 and \$15 respectively. We also will be re-vamping the "Lucky 7's" massage club (just ask)!

**Please enjoy this new addition to MFC!**



October 2020

# MFC QUARTERLY



Oh, 2020...what a weird year you have been! The year of the RAT, according to the Chinese calendar...how appropriate!

While we were all supposed to see clearly with 20-20 vision, we all have been seeing a blur. (How cliché' can I be, you ask?) This year has been tumultuous to say the least... with the COVID debacle, national unrest fueled in part by social justice issues, the upcoming presidential election derision, and now, the smoke! I am often left thinking, what is next?

One thing that has been made clear through all of this is that I have an awesome opportunity to serve our community. I am grateful for the chance to help each and every one of you! Making that happen has been a challenge though, and if you haven't been in the office recently, read on to hear about what we have been doing.

Back in late March, we partially closed for two weeks to assess the situation, source necessary PPE, and ensure our procedures were top notch for everyone's safety. We installed handwashing stations when we couldn't source hand sanitizer, implemented numerous procedures, and we severely limited the schedule to be for "emergent care" only.

Since fully reopening in April, all of the staff, including me, are wearing masks, as we ask you to do so as well. When you check in, we require you to sanitize your hands and we check your temperature. The check-in iPads are a one-use surface with saran wrap, and we are cleaning common-touch surfaces frequently. We only have three chairs in the lobby now, for social distancing.

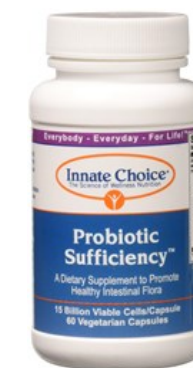
(By the way—if you haven't seen our new lobby, we have made many *amazing* changes, including a two-station custom reception desk and it looks fabulous!)

## Supplement Spotlight: Probiotics



Innate Choice Probiotics are the McCann Family's "go-to" for digestive health. As part of the "Core Four" supplements (also: Multi-vitamin, Fish Oil, & Vitamin D), it is important that we look at our gut health!

The Western diet is wholly lacking in foods that contain good bacteria (*hence the "pro" in probiotic!*) for your stomach and intestinal tract. We don't eat a lot of fermented foods.



Unless you are eating copious quantities of foods like kimchee, kefir, sauerkraut, kombucha or yogurt, you are not getting what your body needs to aid normal digestion. These are **on sale for the rest of October**, so please ask for them at your next visit.

In back, we had limited the adjusting area to two rooms as I needed a hand-washing station. Now that I have enough sanitizer, we are going to add the third room back, and the office flow is going to go back to what seems like normal.

I love taking care of all of you - this is my mission in life: to serve you through chiropractic care. This year has been an utter inconvenience on so many levels, and it feels like it has inhibited me from helping to my potential. I want to thank each of you for trusting me with your health. Please know that I am here for you, and will be for the long-haul.

I look forward to our next visit!

*Dr. Matt*

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



**www.mfcwellness.com**

# COMING UP

OCTOBER 2020						
				1 1:00 - 6:30	2 8:30 - 2:00	3 9:00-1:00
4	5 8:30 - 12:30 2:00 - 6:00	6 1:00 - 5:00	7 8:30 - 12:30 2:00 - 6:00	8 1:00 - 6:30	9 8:30 - 2:00	10
11	12 8:30 - 12:30 2:00 - 6:00	13 1:00 - 5:00	14 8:30 - 12:30 2:00 - 6:00	15 9:00 - 1:00	16 CLOSED	17
18	19 8:30 - 12:30 2:00 - 6:00	20 1:00 - 5:00	21 8:30 - 12:30 2:00 - 6:00	22 1:00-6:30	23 8:30 - 2:00	24 9:00-12:00
25	26 8:30 - 12:30 2:00 - 6:00	27 1:00 - 5:00	28 8:30 - 12:30 2:00 - 6:00	29 1:00-6:30	30 8:30 - 2:00	31 



In September, we celebrated 14 years of serving our community!

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

# 4th QUARTER

## Happy Holidays!

- The song Jingle Bells was originally written for Thanksgiving!
- The first Christmas trees were not real trees; they were made from green-dyed goose feathers!
- Candy corn? In 1898, it was called chicken feed!

### Saturdays...

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

MFC is open on the following Saturdays:

- October 3 & 24
- November 14
- December 12

DECEMBER 2020						
1	2 8:30 - 12:30 2:00 - 6:00	3 1:00 - 5:00	4 8:30 - 12:30 2:00 - 6:00	5 1:00 - 6:30	6 8:30 - 2:00	7
8	9 8:30 - 12:30 2:00 - 6:00	10 1:00 - 5:00	11 8:30 - 12:30 2:00 - 6:00	12 1:00 - 6:30	13 8:30 - 2:00	14 9:00-12:00
15	16 8:30 - 12:30 2:00 - 6:00	17 1:00 - 5:00	18 8:30 - 12:30 2:00 - 6:00	19 1:00-6:30	20 8:30-2:00	21
22	23 8:30 - 12:30 2:00 - 6:00	24 1:00 - 5:00	25 8:30 - 12:30 2:00 - 6:00	26 8:30-12:00	27 CLOSED	28
29	30 8:30 - 12:30 2:00 - 6:00	31 1:00 - 5:00	32 8:30 - 12:30 2:00 - 6:00	33 8:30 - 2:00		

### Vacation

MFC will be closed for Chiropractic Nov 25 - 27 so that everyone can enjoy a Happy Thanksgiving week!

NOVEMBER 2020						
1	2 8:30 - 12:30 2:00 - 6:00	3 1:00 - 5:00	4 8:30 - 12:30 2:00 - 6:00	5 1:00 - 6:30	6 8:30 - 2:00	7
8	9 8:30 - 12:30 2:00 - 6:00	10 1:00 - 5:00	11 8:30 - 12:30 2:00 - 6:00	12 1:00 - 6:30	13 8:30 - 2:00	14 9:00-11:00
15	16 8:30 - 12:30 2:00 - 6:00	17 1:00 - 5:00	18 8:30 - 12:30 2:00 - 6:00	19 1:00-6:30	20 8:30-2:00	21
22	23 8:30 - 12:30 2:00 - 6:00	24 1:00 - 5:00	25 CLOSED	26 CLOSED	27 CLOSED	28
29	30 8:30 - 12:30 2:00 - 6:00					

### FALL OR AUTUMN?

It is more typical for British-speaking people to say "autumn," while most Americans say "fall."



# Why Drink Water?

Believe it or not, water does more than just keep your thirst at bay. Here are a few of our favorite benefits:

1. Water keeps the brain functioning properly, which fights against anxiety, depression, and even low moods.
2. Water helps our digestion go smoothly, reducing heart burn, stomach pain, and constipation.
3. Water breaks down nutrients and minerals so that our bodies can absorb them and use them.
4. Water keeps you full, like food, so it is a natural way to drop weight.

*Is a few ounces enough, you ask? Not really, experts would say. The minimum ideal water consumption would be drinking half of your weight—in ounces. But, better a little than none.*

To learn more, see our blog at [www.mfcwellness.com/blog](http://www.mfcwellness.com/blog)

Happy hydrating!

