

FEBRUARY



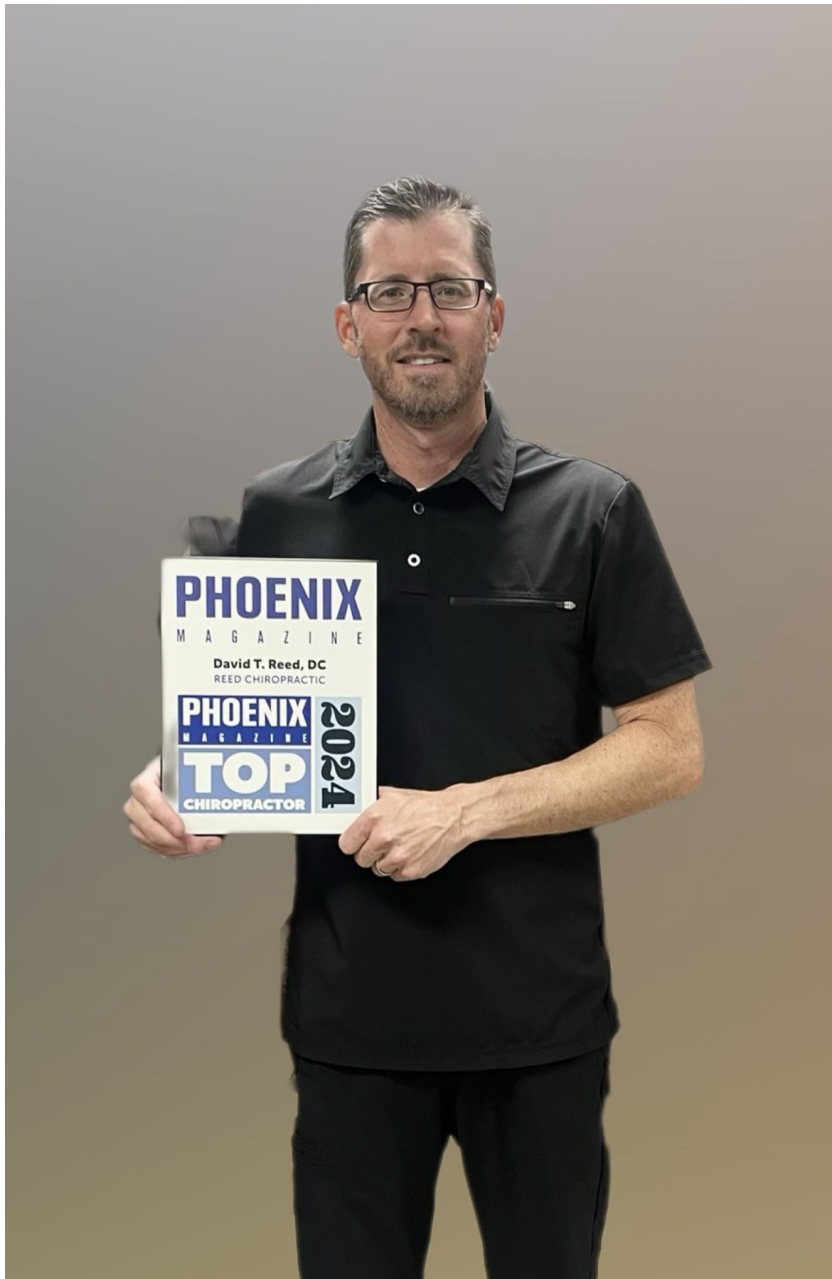
LOVE

your body this month!



PHOENIX magazine has published Top Doctors for years, but this is the first year that they have voted for Chiropractors. They selected the Top Chiropractors list via an online survey using practicing chiropractors around the valley. The Top Chiropractors 2024 list was peer driven and represents the chiropractors that other chiropractors feel are the best or the best.





We are proud to
announce that
Dr. Reed has
been voted **2024**
Top Chiropractor
PHOENIX
Magazine.

WE ♥ OUR
PATIENTS

be our valentine?

THE HAPPY CHEMICALS

AND HOW TO ACCESS THEM

Dopamine

THE REWARD
CHEMICAL

Completing a task
Eating food
Doing self care activities
Celebrating small wins
Achieving goals

Oxytocin

THE LOVE HORMONE

Playing with a pet
Physical affection
Give a compliment
Do something nice
for someone
Hugging your family

Serotonin

THE MOOD
STABILIZER

Meditate
Swimming
Walk in nature
Spend time in the sun
Mindfulness activities

Endorphin

THE PAIN KILLER

Laugh
Watch a funny movie
Eat dark chocolate
Essential oils
Exercise

Chocolate Raspberry Blended Overnight Oats



Ingredients:

- ½ cup of rolled Oats
- ½ cup of Almond Milk
- ½ cup of Greek Vanilla yogurt (can substitute non-dairy yogurt)
- ½ teaspoon Vanilla extract
- ½ TBS Cinnamon powder
- 1 TBS Coco powder
- Frozen Raspberries
- 10-12 dark chocolate chips
- Optional 1 scope of protein powder

Instructions

Blend: Add your oats, almond milk, yogurt, vanilla extract, coco powder, and cinnamon, mix into blender and blend until smooth.

Soak: Pour the oat mixture into a jar with a lid. Then add your frozen raspberries on top and place in the fridge overnight.

Serve: The next day give the mixture a big stir, and top with dark chocolate chips toppings and dig in!

**Roses are Red
Violets are Blue
If your motion is restricted,
Let us Adjust you**



Office Hours

**Monday, Tuesday, Friday:
9:00-12:40 pm, 3:00-5:40 pm**

**Wednesday:
9:00-12:40 pm, 3:00-6:40 pm**

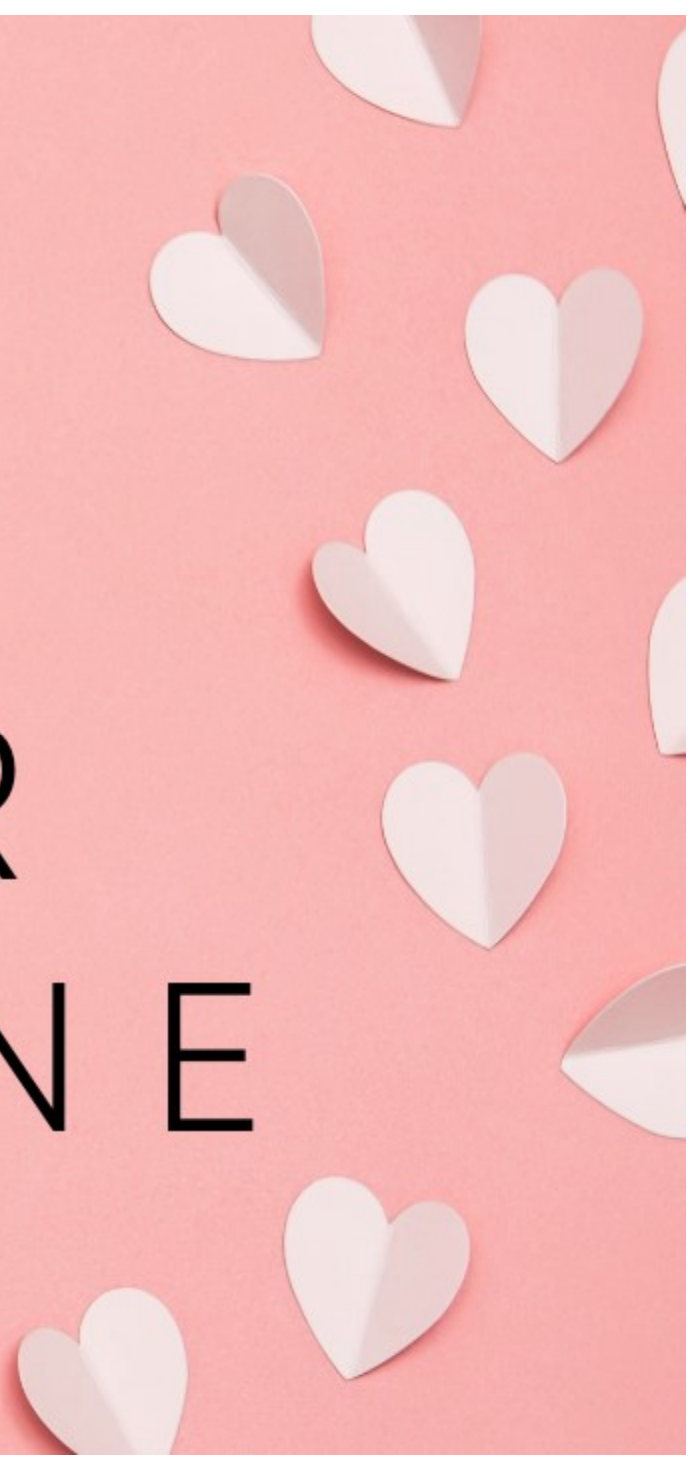
**Thursday:
9:00-12:40 pm**

If you have a preference of doctor:
Dr. Reed is ONLY here Mondays, Tuesdays and Wednesdays.
& Dr. Hood is here everyday EXCEPT Tuesdays.

Love

YOUR

SPINE





MAKE
SURE
YOU'RE
FILLING
YOUR
OWN CUP



WHAT IF
YOU
SIMPLY
DEVOTED
THIS YEAR
TO LOVING
YOURSELF
MORE?

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@TempeChiropractors

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Create a Page

Write a post...

Photo/Video Tag Friends Check in

New Patient Special
Consultation, Exam, Xrays (if needed), and first a... \$68

Wellness Chiropractic Treatment
Wellness Adjustments \$29-\$38 paid at time of service

See All

Recommendations and Reviews

4.9 4.9 out of 5 · Based on the opinion of 56 people

Community See All

Invite your friends to like this Page

415 people like this

433 people follow this

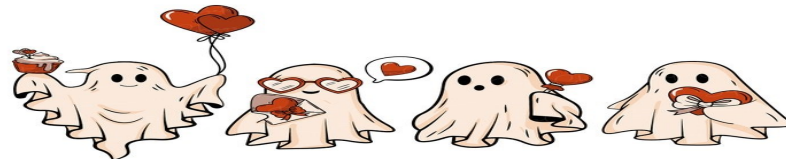
Bryan Albrecht and 1 other like this or have checked in

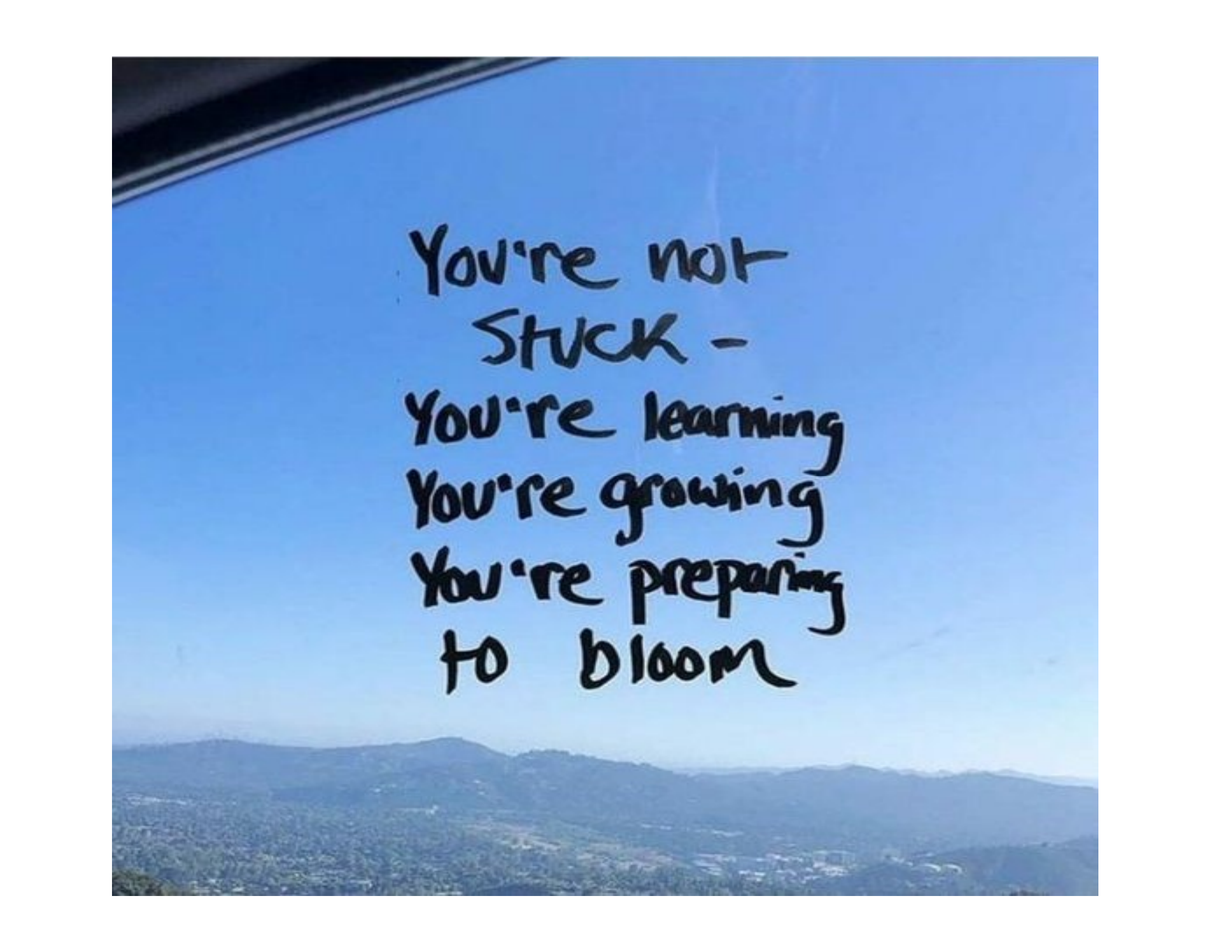
1,329 check-ins

About See All

250 W Baseline Rd, Ste 107

Facebook.com/ReedChiroAZ



A photograph of a clear blue sky with a cityscape visible in the distance. The sky is the primary background for the text. The city below is a dense urban area with many buildings, seen from an elevated perspective. The text is written in a casual, handwritten style in black ink.

You're not
STUCK -

You're learning
You're growing
You're preparing
to bloom



MINDSET
IS EVERYTHING

© Mindset

DOWNLOAD *our office app*

- SKED is our scheduling app! Set appointments without waiting for confirmation, see existing appointments, and reschedule as needed. You will even be able to see the busiest times of the day using our color coding – so we can get you in and out quickly.
- Send us a message on SKED and communicate directly through the app using the MESSAGE action button.
- If you choose not to download the SKED app, scheduling will still be available through SKED online – a link is on our website. You will also still receive reminder texts.



A screenshot of the SKED app interface. The top section is titled "Appointments" and lists several appointments for Dr. Hood - Adjustment, each with a date and time (e.g., Thu, Sep 30 at 8:50 AM). Below the list is a calendar view for October 2021, with a pink overlay on the date October 14. The calendar shows days of the week and dates, with a red dot indicating an appointment on October 14. At the bottom, there is a time slot grid for the day of the appointment, with slots from 9:10 AM to 4:40 PM. The interface includes navigation icons for "Appointments", "Barcode", and "Notification".

Not getting our text message reminders?

Please let the front desk know!



SKED
Scheduling Made Simple

Me

Hi Katie, we look forward to seeing you for your chiropractic appointment today at 10:20 am.

If you need to reschedule you may do so through our app with the link below.

<https://a.sked.life/c/opensked>

Reed Chiropractic



Happy

Valentine's

Day

REEDCHIROPRACTIC



VALENTINE'S

» — DAY — «