

# MILAN CENTER NEWS

Seasonal Newsletter

Winter 2018



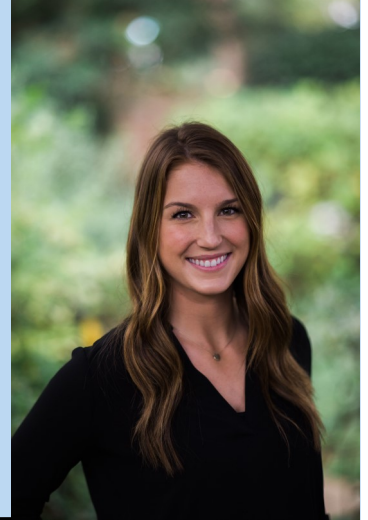
Welcome to our winter newsletter! Our newsletter will keep you informed on current topics in healthcare, updates to the clinic, and other matters related to chiropractic and your health. We have hired three new practitioners to join our team so this letter gives you a chance to get to know them and what they do. We hope that everyone has a safe and wonderful holiday season!



## Dr. Lindsay Verboort, DC

Dr. Lindsay has always had a passion for the healthcare field and was introduced to Chiropractic following a low back injury in college. Fascinated by the hands on approach of identifying and treating the problem rather than symptoms, she decided to pursue a career in Chiropractic. She completed her Doctorate of Chiropractic (DC) at the University of Western States in 2018. She also holds a Bachelors of Science degree in Human Biology. Lindsay has continued to further her education by participating in several rehabilitation and manual therapy seminars to expand her knowledge on the healing process.

She strongly believes that chiropractic is a tool to help patients achieve their highest quality of life through movement, rehabilitation and nutrition. Lindsay is passionate about empowering patients to take a role in their own health. She has experience treating a wide variety of musculoskeletal complaints, especially those patients suffering from chronic pain. A native Oregonian, Lindsay has always lived an active lifestyle including playing volleyball at the collegiate level. She now enjoys weight lifting, cycling, reading murder mysteries and exploring the Portland culinary scene in her free time.



## Rain Lanning, L.Ac

I would like to introduce myself, my name is Rain Lanning, LAc, MS, DiplAc. I am a 2001 graduate of Tri-State College of Acupuncture where I studied Meridian-style, Japanese, Classical and Acupuncture Physical-Medicine styles of Acupuncture I have a lifelong passion for wellness, wholeness, and balance. My specialty is Acupuncture Physical Medicine combined with Japanese-style acupuncture. The style I practice is eclectic, intuitive and powerful! I love helping people find physical and emotional well-being by tonifying and balancing the energy in the body. When indicated, I love to supplement my treatments with modalities such as cupping (the use of suction to improve circulation and mobility), gua sha (scraping), and moxibustion (the use of the herb mugwort to warm the energy of the body). I look forward to meeting you!

## L. Rae Burch, LMT, CHN

Growing up in the country, Rae learned to appreciate the healing benefits of nature. Her interest in bodywork started when she was very young and enjoyed massaging her horses, dogs, bunnies, and family. Graduating from massage school in 2006, she went to work for several luxury spas giving her exposure to many different types of clients and athletes. This turned into an interest in the therapeutic/medical side of massage therapy. She has experience helping her clients achieve healing through different types of hydrotherapy, pre-natal massage, foot reflexology, Hot stone massage, Trigger point therapy, aromatherapy, Swedish and deep tissue. Recently she went back to school, graduating this past fall and is now a Certified Holistic Nutritionist. She believes whole health is based on integrating the physical, nutritional, environmental, and emotional components of one's life. Rae emphasizes personal responsibility and a cohesive relationship between practitioner and client.



## Dr. Chris Neary, ND, MSOM

Dr. Neary is an integrative primary care physician who combines naturopathic and conventional medicine with training in Eastern medicine and exercise physiology. He practices both here at Milan Center and in Bend, OR and strongly believes in the importance of an active patient role on the road to health and healing.

Dr. Neary uses regenerative medicine to treat orthopedic pain, injury, and degeneration. Regenerative injections can effectively stimulate growth of new tissue, resulting in permanent repair of damaged tissue.

He also specializes in bio-identical hormone pellet therapy for men and women.

Dr. Neary offers several treatments in both Regenerative Medicine and Bio-identical Hormone Replacement Therapy.

- Platelet - Rich Plasma (PRP)
- Stem-Cell Derived Injections
- Prolotherapy
- Sotopelle Hormone Pellet Therapy



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### Hours & Info

Monday 8:30—5:30  
 Tuesday 8:30—5:30  
 Wednesday 8:30—5:30  
 Thursday 8:30—5:30  
 Friday 8:30—5:30

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