

2023

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*meet*

Aaron and Rachel Carter,  
Columbia Gorge  
Toyota and Honda  
P5

# WHO'S WHO

IN BUSINESS

COLUMBIA RIVER GORGE



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COLUMBIA RIVER GORGE

# WHO'S WHO

IN BUSINESS

2023







Front row: Clarissa, Tracy, Becca, Christine, Cecelia, Haley, Kristen. Back row: Lana, Leslie, Dr. Perkins, Dr. Haynes, Dr. LeBreton, Angela, Leah. Not pictured: Sarah and Jan



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Left to right: Emil Derdowski, Elizabeth Haddox, Holly Wells, Hayleigh Nicklaus, Tami Blake, Julie Andersen, Kelli Marshall, Crystal Palacios Marquez, Betty Whitney, Lisa Goade, Irene Gutierrez De Luna, Kate Stevenson.  
Not pictured Lari Katzenstein



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Back Row-Elizabeth McFall,  
Kim Kennedy-Burns  
Front Row- Victoria Ochoa Alvarez,  
Shannon Dowty  
Not pictured-Lorena Torres

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Hood River, left to right:  
Erika, Catelin, William, Heather



The Dalles, left to right:  
Back Lisa Muma Assistant Mgr,  
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Alisa, Susanna,  
Karina, Miriam, Lupita, Amy.  
Front L to R, Karen,  
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From left to right: Michelle Gietl, Sales and Development Manager  
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Back Row L-R: Tony, Cheryl, Cliff, Doug, Owen, KC, and Jack  
Front Row L-R: Gary, Shelly, Pam, Kyle, Mike, Mark, Don, Austin, and Matt

Not Pictured: Tim, Charlie, Ron, Dave, Michael, Linda and Angel



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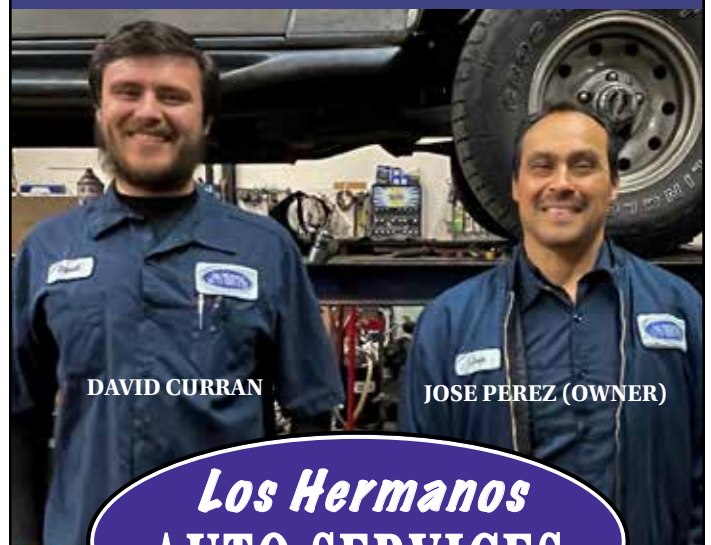
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# INSIDE OUT

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*Dr. Douglas Barnard (known by his patients as “Dr. Doug”) is a neurologically based Chiropractor, a passionate health advocate, and a stress specialist. He’s a Wisconsin native who found his way to the Columbia River Gorge in Washington state after many travels.*

*Dr. Doug was first introduced to chiropractic care in 1968, when he began to suffer from debilitating migraine headaches and relentless low back pain.*

*After a few months of routine chiropractic care, the headaches were completely gone and have not returned since. The low back pain required a few more months to resolve itself. Dr. Doug quickly realized the importance of consistent chiropractic care in order to maintain the progress he experienced. To this day, Dr. Doug receives weekly chiropractic adjustments.*

*Dr. Doug’s personal experience of the effectiveness of chiropractic care did not immediately drive him to become a chiropractor himself; rather, he took a keen interest in the healthcare field and decided to acquire a Bachelor of Science in Nursing. Here, he discovered that he most enjoyed Psychiatric Nursing, which is working with patients who suffer from*

*mental and emotional issues. He found great fulfillment in supporting patients on their journey to emotional well-being.*

*Through Psychiatric Nursing, Dr. Doug was exposed to a wide range of people, ideas, and techniques. His learning and exploration even brought him to Norway for some time, where he was able to help others and enjoy plenty of Nordic skiing.*

*One of his patients in Norway was a chiropractor who encouraged Dr. Doug to attend Chiropractic College. After contemplating the idea for a whole year, Dr. Doug finally moved back to the U.S. and enrolled in Life West College of Chiropractic in California.*

*After graduating from Life West in 1993, Dr. Doug then started a practice in the Columbia River Gorge in Washington. Dr. Doug places strong focus on assessing how the physical, chemical and emotional stress that we encounter every day affects our nervous system. He places great value on finding ways to work together to create a better quality of life through chiropractic care.*

### About Our Chiropractic Practice

Here at InsideOut-Chiropractic, we assess every patient’s individual needs and create a personalized healing plan based on the specific cause of your health issue. We determine this plan based on objective measurements using our state of the art advanced instrumentation which measures brain and nervous system function.

Why the brain and nervous system? Every function in your body is coordinated by the brain and communicated to the body through the nervous system. When there is an issue with the brain and/or it’s ability to communicate with the body it will alert you that there is a problem, these alerts are called symptoms and can include everything from pain, to low energy, sleep issues, autoimmune disorders, digestive issues, high blood pressure, acid reflux, anxiety, depression and so much more. Through a combination of advanced testing and treatment techniques, we are able to determine the cause of your health issue and then correct it, safely, naturally and gently allowing your body to recover, heal and not only get well but then also stay well. Through this brain-based protocol, we are able to address much more than just neck and low back pain, seeing great success with conditions across all age brackets including- ear infections, acid reflux, arthritis, diabetes, high blood pressure, ADD/ADHD, anxiety, depression, and beyond.

We have carefully selected a variety of brain based gentle proven techniques that we strongly believe offer optimal health benefits to our patients, these include: The Tonal Approach, Torque Release Technique, KAATSU Strength and Conditioning, and more. Together or alone, we utilize these techniques to address the cause of your health issues, helping to restore the brain’s ability to function properly leading to the highest level of wellness and performance.





*"Experience the life changing benefits of Chiropractic Care without snapping, cracking, or popping"*

Both new patients and existing patients alike can be confident that they are receiving top quality care at InsideOut-Chiropractic, where we design healing programs defined for each patient's unique needs. We understand that "one size fits all" is not an acceptable approach when it comes to health care. If you are suffering from emotional issues, disease, chronic or recurring pain, let us come alongside and assist in your journey to health and wellness.

### **KAATSU Strength and Conditioning**

KAATSU Strength and Conditioning is a manner of optimizing blood circulation for health, fitness, recovery, and rehabilitation. While it originated in Japan, we are able to reap the benefits of this technique that utilizes a system called a KAATSU Strength and Conditioning, which consists of a small automated compressor and pneumatic, stretchable bands. The bands are placed around your arms or legs, then alternate between inflating and deflating to boost circulation, improve hormonal balance, and develop muscle tone. It is safe for all ages, and can aid in recovery from simple jet lag or recovery from an extreme sporting competition. The KAATSU Strength and Conditioning method has proven to be an effective tool in rehabilitation from surgeries and injuries.

### **Our Mission**

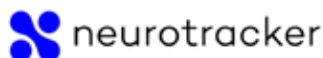
InsideOut-Chiropractic is committed to brain-based chiropractic, addressing the root cause of disease, restoring your body's ability to heal itself leading to

optimal health in patients of all ages. We assess every patient's individual needs and create a personalized healing plan that uses a combination of chiropractic techniques. Our mission is to help our community live their healthiest and most fulfilling lives.

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Built upon 20 years of neuroscience research, NeuroTracker is a patented system that uses 3D multiple-object tracking to improve the efficiency of your brain. When used consistently for just 6 minutes a day, the technology heightens human performance, awareness and mental resilience.



### **Brain Based Chiropractic Philosophy**

At InsideOut-Chiropractic we practice what is known as a brain-based chiropractic and utilize one of or a combination of multiple chiropractic techniques based on what we determine to work best for you. These techniques can support both adults and children experiencing physical pain, mental struggles, digestive problems, insomnia, poor concentration, and more. Brain based chiropractic is based on the research and science that the brain coordinates EVERY function in your entire body and does so via communication through the nervous system. Research has proven that over 90% of all illness and disease is stress related. This stress causes damage to parts of the brain leading to the brain and nervous system's inability to coordinate healing in the body. The good news is in most cases this damage can be reversed. The problem is most of us are stuck in a sick care model of "health" care. This model has nothing to do with health as it simply covers up symptoms with medication instead of actually caring for the cause of the symptoms. This is why we focus on the direct cause of over 90% of all illness and disease, the brain and its ability to adapt and recover from stress. We do this by first performing a brain-based assessment measuring brain function using our state of the art NeuroInfiniti instrumentation which gives us objective measurements on how well your brain and nervous system deals with stress. We then construct a care plan, specific to you and your brain function, leading you to health and wellness. See how this approach can make a difference in your life and the life of your family- schedule a consultation today.





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Back Row - Left to right: Roger Campbell, Braulio Robledo, Job Brown, Carter Vann, Vince Vann (owner), Brian Casson - manager, Jaime Perez  
Front Row - Left to right: Scott Markum, Dante Martinez, Stef Wilkinson, Debbie Wooderson, Shon Wilkinson

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Back Row: Jill Guenther, Devery Broddie, Chris Vail-Rollins, Charlotte Dupuis, Brina Hebert, Kayla Easton, Rhiannon DuBree, Becky Fry, Terri Martz, Louise McCulloch, Laurie Johnston, Paul Rago. Front Row: Jody Thompson, Carol Annala, Alison Nunamaker, Kris Kendall, Ruth Chausse, Ashley Nunamaker-Bello, Lisa Nelson, Maggie Bouvard. Not Pictured: Jane Parker, Eduardo Bello, Karen Andazola, Carrie Moore, Nataesha Kempton, Ashlyn Neperud, Amanda Curry, Mychal Lucas, Cindy Davis.

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# the gorge

LIVING AND EXPLORING IN THE COLUMBIA RIVER GORGE  
magazine

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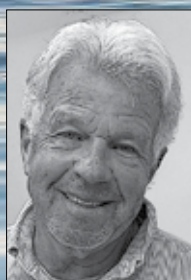
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Neita Cecil



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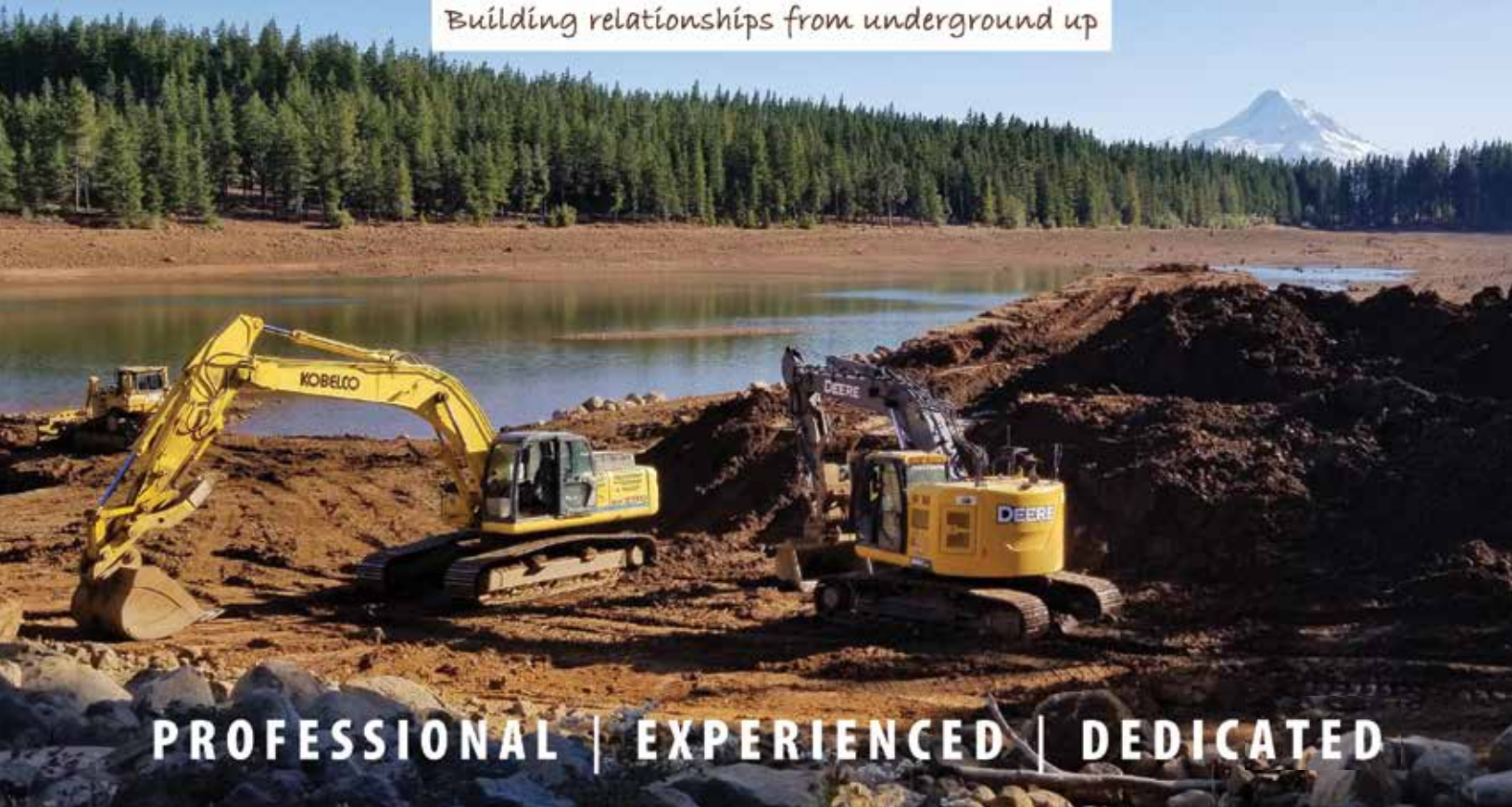






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