# Glenn Frieder Chiropractic Corporation

1816-BEucalyptusAve, Encinitas,CA92024
Phone (760) 230-2928 [ Fax (760)230-2924)

Dearest Patients and Friends,

The time has come for my sabbatical to North Carolina, I will be leaving on September 12th, returning November 15th and here until December 15th. I will be bi-coastal for the next year or two returning every few months.

After 50 years of being a chiropractor, it is hard for me to leave. I love my community here. I will miss you all, but it's time for me to have a new adventure and begin focusing on teaching the next generation of doctors to help as many people as possible.

I have carefully thought out who would be the best practitioners to assist you in my absence.

I'm very excited to have two outstanding chiropractors that will be here Tuesdays and Thursdays to continue best health care needs. These are both seasoned practitioners that I see for my own personal care:

Dr. Nancy North - available on Tuesdays
Known as the one of the Best Chiropractors with over 40 years of experience, Nancy is an outstanding Sports injury specialist, famous for her teaching physician's extremity adjusting. Dr North uses integrative techniques employing Homeopathy and Bach Remedies.

Dr. Joseph Godfrey - available on Thursdays
Known for his gentle and proficient corrective care using Activator Technique. Very few doctors have this expertise. We found Dr Godfrey through a friend who said "He's the Best! I would never see anyone else" I am incredibly grateful to have both these fabulous, seasoned physicians available knowing that they will provide you with the best care.

Besides having these amazing doctors practicing here my excellent staff members, Veronica and Pia, will be offering state of the art physiotherapy Soft Wave tissue regeneration, known for its ability to regenerate damaged tissue, speed the healing process for wounds, post-surgical procedures and increase circulation 300%. One of my patients exclaims that it was better than any plastic surgery for her face, correcting her saggy neck and cheeks.

I learned about this device from watching videos of Ortho-neuro surgeons using this to prevent patients needing surgeries.

If you have had a chronically painful or injured areas i.e. shoulder, knee, spine, wrist, elbow, come in for an evaluation. The Soft Wave is diagnostic and detects where there is damage.

In addition, Veronica and Pia will be doing therapeutic massages and advanced soft tissue rehabilitation therapies along with lymphatic drainage. Both have over 30 years of advanced training and experience.

In addition, I will be accepting virtual telehealth visits beginning early October two days per week. Please speak with Veronica if you are interested in booking a telehealth visit via Zoom, Facetime, or telephone for homeopathic remedy selection, nutrition consultation, flower essence remedy combination, general health questions, etc.

I have carefully compiled a list of Chiropractors and Naturopathic Physicians Itrust to refer to for in-person treatments during my absence. Their specialtiesare as follows:

Dr. Bridgette Chelf – Solana Beach (858) 792 7296

- Chiropractor, Pediatrics, Cranio-sacral, Functional Medicine, Neurologic assessments and treatment.

Dr. David Shores – Encinitas (760) 419-3363

*Neck specialist

Dr. Ken Sheppard-(858) 350-6242

*Neck specialist

My Favorite Naturopaths:

Dr. Kim Kelly – Encinitas (760) 533-2883
Dr. Erin Biller and Dr. Chelsea Smithback – Encinitas (858) 800-2344
Dr. Brian Trainor ND Ph.#(619) 614-7439- Coronado

They all provide-IV's, Ozone Therapy, Functional Medicine, Peptide Injections, Bio-identical Hormone Therapy

MDr. Frieder is now bi- Coastal working half Time in Weaverville NC and in Encinitas.
For 2026 locations are as follows:

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| March-NC | Aug- CA |
| April- CA | Sept- NC |
| May- NC | Nov- CA |
| June- CA | Dec-NC |
| July- NC | |

*Please call our office for more specific information and details for scheduling appointments.

*While waiting for reciprocity for North Carolina licensure for Chiropractic, Dr. Frieder will be practicing Homeopathy and Health Consulting in his current practice in Weaverville NC.

"Health is your Greatest Wealth"

All my love and gratitude for your many years of trust!

Sincerely,

Dr. Glenn Frieder