



## ***Looking Forward Our Way***

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### **GUEST CONTACT INFORMATION**

**Guest: Dr. Jake Coffman, Owner of Optimize Chiropractic**

**Podcast Title: From Back Pain to Balance: Building Resilient Health with Dr. Coffman**

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<https://www.linkedin.com/company/optimize-chiropractic-cbus/>

<https://www.facebook.com/jacob.coffman.16>

<https://www.facebook.com/OptimizeColumbus>

### **ARTICLES OF INTEREST:**

<https://www.webmd.com/health-insurance/using-doctor-ratings-sites>

<https://www.health.com/chiropractor-7554177>

<https://www.nccih.nih.gov/health/chiropractic-in-depth>

<https://www.webmd.com/a-to-z-guides/chiropractor>

**Where do you get reviews on doctors?**

<https://openmd.com/directory/reviews>

<https://www.healthgrades.com/>

<https://www.ratemds.com/>

<https://www.vitals.com/>