

## Health Source of Spanish Fort

### Jim and Dr. Meredith Address

Dr. Meredith Address, D.C., and her husband, Jim, relocated from Colorado to Spanish Fort to establish their business, Health Source Chiropractic: Progressive Rehab and Wellness. In the one year that they have been open at the Eastern Shore Center, they have found a new home in the community.

“We weren’t sure what to expect, but Baldwin County and Spanish Fort has been wonderful,” Meredith said. “As word of mouth about our work has spread, business has grown, and the people here have been welcoming. They’ve taken us in, and we really feel like a part of the community family.”

To be closer to family (Meredith’s mother in Atlanta) is why the couple chose this area. They met in Colorado about eight years ago when Meredith took a break after serving in the Peace Corps and went there to visit a friend. She met Jim, originally from California, who was in Colorado while recovering from a motorcycle accident. “She was very nurturing. She took care of me, and I thought, ‘I better hold on to her,’” Jim said. “We fell in love and have been married for six years now.”

Meredith’s path to being a chiropractor began with an undergraduate degree in broadcast journalism from Florida International University in her home town of Miami. “By the time I was out of college, I knew I didn’t want to do journalism,” she said. “I’d always liked taking care of people: I was a caretaker in college and in the Peace Corps I worked in preventive medicine. My brother was studying chiropractic, and I visited him and sat in on a class and decided that was it! I liked the idea of a career where I can help people stay healthy.” She earned her chiropractic degree at Life University in Marietta, Georgia.

Jim, who works as a chiropractic assistant at their business, said one thing sets their clinic apart from others. “We focus on keeping patients out of pain by teaching them exercises to help them heal.” New studies indicate that active rehabilitation is often more effective than rest, Meredith added. “If you can get people moving again, with proper exercise, they will hold adjustments longer and heal much faster.”

Health Source of Spanish Fort is located at 10179 Eastern Shore Drive, Suite #102 (next to the Publix). You can learn more about them by calling 251-216-4016, by visiting [www.healthsourceofspanishfort.com](http://www.healthsourceofspanishfort.com), or finding them on Facebook at [www.facebook.com/HealthSourceSpanishFort](https://www.facebook.com/HealthSourceSpanishFort).

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