

FRACKSON HEALTH CARE

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Please note that our office will be closed on Monday September 4th for the Labour Day stat holiday.

It's back to school time so don't forget to have your kids "Wear it Right" when it comes to their backpacks. It's common for kids to lug around backpacks appearing to be twice their body weight. Though it may seem cool to sling a heavy load over one shoulder – long-term head, neck and shoulder pain is not. is the link to a great article about this on the Canadian Chiropractic Association website: <https://www.chiropractic.ca/resources/pack-light/>

Welcome to our office Dr. Jordan Millar

Dr. Jordan Millar was born and raised in Smithers, BC, and received her first chiropractic adjustment when she was an infant. A regular chiropractic patient since childhood, and the only treatment that helped her neck pain as a teenager, it became her passion to help others experience chiropractic care for themselves.

She attended both UVIC and UBC, and obtained a degree in archaeology. After receiving her Doctor of Chiropractic from the Canadian Memorial Chiropractic College, she continued to study prenatal, postnatal and pediatric care with the International Chiropractic Pediatric Association, and has a special passion for treating pregnant women, kids and babies. She is also Webster technique certified. Webster technique is a special chiropractic pelvic technique that encourages optimal positioning of the baby. Pregnancy support pillows assist the pregnant mother for comfortable care.



Dr. Jordan is dedicated towards helping families have healthy pregnancies and births. As a mother of two following midwifery-assisted births (one hospital and one a home-birth), she supports attachment-parenting and helps families through the challenges of breastfeeding, co-sleeping, and baby-wearing. Through chiropractic, infants and children are assisted naturally through their milestones for optimal growth and development.

In her spare time, Dr. Jordan can be found hiking up Mt Doug, playing with her kids, travelling, and reading. She is an essential oils enthusiast and loves to make her own natural cleaning and beauty products. Organic local whole foods are important to her and she also has fun attempting to grow veggies in her garden. Dr. Jordan is also active as an advocate in childhood cancer awareness and a member of Momcology.