

MAY NEWSLETTER



Letter from Dr.G

Hey Connect Community,

May is already flying by—and it feels like the perfect time to share some exciting updates and major wins from our community.

First off, I'm excited to share that the Young Entrepreneurs Group we introduced last month is officially launching! Sponsored by the Rohnert Park Chamber of Commerce, this group supports business owners 45 and under who are building and growing their businesses. I'm honored to help lead the group alongside two other amazing professionals. Our first official meeting is Thursday, May 8 at 5:30 PM at Nitro City Racing in Rohnert Park. If you or someone you know is interested in joining, we'd love to see you there!

Later this month, I'll also be speaking at Life West Chiropractic College. I'll be presenting The Connect Code™ and walking students through how we evaluate, diagnose, and create care plans for active individuals. We'll also cover the specific treatment protocols we use at Connect that help our patients get long-lasting results. For me, this is more than just a chance to teach skills that future chiropractors will carry throughout their careers—it's an opportunity to start connecting with and recruiting the next generation of Connect chiropractors.

Speaking of growth, we're thrilled to announce that Connect is looking for a summer intern! This opportunity is open to high school and college students who are curious, motivated, and ready to learn—whether their interest is in health and rehab, marketing, social media, or business operations. We're passionate about helping young people in our community grow, develop new skills, and become part of something meaningful. If someone comes to mind, just have them reach out directly at dr.gootzeit.dc@gmail.com.

On the home front, Melissa and I are officially dog parents. We adopted Luna Tuna (aka “What’s Up Wiggle Butt”) three months ago,



and she's quickly become a beloved member of our family. Now that she's all settled in, we had to introduce her to the Connect community.

🌟 We finally launched our website!

Check it out at connectrehabchiro.com — we'd love for you to take a look.

Huge thanks to the patients who allowed us to feature their photos, to Billie Johnson for the beautiful photography, and to Kristen, our office manager, for making the whole thing come together. Take a look, explore the site, and let us know what you think — we'd love for you to check it out

Lastly, a quick update on Alfonso Ortega, the standout high school rugby player we featured last month. He's been selected to represent the California Grizzlies Rugby Team on their upcoming tour in Japan! Alfonso has been training hard and is about half funded for the trip. If you'd like to support his journey, you can do so here: <https://gofund.me/4d62043c>. Thanks for being part of this incredible community—we're so grateful to have you on this journey with us.

Talk soon,
Dr. G

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Tip of the Month

The Peace & Love Protocol

Get Injured or hurt? Feeling tight, achy, or like something just isn't firing right?

Don't jump straight to rest or painkillers—try the Peace & Love Protocol, a smarter way to handle minor injuries and flare-ups:

- Peace = Protect, Elevate, Avoid anti-inflammatories, Compress, Educate
- Love = Load, Optimism, Vascularization, Exercise

PEACE (first few days):

- Protect: Avoid movements that increase pain
- Elevate: Reduce swelling
- Avoid anti-inflammatories: Let your body heal naturally
- Compress: Light support helps manage swelling
- Educate: Learn what's going on and take control

LOVE (as pain settles):

- Load: Slowly reintroduce movement and resistance
- Optimism: Your mindset supports healing
- Vascularize: Light cardio boosts blood flow
- Exercise: Rehab restores long-term strength and function

It's a simple but powerful framework that can keep minor issues from turning into major problems. Want a copy of our Patient Success Guide to go deeper? [Download here.](#)

Patient Win

One of our newest patients came in wearing a knee brace and had already scheduled a total knee replacement.

But during her Discovery Visit, we found the real root cause of her knee pain. It wasn't just her joint—it was how her body had been moving for years.

After her first full evaluation and treatment, she walked out without the knee brace on. By the time her next appointment came around, she forgot to wear it at all.

We even had a conversation about whether she might delay surgery (though we'd never tell her to cancel it). What matters most is that she now has hope she will be able to walk long distances with her family and dogs again—something that once felt out of reach.

This is why finding the root cause matters.

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Community Highlight

One of our favorite patients—who's been with us for nearly four years—just sent us these incredible photos from her paragliding adventure through the Alps.

We love her so much and are constantly inspired by her adventurous spirit. She originally came in for TMJ issues, then we worked through low back pain, and most recently hip pain.

Why? Because she had big goals—to keep exploring the world on her own terms. And she did it.

We're so proud to have played a small part in her journey.



Free Discovery Visit: Always Worth It

Whether you're in pain or just trying to be proactive, the first step is finding the root cause. That's why our Discovery Visit is 100% free.

Whether you move forward with us, choose a different provider, or just want clarity—you're never wasting our time.

[Click here to book your free Discovery Call](#)

Stay connected:

[Website](#) | Instagram [@connectchiro707](#)

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JOKE OF THE MONTH

WHAT DID THE SPINAL CORD SAY TO THE BRAIN AT THE PARTY?

"YOU'RE GETTING ON MY NERVES!"

