

Spine & Scoliosis Clinic

Dr. Elizabeth Johnsen brings over 20 years experience pioneering advanced pain relief techniques.

What are the core values that drive your business decisions?

The purpose of the spine, scoliosis and neuropathy clinic is to help people live an active lifestyle full of joy, without drugs or unnecessary surgeries. By allowing the body to heal itself.

What inspired you to start your own business?

I wanted to do things differently. I saw an opportunity to provide more than just your standard of Chiropractic Care. To provide a wellness center for health and healing that addresses the whole person, the whole body inside and out. A place that is not just for addressing pain but for providing a better quality of life through natural health care and healing.

What motivates you to keep going when things get tough?

The lack of healthcare in the world. I am motivated by my patients – I want them to have an amazing active lifestyle full of joy. I do it for them. I want the best quality of life for them through natural health care and healing – without drugs or unnecessary surgeries.

How do you stay up to date with the latest trends and developments in your industry?

I work with other doctors who do what I do, and they send me the latest information/research, or I will attend seminars for continuing education. I read research from Scolicare the company I use for my scoliosis bracing. A newsletter/Research gets sent to me from Italian Scientific Spine Institute – where I was able to work on my Masters in Scoliosis, From Ideal Spine = Research done by doctors who perform Chiropractic



Biophysics – where I have my certifications, I study nutrition form Blueprint to nutrition, I keep up with my board certifications in neuropathy, and more...Education never stops. You must be flexible to stay up to date with the latest and greatest technology to help your patients.

How did you come up with your idea for your business?

I was originally going to be a Physical Therapist from the University of Washington. When I was attending UWA I volunteered at the hospital in the physical therapy department and decided I liked it but wanted more! My Chiropractor

at the time in Seattle suggested I go to Chiropractic College to be a doctor. Doctor of Chiropractic, DC's are primary physicians. I can do my Chiropractic work and physio-therapy work combined.

How long have you been operating this business? 17 years

I opened my business in Denver, CO in 2006 until I decided I wanted to be back in Washington State. I relocated to Bellingham WA in 2015, where I have had this practice for over seven years. Since my specialties attract people from different locations including Seattle and the Islands, I opened my

Anacortes Clinic just this year in January 2023.

What is the most rewarding aspect of running your business?

HELPING PATIENTS improve their quality of life. Helping them not only feel better BUT BE better!

What do you like to do for fun?

Just being outside makes me happy, yes, even in the rain! I love to take my dogs out on hikes or trail runs. I like to mountain bike ride Mt Erie with my boyfriend. Travel. Or just have dinner with friends and family.

What advice would you give to other women who want to start their own businesses?

BE CLEAR with the universe and yourself on EXACTLY what you want. YOU will get it. Just be persistent and never give up. Use those obstacles to your advantage and learn from your mistakes. Always know your WHY & PURPOSE to keep you going.

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