

# thank you

Salem Twig and Trail Chiro patients,

May 2026

As my family prepares for an upcoming transition, I've been reflecting on the past three and a half years and I truly can't thank you enough for the trust you've placed in me as your chiropractor. It's been a privilege to care for you and to get to know you and your families. This work has meant so much to me, and each of you has been a meaningful part of that.

Our family is entering a new season, as my husband transitions to active duty Army and begins the Navy Test Pilot School in Maryland. We'll be there for a year, followed by four years in Alabama, and while we're excited for what's ahead, it is not easy to step away from this community.

As part of this transition, I will also be shifting my professional focus. I will be moving away from in-person chiropractic care and into functional metabolic and hormone health, working remotely. Because I will continue to practice under my Oregon license, I will only be able to work with women who are located in Oregon. If this is something you're interested in learning more about, I would be honored to continue supporting you in this new capacity.

Your health matter deeply to me, and I don't want your care to pause in my absence. I highly recommend Dr. Andrew Isaksen at NW Family Chiropractic ([nwfamilychiro.net](http://nwfamilychiro.net)). He will take excellent care of you. Of course, if you have any questions, my inbox is always open—I'm happy to help however I can.

If you'd like to stay connected and follow along with our family's next chapter, you can find me on Instagram @drbeckforsland.com. I share updates from time to time.

If you feel inclined to leave a review on my Google Maps listing or Facebook page ([facebook.com/twigandtrail](https://facebook.com/twigandtrail)), I would be incredibly grateful.

Thank you again for allowing me to be part of your lives and your health journeys. This isn't goodbye—just “see you later.”

Wishing you the best,

*Beck Forsland West*

Prenatal and women's health  
[dr.beck@drbeckforsland.com](mailto:dr.beck@drbeckforsland.com)  
[www.drbeckforsland.com](http://www.drbeckforsland.com)

