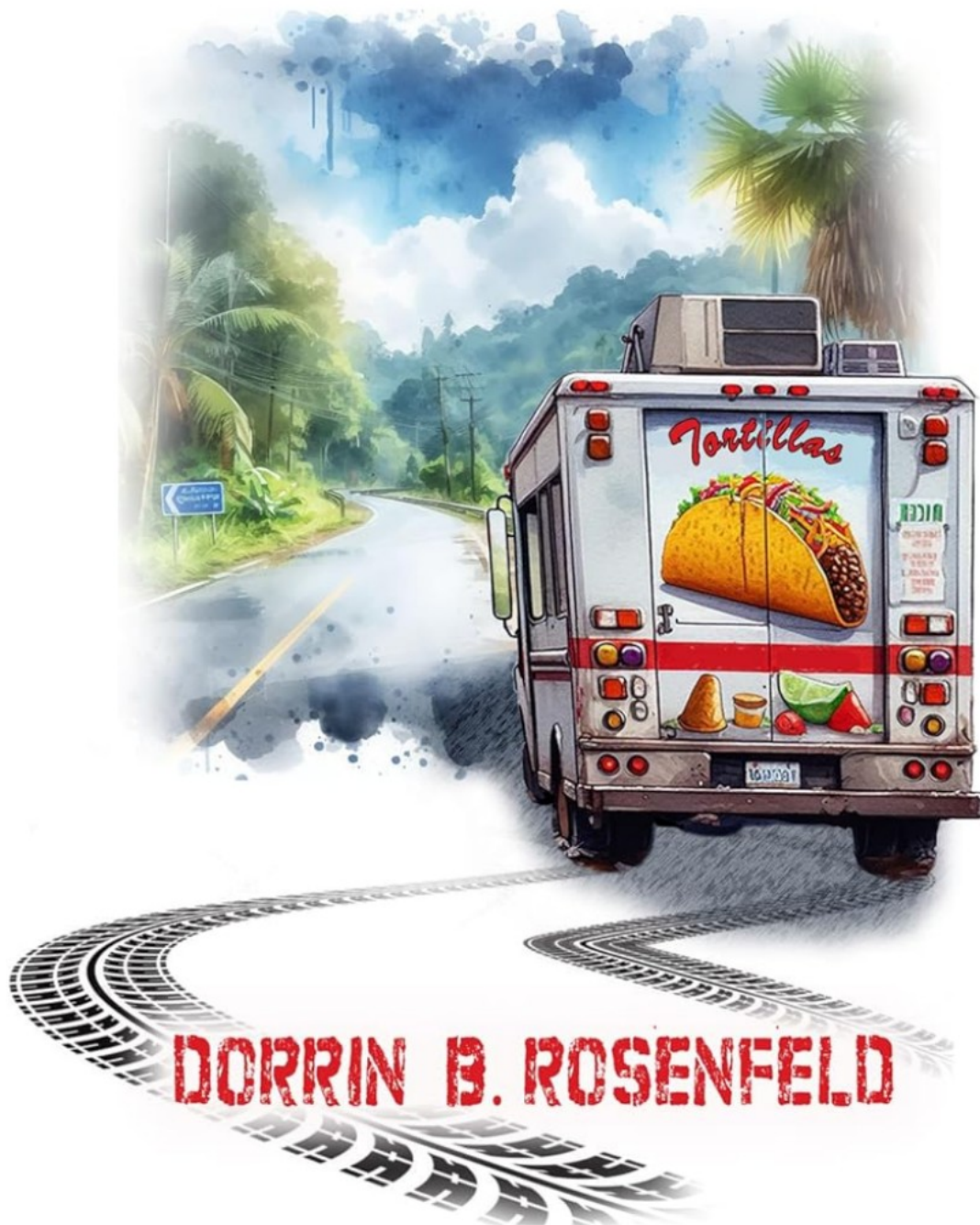


From Science Teacher to Spinal Care: How One Woman's Belize Experience Sparked a Career in Healing

THE DAY I GOT HIT BY THE TORTILLA TRUCK

MY HEALING JOURNEY



DORRIN B. ROSENFELD

Vallejo, California Aug 22, 2025 ([IssueWire.com](https://www.issuewire.com)) - Most careers in health begin with a textbook or a classroom. For Dorrin Rosenfeld, it began with a high school chemistry lab in Belize — and a life-changing twist of fate.

In her memoir, *The Day I Got Hit by the Tortilla Truck: My Healing Journey*, Rosenfeld recounts a series of events that began during her service as a U.S. Peace Corps volunteer and ended with her becoming a chiropractor — a path she never saw coming.

At the time, Rosenfeld's life was carefully mapped out. She'd graduated from Amherst College with plans for medical school, using her Peace Corps service as a purposeful two-year interlude. She was teaching science at Muffles College in Orange Walk Town, learning to adapt to local customs, and immersing herself in the rhythms of the community.

Everything changed in an instant when she was struck by a local delivery truck — one that happened to be carrying tortillas. The accident left her with a traumatic brain injury, partial paralysis, and memory gaps that stretched over weeks. She was airlifted to the United States, waking up in a Boston rehabilitation facility with little sense of where she was or how she had arrived there.

What followed was a long period of rehabilitation — not just in the physical sense, but in the way she saw herself. Rosenfeld had to relearn basic skills, adapt to new limitations, and navigate a healthcare system that often underestimated her potential. While her physical recovery was hard-won, the experience also sparked questions about what it truly means to heal, and who gets to define that process.

One of the memoir's pivotal moments takes place far from the sterile corridors of a hospital. Back in Belize, Rosenfeld began seeing a chiropractor who worked with upper cervical techniques. The improvements she experienced — in balance, coordination, and overall function — were profound. More than that, the experience shifted her entire perspective on health. She began to see healing not as a set of medical interventions, but as the body's own capacity to restore itself when given the right conditions.

This realization set her on a completely different professional path. She returned to the United States and enrolled in chiropractic school, where she immersed herself in anatomy, philosophy, and patient care. Her studies were demanding, but she approached them with the same persistence that had defined her recovery. Over time, she developed a practice rooted in the same principles that had helped her: respect for the body's intelligence, careful attention to individual needs, and an emphasis on restoring function, not just treating symptoms.

The Day I Got Hit by the Tortilla Truck is more than a story about an accident. It's a meditation on resilience, adaptability, and the surprising turns that life can take when old plans fall away. Rosenfeld's account is infused with humor, warmth, and an appreciation for the communities — in Belize, in Boston, and in her professional life — that supported her along the way.

About the Author

Dorrian Rosenfeld is a chiropractor, educator, and former Peace Corps volunteer. She holds degrees

from Amherst College and Life Chiropractic College West. Her work is informed by her own experience of recovery, blending clinical knowledge with personal insight. *The Day I Got Hit by the Tortilla Truck: My Healing Journey* is her debut memoir.

Availability & Contact

The Day I Got Hit by the Tortilla Truck: My Healing Journey is now available on the official website, Amazon, and other online platforms in multiple formats; paperback, hardcover, e-Book. Follow the listed channels below to stay up to date with any exciting news and events regarding Rosenfeld and her literary journey:

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