



Dr. Adam H Anderson

February 1, 1972 - June 9, 2026

Dr. Adam H. Anderson, 54, of Gulf Shores, Alabama, passed away on Tuesday, June 9, 2026, from a natural cause.

Adam was born on February 1, 1972, in Birmingham, Alabama. He graduated from Huffman High School in Birmingham, where he was a proud member of the National Honor Society, reflecting his lifelong love of learning and his natural intellectual gifts.

Adam continued his education at the University of Alabama at Birmingham, graduating in 1996, before pursuing his calling in chiropractic medicine. He earned his Doctor of Chiropractic degree from Life University School of Chiropractic in March 2000.

Following graduation, Dr. Anderson began his professional career with Art Holmes Chiropractic in 2000 in Foley, Alabama. In 2006, he fulfilled his dream of independent practice when he purchased Foley Chiropractic and established his own practice. For more than two decades, he faithfully served his patients with exceptional skill, compassion, and dedication. Adam genuinely loved helping others and viewed his patients not simply as patients, but as friends and members of an extended family whom he cared for deeply.

Adam possessed a remarkable intellect paired with a quick wit and a

wonderfully dry sense of humor. He was a true Renaissance man whose talents seemed limitless. Whether rebuilding an automobile from the ground up, repairing and reconstructing computers, mastering emerging technologies, or preparing memorable meals in the kitchen with one of his many beloved gadgets, Adam approached every endeavor with curiosity, precision, and excellence. Meticulous in all things, he believed that anything worth doing was worth doing well.

He also believed wholeheartedly in working hard and playing hard. Throughout his life, Adam embraced opportunities for adventure, travel, and new experiences. He traveled extensively through Europe and the United States. He enjoyed racquetball, spending time at the beach, exploring new technologies, and immersing himself in his many hobbies and interests. Adam was a devoted fan of Star Wars, enjoyed computer gaming, appreciated virtually every genre of music, and enjoyed watching current events and home improvement shows.

One of the most significant moments of Adam's life occurred on St. Patrick's Day in 2016, when he went on a blind date with Dr. Tera Simmons. What began as a chance meeting quickly became a beautiful love story that transformed their lives forever. They were united in marriage on May 28, 2021.

Adam lived with enthusiasm, optimism, and gratitude. His positive spirit was unbreakable, and his presence was magnetic. He brightened every room he entered through his kindness, wisdom, patience, humility, and quiet strength. Though naturally reserved, he had a unique ability to make others feel valued, respected, and cared for. He was loved by everyone fortunate enough to cross his path, and his influence will continue to be felt for generations to come.

Dr. Adam Anderson is survived by his beloved wife, Dr. Tera Simmons; his beloved mother, Fran Drake and husband Ken; his father, Andy Anderson; and many cherished aunts, uncles, cousins, extended family members, dear friends, grateful patients, and all whose lives were enriched by knowing him.

While words cannot fully express the loss felt by those who loved him, Adam's legacy of faith, kindness, excellence, loyalty, and unconditional love will endure. He will be remembered for his brilliant mind, compassionate heart, unwavering devotion to family, and the countless lives he touched throughout his journey. He will be missed immensely, but those who knew and loved him rejoice in the assurance that his earthly journey has ended and his eternal one has begun.

"Well done, good and faithful servant." Matthew 25:23

Upcoming Events

Graveside Service

JUN **20**. 1:00 PM - 2:00 PM (CT)

Pine Rest Memorial Park

16541 US-98

Foley, AL 36535

(251) 943-5667

Tribute Wall

JT

“ *My thoughts and prayers go to Dr. Tera Simmons at this most difficult time. Not only will Dr. Anderson be miss by his family but also by his many friends.* ”



JEAN A. THOMPSON - 2 hours ago

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Dr. Simmons, with prayers and thoughts of peace and comfort, I extend my deepest sympathy for you and your family during this difficult time.

Kathy Kendrick

Kathy Kendrick - 2 hours ago