

Jon Thomas, DC, a Chiropractor with Vibrant Life Health Center

Get to know Chiropractor Dr. Jon Thomas, who serves patients in Jacksonville, Florida.



New York City, Jun 19, 2020 (IssueWire.com) - Top chiropractor, Dr. Thomas, serves the residents of Jacksonville, Florida at Vibrant Life Health Center. In private practice, he utilizes structural corrective chiropractic care/rehabilitation, custom nutrition/detoxification, functional lab testing, and custom supplementation in order to reduce toxicity or deficiency and allow the body to heal itself.

On a mission to positively impact the health of everyone, he meets in the community, Dr. Thomas's interest in health started at an early age resulting from an athletic life, including BMX racing, professional snow skiing, water skiing, baseball, weight lifting, and martial arts. Ultimately, health challenges that his wife and four children faced led him to realize that the protocols the doctors were using were not intended to cure anything. It disheartened him that they never got to the root cause of the patient's issue, and in many cases, caused a multitude of other problems. This led him to research for a healthcare profession that would address the cause of an individual's health issue and allow the patient's body to heal itself.

It was then that Dr. Thomas discovered that corrected skeletal structure, healthy headspace, proper intake of nutrients, functional fitness, and elimination of toxic burdens allow a person to live to their optimum health potential. Prior to graduation, he accumulated twelve years of experience running and consulting chiropractic practices where his desire to help others pursue living to their optimal potential led him to pursue his Doctor of Chiropractic (DC) degree from Life University in Marietta, Georgia in 2014.

While Dr. Thomas attended Life University, he spent over 4,757 hours studying subjects such as biochemistry, microbiology, pathology, embryology, human anatomy & physiology, X-ray, diagnosis, chiropractic adjusting techniques, orthopedic testing, physiotherapy, and patient care in the Life University Outpatient Clinic. In addition, he received advanced training in functional neurology, pediatric care and the Webster technique, 21st-century intracellular detoxification, clinical lab testing, bio-nutrition, nervous system balancing, and spinal correction. He also had the privilege of working with and was mentored by, doctors who worked on celebrities and Olympic/professional athletes.

After learning from some of the top health experts in the world, Dr. Thomas is a "doctor of the future". He is a practitioner of Full Spine Diversified Adjustment, Gonstead, Thompson Technique, Activator, Cox, Toggle Upper Cervical Technique, Extremity Adjusting Technique, Soft Tissue Adhesion Release, PNFT, FAKTOR, Sacral Occipital Technique, and numerous others.

Among his professional affiliations, he is a member of the Florida Chiropractic Association, the International Chiropractors Association, and the Jacksonville Sports Council.

Chiropractic is a form of alternative medicine that mainly deals with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine. A chiropractor uses spinal adjustments, manipulation, and other techniques to manage patients' health concerns, including neck pain and back pain. They aim to improve patients' functionality and quality of life by properly aligning the body's musculoskeletal structure and enabling the body to heal itself without the use of medication or surgery.

In his free time, Dr. Thomas enjoys spending quality time with his wife, four children, and three dogs. He

also loves being outdoors, cycling, boating, riding muscle cars, and rooting for the Florida Gators.

Learn More about Dr. Jon Thomas:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3455250-Jon-Thomas-Chiropractor> or through Vibrant Life Health Center, <https://vibrantlifehealthcenter.com/us/>

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