

Kristina J. Gibbons, DC, a Chiropractor with Family Life Chiropractic & Wellness

Get to know Chiropractor Dr. Kristina J. Gibbons, who serves patients in Wellsville, Kansas.



New York City, Jul 20, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Gibbons is a skilled chiropractor offering patients a unique experience in care with a positive and relaxing atmosphere at Family Life Chiropractic & Wellness in Wellsville, Kansas. Her emphasis is in upper and lower extremities including plantar fasciitis, shoulder injuries, sciatica, TMJ, carpal tunnel syndrome, and concussion care; however, she also has a full range of techniques to help with a wide variety of health and wellness concerns.

The doctor's wellness-centered philosophy includes nutritional counseling that starts in the refrigerator while offering an excellent variety of high-quality supplements to help with vitamin deficiencies and weight management. She and the rest of the welcoming team at Family Life Chiropractic & Wellness are committed to providing chiropractic solutions to address patients' unique needs, whether they are experiencing back pain, neck pain, headaches, or even muscular tightness and tension. They offer over 18 different state-of-the-art hands-on adjusting techniques and a variety of manual and instrumental adjusting techniques to help keep the body feeling and working its best.

"In the summer of 1999, I was rear-ended by a semi-tractor trailer and pushed into another car. I was forced to deal with a tremendous amount of health issues which caused me to begin failing my college classes. As a last-ditch effort, I sought help from a chiropractor. This chiropractor not only helped me with my health, he inspired me to do the same for others. It was from that point that I dedicated myself to the study of chiropractic and natural healing" as stated by Dr. Gibbons.

Following the completion of her Bachelor of Arts (BA) degree in Biology from Wichita State University in 2003, she went on to obtain her Doctor of Chiropractic (DC) degree from the Cleveland Chiropractic College in 2007.

When asked what her favorite things about being a chiropractor are, Dr. Gibbons answered, "watching people begin the journey toward (and hopefully reach) their optimum health naturally; and educating people about health, life, nutrition, posture, etc. I never dreamed that I could incorporate my two favorite hobbies, healing and talking, into one profession, and make a living doing it! Someone pinch me..."

Among her professional affiliations, she remains a member of the Concerned Parents of Young Athletes, the Kansas Chiropractic Association, and the Wellsville Chamber of Commerce.

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.

Learn More about Dr. Kristina J. Gibbons:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/581361-Kristina-Gibbons-Chiropractor> or through Family Life Chiropractic & Wellness, <https://www.familylifechiroks.com/meet-the-doctor>

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