

## Katie Grech, DC, a Chiropractor with Loving Health Chiropractic

Get to know Chiropractor Dr. Katie Grech, who serves patients in Troy, Michigan.



New York City, Aug 24, 2020 ([Issuewire.com](https://www.issuewire.com)) - Top chiropractor, Dr. Grech is energetic,

enthusiastic, intelligent, and dedicated to improving the health of all of her patients. She believes that whole chiropractic wellness provides balance to life, helps patients discover themselves as a whole, and ultimately helps them discover their potential in life.

As the owner & operator of Loving Health Chiropractic in Troy, Michigan, what sets Dr. Grech apart as a chiropractor is her care for the whole person – not only their pain. She focuses on treating her patients at the source of their pain in order to bring them back to wellness. She believes that non-invasive and natural health care is a wonderful alternative for those who want to live as naturally as possible. Chiropractic care helps families and individuals care for their pain and ailments non-invasively – meaning without surgery. Stopping the pain and not merely masking it is the secret to whole and natural health.

Describing her services as “compassionate,” Dr. Grech, along with her chiropractic team, strives to educate her patients in creating a healthy and active lifestyle. She specializes in performing the KST technique, which is a gentle chiropractic technique that doesn’t involve a popping or cracking. She also seeks to build friendships and relationships with patients and has a special place in her heart for moms.

Growing up in Rochester Hills, Dr. Grech attended Oakland University prior to completing her Doctor of Chiropractic degree at Palmer College of Chiropractic in Davenport, Iowa. Continuously striving for excellence, she is trained and highly experienced in a number of areas, including KST adjustments, kinesiology, nutrition, detoxifying programs, weight loss, orthotics, and other areas critical for optimal health.

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.

When she is not helping treat her patients at the clinic, one can find Dr. Grech riding her bike, playing golf, running, exercising or playing outside with her daughter. An avid outdoor enthusiast, she also loves spending time on the lake with her family, boating, and camping in the great outdoors.

She is supported by her husband - and best friend in the world - Brian, who works in the construction industry. They share a young daughter named Maren.

The Grech family contains some fur babies as well, two cats named Buddy and Piper, and two dogs named Crimson and Keely – which rounds out to one big happy family! They reside in Lake Orion.

### **Learn More about Dr. Katie Grech:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82737430-Katie-Grech-Chiropractor> or through Loving Health Chiropractic, <https://www.lovinghealthchiropractic.com/index.php?p=502562>

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