

John R. Winn, DC, a Chiropractor with John Winn Chiropractic Office

Get to know Chiropractor Dr. John R. Winn, who serves patients in Saddle River, New Jersey.

New York City, Nov 16, 2020 ([IssueWire.com](https://www.issuewire.com)) - As a chiropractor with experience, Dr. Winn is committed to promoting optimal health and well-being. He sees patients at his private practice - John Winn Chiropractic Office - in Saddle River, New Jersey.

Striving to free people from pain, he uses a 'whole person approach'. This approach to wellness means looking for underlying causes of any disturbance or disruption (which may or may not be causing symptoms at the time) and making whatever interventions and lifestyle adjustments that would optimize the conditions for normal function. Using this unique approach, Dr. Winn is able to help patients to accelerate and/or maintain their journey to good health.

Back in 1973, he graduated with his Doctor of Chiropractic degree from Columbia Institute of Chiropractic. With nearly five decades of training and experience in spinal adjustment, he takes great pride in providing the finest chiropractic wellness care to his patients.

Some of the services that he offers at John Winn Chiropractic Office include: chiropractic care, corrective exercises, lifestyle advice, nutritional counseling, massage therapy, and spinal & postural screenings.

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, back pain, headaches, vertigo and a long list of other ailments and conditions. 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 naturally, without the use of medication or surgery.

Learn More about Dr. John R. Winn:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1229996-John-Winn-chiropractor-Saddle-River-NJ-07458> or through John Winn Chiropractic Office, <https://www.chiropractorsaddleriver.com/about-us/meet-the-doctor.html>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : John R. Winn, DC

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