

Tatiana Habanova, DC, DACNB, a Chiropractic Neurologist with Palm Beach Brain Center & The Pilates Wellness Center

Get to know Chiropractic Neurologist Dr. Tatiana Habanova, who serves patients in Wellington, Florida.



New York City, Dec 30, 2020 (IssueWire.com) - Dr. Habanova is a board-certified chiropractic neurologist & pilates rehabilitation practitioner with advanced training in concussion, brain injury and rehabilitation, vestibular rehabilitation, and neuroperformance. She is the Clinical Director of Palm Beach Brain Center & The Pilates Wellness Center in Wellington, Florida.

As such, she enjoys helping people understand and overcome the root cause of their symptoms by providing them with the tools and the know-how to live a life of optimal health and well-being. She uses a variety of tools, including thorough medical history and physical examination, detailed patient questionnaires and surveys, and comprehensive laboratory tests (blood, urine, stool, saliva, and genetic testing). She then uses nutritional therapy, herbal medicine, supplements, stress management, detoxification, and lifestyle changes to eliminate triggers and restore proper function and balance.

Practicing functional medicine, Dr. Habanova recognizes that in order to support one part of the body, all of the other parts must also be considered. She has extensive postgraduate training and experience in treating issues/conditions such as: digestive problems and gastrointestinal health; food intolerances; hormone imbalances including adrenal, thyroid and sex hormones; autoimmune diseases; chronic infections including parasites, tick-borne pathogens, and viruses; detoxification; stress management; low immune function, allergies, and asthma; metabolic problems (weight, blood sugar, high cholesterol); fatigue, low energy, and poor sleep; as well as cognitive and neurological disorders.

Serving as the Founder of the BRAIN HEALTH SAVVY movement, Dr. Habanova is also a sought after peak performance expert, health & wellness consultant, researcher, speaker, and author. She regularly treats patients and speaks on topics such as neuroinflammation, autoimmunity, hormonal imbalances, and gut health. Her philosophy of living a balanced healthy life is: "Eating Well, Moving Well & Thinking Well".

In good standing with several professional organizations, she is a member of the International Association for the Study of Pain, the Neuro - Optometric Rehabilitation Association, and the Florida Chiropractic Association.

Throughout her academic career, Dr. Habanova received her Honors Bachelor of Science degree in Biochemistry and Genetics from The University of Western Ontario in London, Ontario, Canada in 1995. Three years later, in 1998, she completed 100+ hours of advanced training in the Certified Chiropractic Sports Physician Program by Logan Chiropractic College.

Thereafter, she went on to receive her Doctorate in Chiropractic degree from The National College of Chiropractic in Chicago, Illinois in 2000. That same year, she became certified as a Pilates Rehabilitation Practitioner through Polestar Pilates in Miami, Florida.

To advance her clinical nutrition training, Dr. Habanova completed 300+ hours of studies required by the American Clinical Board of Nutrition (ACBN), and a postgraduate degree in Clinical Nutrition from the University of Miami Miller School of Contemporary Medicine in 2006.

Constantly expanding her knowledge base, she completed a 100-hour Acupuncture Certification Program for Chiropractic Physician and became board-certified in 2015. She also became a Certified Medical Examiner for the Department of Transportation in 2016.

Having both a background in sports medicine and clinical nutrition, as well as being a competitive

athlete herself, Dr. Habanova understands in very specific ways the unique needs which confront athletes and anyone wanting to live with an abundance of health and well-being.

Her passion for brain health began at a very young age. She was continuously curious about how the brain works and how it controls the way the body works. Experiencing a serious brain infection in her late 30s and then having experienced a concussion a few years later in a motor vehicle accident gave her a personal understanding of how brain injuries can affect one's body, health, emotions, and cognition. She also recognized the impact these conditions have on one's surrounding family members, friends, and coworkers, and how important it is for them to maintain their own brain health as well.

In 2018, she immersed herself in the field of clinical neuroscience with the Carrick Institute and became a Diplomate of the American Chiropractic Neurology Board (DACNB).

To date, she has successfully completed the 200-hour Clinical NeuroChemistry and Nutrition Program and is eligible for a Fellow of the American Board of Neurochemistry & Nutrition (FABNN). She has completed the 150-hour Vestibular Rehabilitation Program and the 150-hour Concussion/Traumatic Brain Injury Program in 2020 and is eligible for Fellowship as well.

As part of giving back and inspiring young scholars, Dr. Habanova taught undergraduate Anatomy & Physiology as a Full-Time Faculty Professor at Keiser University for 5 semesters. She also served as an Adjunct Anatomy & Physiology Professor at Palm Beach State College from 2018 until 2020.

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. The chiropractic neurologist is a specialist in assessing the health of the entire loop connecting the muscles, joints and nervous system, and in identifying dysfunction in each part that can lead to problems elsewhere.

Over the last 20 years, Dr. Habanova has been recognized as a preeminent authority in developing Pilates Rehabilitative Programs and Clinical Nutritional Programs for athletes. She has written extensively on the subject, developed Pilates Teacher Training manuals, and has been invited to speak at various national conferences.

During the Winter Equestrian Festival held in Wellington, she devotes her expertise to Olympic and amateur Equestrian athletes. She has developed an outstanding reputation, placing her at the very top of her field and at the forefront of this exciting area since 2000.

An animal lover, Dr. Habanova enjoys volunteering at Big and Little Dog Ranch. She embraced her support for horses and dogs by completing the 210-hour Postgraduate Animal Chiropractic Program from Options for Animals in 2018 and becoming board-certified by the International Veterinary Chiropractic Association in 2019.

Learn More about Dr. Tatiana Habanova:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82738285-Tatiana-Habanova-Chiropractor>, through Palm Beach Brain Center, <https://palmbeachbraincenter.com/the-power-of-concentration/> or through The Pilates Wellness Center, <https://pilateswellness.net/meet-dr-tatiana-habanova/> , or her online Women's Brain Health programs at <http://drhabanova.com>

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