

Letitia A. Stewart, DC, Chiropractor

Get to know Chiropractor Dr. Letitia A. Stewart, who serves the population of Amherst, New Hampshire.



New York, New York City, May 20, 2021 ([Issuewire.com](https://www.issuewire.com)) - Dr. Stewart, a 1996 graduate of Life Chiropractic University in Georgia, continued her chiropractic education with the Gonstead Clinical Seminars, earning her certification in the Gonstead Technique. She was a teacher of the Gonstead Technique while maintaining a practice for several years in Georgia. Missing her family from New England, she relocated and opened a practice in New Hampshire. Dr. Stewart practiced in Mont

Vernon, NH for nine wonderful years before relocating her practice to Amherst, NH in 2010. Dr. Stewart is the only chiropractor using the Gonstead Technique in NH, with only 5% practicing in the whole country.

The Gonstead System is unique because it is thorough, complete, and specific in both analysis and treatment of the spine. A Gonstead Practitioner addresses the entire spine when evaluating for the presence of vertebral subluxations (spinal misalignments producing nerve interference or irritation) which cause ill health. A Gonstead Chiropractor conducts a thorough analysis of your spine using five criteria to detect the pressure of the vertebral subluxation complex.

Her leisure time is filled with activities in the outdoors. She enjoys the beauty the NH White Mountains have to offer, being with nature, her family, friends, and the joys of seeing her patients get better.

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. Letitia A. Stewart:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/26810-Letitia-Stewart-Chiropractor>

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