

Tiah Sanborn, DC, a Chiropractor with The Joint Chiropractic

Get to know Chiropractor Dr. Tiah Sanborn, who serves patients in Coral Springs, Florida.



New York City, New York Mar 30, 2022 ([Issuewire.com](https://www.issuewire.com)) - A devoted chiropractor, Dr. Sanborn became part of The Joint Chiropractic's team of local healthcare providers in 2021, when she began serving residents in the Coral Springs area, where she finds her work incredibly rewarding.

"The best thing about being in the chiropractic field is having the ability to alleviate someone's pain while also educating them on why the pain was there, and how they can prevent it from reoccurring. It is

empowering to know that minor lifestyle modifications can reduce pain levels on a day-to-day basis, and this knowledge alone can significantly improve an individual's quality of life" expressed the doctor.

Pertaining to her educational pursuits, she earned her Doctor of Chiropractic degree from the Palmer College of Chiropractic in Port Orange after having received her Bachelor of Science degree in Exercise Science from the University of South Florida.

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.

Raised in Palm Beach, Florida, Dr. Sanborn enjoys life with her whopping 22-pound cat, Jax, and a tabby named Cali. In her spare time, she enjoys gardening, cooking, being in the sun, and hosting game nights with her friends. She says that chocolate is her guilty pleasure. If she could bring together any four people from history to share a meal, she would sit down with the Dalai Lama, musician Bob Marley, Giorgio Tsoukalos, and Vlad the Impaler. One of the most impactful books that she has read is *Spiritual Growth: Being Your Higher Self* by Sanaya Roman.

Learn More about Dr. Tiah Sanborn:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84663978-Tiah-Sanborn-Chiropractor>, or through The Joint Chiropractic, <https://www.thejoint.com/florida/coral-springs/east-coral-springs-27043>

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