

Vincent P. Monaco, DC, a Chiropractor in Private Practice

Get to know Chiropractor Dr. Vincent P. Monaco, who serves patients in Fairfield, Connecticut.



New York City, New York Apr 11, 2022 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Monaco is a chiropractor, Peak Performance practitioner, and Aliveness Coach, who created his own methodology to fine-tune the mental, emotional and physical systems of the individuals he works with around the globe. His studies of key disciplines over several decades have helped him to develop wellness practices across the United States and Australia.

Integrating his own healing experiences through childhood illnesses and trauma combined with helping his patients and clients heal through their own mental, emotional and physical health challenges over the past 34 years, has assisted him in developing his Peak Performance Wellness program.

The doctor utilizes his unique approach of gentle, light-touch chiropractic, coaching, and humor, to assist each client in reconnecting to their natural state of ease, allowing their body, mind, and nervous system to reset, recover and reorganize to a new level of peak performance and aliveness.

Academically, he received his Bachelor of Arts degree in Biology with a minor in Communications from the Southern Connecticut State College, and earned his Doctor of Chiropractic degree from the New York Chiropractic College.

Furthermore, Dr. Monaco is a Level III certified Network Spinal Analysis Chiropractor, and has received Basic and Advanced Certificates in Neuro-linguistic Programming from Robbins Research International. He has also received Leadership Training majoring in Relationships, Human Dynamics, and People Reading from Sage University, and has had comedy and improvisation training at Manhattan's Punchline and Stand-Up New York Comedy Clubs.

With over 34 years of experience as a Director and Owner of Wellness Centers in the United States and Australia, he has also served on the Robbins Research International New York Event support team; as a personal doctor to Tony Robbins; as International Teaching and Facilitating Staff for the Westworld Seminars Global Events Programs; and as an MC for Network Chiropractic Transformational Gates.

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. Vincent P. Monaco:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/84265309-Vincent-Monaco-Chiropractor>, or through Vincent P. Monaco, DC, <https://drvinniemonaco.com/about/>

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