

Ghazaleh “Gyzel” Tabrizi, DC, a Chiropractor with Virginia Family Chiropractic

Get to know Chiropractor Dr. Ghazaleh “Gyzel” Tabrizi, who serves patients in Manassas, Virginia.



New York City, New York Oct 6, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Gyzel is a licensed chiropractor with Virginia Family Chiropractic, operating out of the office in Manassas, Virginia. She is known for her work in restoring the normal curves of the spine, allowing for a fully functioning nervous system and proper posture, and alleviation of chronic headaches, low back pain, and neck pain.

Her mission is to provide patients with the highest quality health care through proper spinal/ nervous system function and posture correction, fitness, nutrition, and wellness coaching. By teaching her patients how to eat well, move well, and think well, she prides herself on changing the quality of how patients live their life.

Although getting her patients out of pain is the first priority, it is never the ultimate goal and rarely the ultimate result. Dr. Gyzel stresses the importance of a wellness-based lifestyle to improve quality of life and redefine health as energy to create vitality, a positive mental attitude, an attractive physique, and less pain. She believes the best measure of a great doctor is the level to which he or she educates patients on their health. The true definition of health is 100% balance of mind, body, and spirit, and she firmly believes that moderation/ balance/ temperance is the key to life.

Holding a Bachelor of Science degree in Biology and Psychology, Dr. Gyzel graduated with her Doctor of Chiropractic degree from CCCLA in Los Angeles, California.

Continuously advancing her efforts, she is a member of the American Chiropractic Association, the International Chiropractic Association, and the Virginia Chiropractic Association.

Certified as a personal trainer, physiotherapist, and weight management specialist, Dr. Gyzel specializes in treating disc herniation and muscle injury. She works with many athletes by performing fitness and functional assessments and rehabilitation training.

With a goal to serve others, she has worked with infants as old as a few hours and with geriatric patients up to 100 years old. She has also helped thousands of people around the world by traveling to different third-world countries such as India, El Salvador, and Jamaica on mission trips.

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, such as neck pain and back pain. 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 without medication or surgery.

A highly respected wellness expert, Dr. Gyzel spends a great deal of time outside of the office speaking to major corporations, businesses, universities, and county schools on various health topics. These workshops are community service and last between 15-30 minutes at no charge and include topics like: Discover wellness today "Everyone dies, but not everyone lives"; Stress (Physical/ Chemical/ Emotional); Posture/ Ergonomics; Headaches/ Migraine (cause/ symptoms/ different types/ solution); and Nutrition/ Fitness. She is also a Co-host/ Guest Speaker in the TV show "Eat well with Azar," and speaks about wellness, stress, and other health-related topics.

In her spare time, Dr. Gyzel enjoys outdoor activities, working out, and traveling.

Learn More about Dr. Ghazaleh “Gyzel” Tabrizi:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3042181-Ghazaleh-Tabrizi-Chiropractor> or through Virginia Family Chiropractic, <https://virginiafamilychiropractic.com/provider/dr-ghazaleh-tabrizi/>

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