

Cynthia Lara, DC, a Chiropractor with Airrosti Brownsville

Get to know Chiropractor Dr. Cynthia Lara, who serves patients in Brownsville, Texas.



New York City, New York Jun 5, 2023 ([Issuewire.com](https://www.issuewire.com)) - A seasoned chiropractor, Dr. Lara sees patients at Airrosti Brownsville, becoming an Airrosti Provider in 2016. With a passion for promoting wellness, she has transformed the lives of many individuals through her expertise and compassionate approach.

Originally from Ciudad Juarez, Mexico, she completed her undergraduate studies at Loretto Academy.

She then pursued her graduate education at Texas Woman's University and then went to Life Chiropractic University, where she honed her skills and acquired the knowledge necessary to excel in her field.

When asked about what Airrosti means to her, Dr. Lara expresses her deep appreciation for the opportunity to make a positive impact on people's lives. Witnessing patients heal rapidly and regain their mobility brings her immense joy and fulfillment. She wakes up each morning with a sense of purpose, knowing that her work with Airrosti can significantly improve a person's health and well-being.

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. Although Dr. Lara did this for decades she became intrigued with the protocols and treatment of Airrosti and now works on fascia promoting soft tissue healing and relief of pain. Helping many patients heal in three to four visits.

In addition to her professional pursuits, Dr. Lara embraces various hobbies that contribute to her overall well-being. She finds joy in engaging in activities such as interval training with Orange theory Fitness, Hatha flow yoga and horseback riding. Even simple endeavors like taking leisurely walks in the park or going to the mall with loved ones bring her immense satisfaction.

One of the fascinating aspects about the doctor is her ability to communicate fluently in three different languages: Spanish, English, and Arabic. This linguistic versatility enables her to connect with a diverse range of patients and ensures that language barriers do not hinder effective communication.

Learn More about Dr. Cynthia Lara:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/418363-Cynthia-Lara-Chiropractor> or through Airrosti Brownsville, <https://www.airrosti.com/provider/cynthia-lara-dc/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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