

## Alexandrea L. Lyon, DC, a Chiropractor with Transformational Chiropractic

Get to know Chiropractor Dr. Alexandria L. Lyon, who serves patients in Durham, North Carolina.



**New York City, New York Nov 15, 2023 ([Issuewire.com](https://www.issuewire.com))** - Dr. Lyon, a licensed chiropractor and holistic healer, possesses an exceptional ability to interpret the body on multiple levels, employing diverse techniques to stimulate deep healing and rejuvenation. She actively educates her patients on proper nutrition, exercise, lifestyle adjustments, and ergonomic influences that complement and bolster her therapeutic efforts.

As the Owner of Transformational Chiropractic in Durham, North Carolina, Dr. Lyon offers patients a choice of four distinct appointment types: a chiropractic-only session, combined chiropractic and massage treatment, nutritional evaluation, or mind-body healing appointment.

Examining patients' concerns, Dr. Lyon considers their nutritional needs, structural wellness, and the impact of their thoughts and emotions. Her unique ability to address these aspects simultaneously, coupled with her extensive experience in managing whiplash, equips her to comprehend and manage a spectrum of complex chronic issues. One of her patients recently said: "no matter what pain I have, I know you will relieve it."

During her time at Logan College of Chiropractic, Dr. Lyon simultaneously worked as a massage therapist at a spa. Following the attainment of her Doctor of Chiropractic Degree in April 1989, she pursued further education in muscle rehabilitation through post-graduate courses.

Her pursuit of knowledge led her to study under esteemed experts across the United States, delving into Clinical Kinesiology with Dr. Alan Beardall and Dr. Terry Frank, as well as Applied Kinesiology with Dr. Burt Hanicke. Additionally, she received training in techniques such as the Cox method, and Thompson technique, and delved into ancient Chinese medicine and herbal practices.

In her practice, Dr. Lyon utilizes muscle testing during nutritional appointments to pinpoint the precise nutritional requirements of each patient. This method offers insights from the patient's body, guiding the determination of what the body needs for strength, vitality, and enhanced health.

With certification in Wisdom Healing—a form of mind-body healing—Dr. Lyon delves into identifying and transforming the enduring impacts of trauma or adverse childhood experiences, creating a better energetic balance between the mind and body. Attention to all three orientations (structural adjustments and massage, nutritional analysis, and energetic healing work) work together to balance the musculoskeletal system, blood, and mental and spiritual aspects, stimulating the body's innate healing capabilities.

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.

On a more personal note, Dr. Lyon cherishes her role as a caring mother to three amazing children - Robert, Jacquelynn, and Liddia.

### **Learn More about Dr. Alexandria L. Lyon:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2281565-Alexandrea-Lyon-Chiropractor> or through Transformational Chiropractic, <https://dralexandrealyon.com/about-us/>

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