

Melissa Makin Sannelli, DC, MS, Chiropractic and Functional Medicine Physician with Flourish Nutrition and Chiropractic

Get to know Chiropractic and Functional Medicine Physician Dr. Melissa Makin Sannelli, who serves patients in Red Bank, New Jersey.



New York City, New York Nov 13, 2023 ([Issuewire.com](https://www.issuewire.com)) - Acknowledged for her gentle and

thorough approach to patient care, Dr. Sannelli is a board certified chiropractic physician, a functional medicine doctor, and a clinical nutritionist. Her areas of specialization encompass pain management, the treatment of food sensitivities, as well as the management of various conditions, including digestive, hormonal, and metabolic disorders.

Dedicated to helping individuals get well and stay well, Dr. Sannelli offers solutions for conditions such as migraines, headaches, osteoarthritis, rheumatoid arthritis, irritable bowel syndrome, chronic fatigue, brain fog, SIBO, yeast overgrowth, liver detoxification, personalized holistic weight management, sports nutrition, sports injuries, hormonal imbalances (thyroid, PMS, PCOS, and menopause), diabetes, metabolic syndrome, hypertension, histamine intolerance, sleep disturbances, and more.

As the proud owner of Flourish Nutrition and Chiropractic, Dr. Sannelli extends her expertise to individuals from various parts of New Jersey and Monmouth County, including communities like Red Bank (where her practice is located), Fair Haven, Rumson, Middletown, Holmdel, Hazlet, Atlantic Highlands, Little Silver, Monmouth Beach, Shrewsbury, Tinton Falls, Eatontown, Sea Bright, Oceanport, and Long Branch.

Seeing patients ranging from newborns to the elderly, some of her services include chiropractic care, functional medicine, clinical nutrition, as well as specialized techniques such as Active Release Techniques ® and Graston Technique ® for complete holistic healthcare. She employs cutting-edge technology for non-invasive and gentle diagnosis and treatment of physical and biochemical conditions.

With an impressive educational background, Dr. Sannelli earned her Bachelor of Arts Degree from Bowdoin College and her Doctor of Chiropractic Degree from Logan College of Chiropractic.

Furthering her expertise, she received her training in Functional Medicine through The Institute for Functional Medicine and obtained her Master's Degree in Human Nutrition from the University of Bridgeport.

Notably, Dr. Sannelli holds the distinction of an Advanced Proficiency-Rated doctor by Activator Methods, the most-researched and accurate chiropractic assessment protocol and treatment.

Her personal connection to chiropractic care dates back to her school days when she received her first chiropractic adjustment at the age of 12, which brought immediate relief. Her enduring belief in the power of natural pain relief has shaped her career.

Over the years, Dr. Sannelli has personally experienced the benefits of chiropractic care, including relief from sinus congestion, migraines, enhanced immunity, and faster post-workout recovery.

Nutrition has also been a lifelong passion for hers, cultivated by her mother's influence, instilling in her a love for wholesome foods. This early inspiration led her to explore nutrition and food as medicine. Her extensive training includes clinical research and the analysis of laboratory test results. Dr. Sannelli has been mentored by Dr. Richard Lord, PhD, author of "Laboratory Evaluations for Integrative and Functional Medicine." Her training involves the assessment of urinary organic acid tests to identify nutritional deficiencies and metabolic imbalances, addressing the root causes of various conditions like chronic inflammation, hormonal imbalances, weight gain, energy depletion, toxicity, and autoimmune diseases.

Now certified to treat children and adults with both nutrition and chiropractic care, Dr. Sannelli gives her patients the best of both worlds. This combined approach has been especially helpful for individuals

with conditions such as fibromyalgia, arthritis, migraines, MS, chronic fatigue, anxiety, recurrent infections, abdominal pain, constipation, allergies, asthma, and more.

Every patient benefits from a personalized treatment plan that is specifically designed to target the underlying causes of their conditions, rather than solely addressing the symptoms. This approach not only guides Dr. Sannelli and her patients' toward effective solutions for their healing but also fosters a deeper understanding of their health concerns.

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.

A tireless advocate, Dr. Sannelli is deeply committed to empowering her patients. She actively seeks to inspire and educate her community through outreach efforts aimed at disseminating her wealth of knowledge in holistic health. She believes in the transformative potential of holistic approaches and is dedicated to spreading the message far and wide.

Her passion and pleasure lie in the art of helping individuals not only attain wellness but also thrive in their lives. She views each patient as a unique journey towards health and well-being, and it is her ardent desire to provide them with the tools, information, and guidance they need to take control of their health. Her dedication to empowerment extends beyond the confines of her practice, touching the lives of those she interacts within her practice and the larger community.

Outside of her patient care responsibilities, Dr. Sannelli enjoys spending time with her husband and two children, relaxing with family and friends, coloring, cooking, hiking, playing with her Jack Russell terrier, Kobe, and worshiping God.

Learn More about Dr. Melissa Makin Sannelli:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1456808-Melissa-Sannelli-Chiropractor> or through Flourish Nutrition and Chiropractic, <https://www.flourishnutritionandchiro.com/>

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