

Local Chiropractor Denise Woods, DC, Brings Innovative Healing Techniques to Council Bluffs Community

Total Care Chiropractic Offers Unique Services for Pain Relief and Wellness



New York City, New York Aug 26, 2024 ([Issuewire.com](https://www.issuewire.com)) - A dedicated chiropractor born and raised in Council Bluffs, Iowa, Dr. Woods is the Founder of Total Care Chiropractic, a state-of-the-art clinic providing comprehensive and innovative chiropractic services.

With a deep commitment to natural healing and community well-being, she is determined to help

patients achieve optimal health through a diverse range of effective treatments. She discovered her passion for chiropractic care while attending Northwest Missouri State University, where she excelled in both academics and athletics.

After struggling with chronic low back and shoulder pain that traditional medical treatments could not resolve, she turned to chiropractic care. In 2000, Dr. Woods enrolled at Palmer College of Chiropractic in Davenport, Iowa. Graduating cum laude in 2004, she emerged with a wealth of knowledge and a strong desire to help others heal naturally.

Returning to her hometown, she established Total Care Chiropractic to offer an array of services designed to address various health concerns. Total Care Chiropractic stands out as the only clinic in the Council Bluffs area to provide specialized spinal decompression therapy, a revolutionary treatment for individuals suffering from sciatic pain and disc-related issues.

In addition to spinal decompression, Dr. Woods offers laser therapy, rapid-release therapy, Kinesio Taping®, vibration therapy, and traditional chiropractic adjustments. Each service is tailored to meet the unique needs of her patients, ensuring a holistic approach to pain relief and overall wellness.

As part of her commitment to community engagement, she plans to host workshops and wellness events to educate residents about the benefits of chiropractic care and healthy living.

Learn More about Denise Woods:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2103427-Denise-Woods-Chiropractor> or through Total Care Chiropractic, <https://www.totalcarecbia.com/meet-dr-denise-woods/>

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Source : Denise Woods, DC

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