

Local Chiropractor Dr. Kristina Ruddle Celebrates Community Commitment to Family Health

St. Louis Native Provides Expert Care for Pregnant Women and Children



New York City, New York Oct 2, 2024 ([Issuewire.com](https://www.issuewire.com)) - A licensed chiropractor and proud member of the St. Louis community, Dr. Ruddle is dedicated to enhancing the health and well-being of families throughout the region. As the Owner of St. Louis Family Chiropractic, she offers a holistic approach to health, providing care for pregnant women, infants, children, and adults of all ages.

She feels blessed to have recognized her calling in chiropractic care after seeking care for scoliosis, asthma, and allergies as a child. She was amazed at how much chiropractic adjustments helped with her symptoms, and decided she would one day provide the same healing for others. Born and raised in South County, she attended Assumption Grade School and Cor Jesu High School. She went on to pursue her passion for health sciences at Saint Louis University where she studied Biology, Pre-Medicine, and Business Administration.

Subsequently, Dr. Ruddle earned her Bachelor of Science degree in Human Biology and her Doctor of Chiropractic degree from Logan University in 2015, where she developed a keen interest in treating pregnant women and children. Dr. Ruddle noted how amazing it is to see patients heal with just the touch of her hands. The relief experienced by infants, children, and pregnant women especially touched her. Her commitment to this specialization led her to complete extensive hours of training outside of her doctoral coursework, culminating in her Certification by the Academy Council of Chiropractic Pediatrics in 2017.

“I attribute my success to my early calling to chiropractic care and the support of my family,” she said. “The clarity I gained from my own experiences helped me obtain valuable knowledge and expertise in the field from an early age.”

In addition to her professional commitments, Dr. Ruddle enjoys spending time outdoors, hiking, traveling, and weight lifting, as well as cherishing moments with her daughter, Danica.

Learn More about Dr. Kristina M. Ruddle:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1259277-Kristina-Ruddle-Chiropractor> or through St. Louis Family Chiropractic, <https://www.stlouisfamilychiropractic.com/meet-dr-ruddle>

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