

David Guzzardo, D.C.



Dr. David Guzzardo is different from many other chiropractors in that he not only has an amazing ability to relieve pain, but he also has a true talent for teaching his patients how to begin leading a healthier lifestyle. By advocating a proper diet and exercise regimen, he helps patients' bodies work more efficiently. As he points out, "the spine is our lifeline; when it is misaligned, it compromises the patient's nervous system." The brain-body connection, as he calls it, is the key to understanding the bigger picture of health. Dr. Guzzardo believes that visits to a chiropractor aren't just for people in pain — they're also for those who want to keep their bodies in balance as an effective method of wellness and prevention.

"Chiropractors are like the IT guys of your nervous system," Dr. Guzzardo says. "I help make sure that your nervous system is functioning as it should. Many of my patients enjoy a sense of greater well-being from regular chiropractic adjustments and have reduced health care costs."

All of Dr. Guzzardo's new patients receive a comprehensive examination — including digital X-rays of the spine and a nerve function test — to determine where the nerve interference lies. Since the areas of the spine are interrelated biomechanically, a full spine adjustment is necessary to correct the problem. Inter-segmental traction tables are used to gently stretch the vertebral segments and relax the muscles along the spine.

Of course, with 25 years of experience, Dr. Guzzardo's skillful hands are often enough to make the necessary spinal adjustments.

Among Dr. Guzzardo's most satisfying cases is an infant who was just 24 hours old when he corrected a spinal misalignment through a light adjustment, using only his index finger. Another case involved a 102-year-old woman whose spine he realigned, allowing her to regain the feeling in her hands and letting her return to her favorite pastime of knitting socks.

A man of true dedication and deep caring for people, Dr. Guzzardo is a chiropractor who will help provide you with a healthier lifestyle and a better outlook on life.

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