MaxLiving Chiropractic - Tech Ridge Highlights Whole-Body Approach to Gut Health

August 17, 2026

AUSTIN, TX - August 17, 2026 -
MaxLiving Chiropractic - Tech Ridge has released an educational guide outlining its whole-body approach to supporting gut health. The resource addresses common digestive concerns and describes how the clinic?s 5 Essentials framework is applied in patient care. Digestive diseases affect an estimated 60 to 70 million Americans, according to statistics published by the National Institute of Diabetes and Digestive and Kidney Diseases.

The guide notes that conditions such as irritable bowel syndrome, Crohn?s disease, GERD, celiac disease, inflammatory bowel disease, and ulcerative colitis can produce symptoms including abdominal discomfort, urgency, and bloating. Clinic materials also reference the gut-brain connection, observing that imbalances in gut health may contribute to both physical symptoms and emotional effects such as elevated stress.

Within the guide, chiropractic adjustments are described as one element that may help ease discomfort associated with digestive conditions by supporting spinal alignment and overall body function. Available research on this specific application remains limited. A 2015 narrative review of chiropractic management for gastrointestinal disorders found that most reported patient experiences showed mild to moderate symptom improvement, with no adverse effects noted in the included studies, and suggested chiropractic care may be considered as an adjunctive option when no contraindications exist. Earlier systematic reviews have noted a lack of high-quality trials and called for further rigorous research. The clinic?s materials present these adjustments as part of a broader strategy rather than a standalone treatment.

The 5 Essentials framework organizes the clinic?s approach. Core Chiropractic involves adjustments intended to support spinal function. Nutrition recommendations focus on nutrients that support digestive processes. Mindset guidance addresses the influence of stress on digestive symptoms. Oxygen and Exercise incorporates movement and breathing practices that may support circulation related to the digestive system. Minimize Toxins encourages attention to ingredients and products that could affect the digestive system.

These components reflect the clinic?s structured method for developing personalized plans. Lifestyle factors such as diet, stress management, and physical activity are widely recognized in broader health literature as relevant to digestive function; the clinic integrates them alongside chiropractic care within its own framework.

Patient care follows a defined sequence. Visits begin with a review of health history, current concerns, limitations, and goals. Data collection may include assessments or imaging. Results are reviewed with the patient to establish a clear understanding of findings. Personalized recommendations are then developed, and education is provided so patients can apply related guidance between visits.

Dr. Sara Richa, Doctor of Chiropractic and owner of the clinic, oversees care at the Tech Ridge location. She earned a Bachelor?s Degree in Health Sciences from James Madison University in 2016. She previously worked as an Applied Behavior Analysis therapist providing in-home early intervention for children with autism and other disabilities. She graduated with honors from Life University with a Doctorate of Chiropractic and completed advanced training in spinal correction, nutrition, exercise, and detoxification. Dr. Richa holds certification through the Pediatric Experience for pediatric and family care, membership in the International Pediatric Association, and certification in the Webster Technique.

?Our guide presents the 5 Essentials as a practical framework that combines spinal care with nutrition, stress management, movement, and toxin awareness for patients dealing with digestive concerns,? said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

Clinic materials include standard disclaimers stating that the information is for general use only, does not replace guidance from a licensed healthcare practitioner, has not been evaluated by the Food and Drug Administration, and is not intended to diagnose, cure, treat, or prevent any disease. Decisions regarding supportive measures are to be made in partnership with a licensed provider.

?Education and clear communication of findings help patients understand the factors we consider when developing individualized plans related to gut health,? said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

The guide positions the clinic?s approach as complementary to other health services patients may receive. Care emphasizes thorough assessment, transparent review of results, and recommendations tailored to each person?s circumstances. By combining chiropractic adjustments with the remaining elements of the 5 Essentials, the clinic offers a structured path for those seeking support with digestive concerns alongside other health goals.

MaxLiving Chiropractic - Tech Ridge is a chiropractic clinic that utilizes the 5 Essentials framework. The practice focuses on core chiropractic care along with related recommendations in nutrition, mindset, exercise, and toxin reduction as part of individualized patient plans.

###

For more information about MaxLiving Chiropractic, contact the company here:MaxLiving Chiropractic - Tech RidgeDr. Sara Richa - Doctor of Chiropractic(512) 717-6597info@maxlivingtechridge.com12314 N Interstate Hwy 35 Suite 108, Austin, TX 78753

MaxLiving Chiropractic

We take a holistic approach to finding the root cause of symptoms such as neck pain, back pain, hormonal imbalances, autoimmune conditions or any bodily dysfunction.

Website: https://www.maxliving.com/clinic/maxliving-chiropractic-tech-ridge

Email: info@maxlivingtechridge.com

Phone: (512) 717-6597