



Be Aligned Health Offers Nutrition and Health Coaching in Delaware County, OH

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Be Aligned Health provides nutrition and health coaching in Delaware County, OH. The clinic offers customized nutrition assessments and coaching plans designed to identify individual nutritional needs and support everyday eating habits with whole, natural foods. Care is presented as education and planning rather than a single diet template.

According to the clinic's nutrition page, the work begins with a customized assessment of a person's current nutritional baseline. That assessment may be used to shape a nutrition plan and, when indicated, to guide lab testing. The clinic states that coaching addresses factors such as nutrient gaps, metabolic function, hormone balance, and toxin exposure as part of a broader wellness plan. Physicians and health coaches participate in the process, with one-on-one coaching and tracking tools described as part of the support structure.

The clinic outlines two main plan structures. A Core Plan focuses on practical food choices: emphasizing healthy fats while reducing damaged fats, choosing naturally raised animal proteins, selecting whole carbohydrates over refined ones, favoring fruits and vegetables over refined grains and added sugars, reading labels for nutrient density, and limiting artificial preservatives, flavorings, and additives. An Advanced

Plan is described as an expansion of those basics for people with more complex metabolic goals, including body composition, energy output, and hormone-related concerns. Both plans are framed around teaching people how to eat real food rather than relying on points systems or short-term gimmicks.

Be Aligned Health states that diet quality can influence how a person feels and that a pattern built on whole foods is intended to support energy, immunity, and metabolic function. The clinic cites general public-health discussion linking dietary patterns with long-term wellness. Those statements are presented as the clinic's educational position and as context for coaching, not as a promise that nutrition coaching treats or resolves any specific disease.

Nutrition coaching is connected to the clinic's 5 Essentials framework. Core chiropractic is described as support for spinal correction. Nutrition is the food-focused essential. Mindset support addresses stress management and sleep. Oxygen and exercise are used to support muscle function and resilience. Minimizing toxins is presented as support for the body's natural processes. Coaching is positioned as the practical food component of that framework.

Dr. Lee Thomas, Doctor of Chiropractic and founder of Be Aligned Health, commented on the clinic's nutrition services. "Nutrition coaching starts with an assessment of what a person is eating and how that pattern may be affecting energy and metabolic function. The aim is to teach clear food choices based on whole, natural foods."

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, added perspective on the coaching process. "Plans are built around individual needs rather than a single menu. Coaching and follow-up are used to help people put food changes into daily practice."

Dr. Thomas earned a degree in human biology and microbiology from Ohio State University in 2008 and completed advanced training in structurally corrective chiropractic care, nutrition, detoxification, exercise physiology, and physical therapy. He opened the clinic in December 2013 with his wife and has hosted Aligned with Life Radio since 2014. Dr. Marks holds a Doctorate of Chiropractic from Life University, previously served in the U.S. Air Force, and earned an economics degree from The Ohio State University.

The team also includes Dr. Jay Briggs, a 2018 graduate of Palmer College of Chiropractic, and Meg Repas, Clinic Director, who holds a bachelor's degree in education and has a background in athletics. The clinic has been recognized through independent community votes as one of the top chiropractic offices in Powell and surrounding areas in 2018 and 2022.

Powell is located in Delaware County, and the clinic serves residents from the immediate community and nearby areas. Nutrition services are offered as part of the clinic's existing care model, alongside corrective

chiropractic care and other wellness support. Plans are individualized after assessment rather than applied uniformly. Education remains central so patients understand label reading, food quality, and how daily choices relate to energy and body composition.

The clinic's stated mission is to help people live with a more intentional focus on health. Nutrition and health coaching is presented as one part of that mission: identifying needs, explaining food principles, and providing follow-up so changes can be implemented with consistency. The clinic describes this as a full-spectrum approach intended to reduce the plateaus that often appear when diet changes are attempted without structure or support.

As interest in food-based wellness education continues, Be Aligned Health responds by offering nutrition assessments and coaching as an established service. The emphasis remains on whole foods, personalized planning, and practical implementation. By pairing nutrition coaching with the clinic's broader wellness framework, the practice aims to give patients a clear path from assessment to daily eating habits.

Be Aligned Health operates as a chiropractic clinic in Powell, Ohio, dedicated to corrective care and wellness support. Founded by Dr. Lee Thomas in 2013, the practice combines structural adjustments with complementary services including nutrition and health coaching. The clinic emphasizes patient education and individualized plans, including community outreach through its radio program, to support lasting health for individuals and families.

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For more information about Be Aligned Health, contact the company here: Be Aligned Health Dr. Lee Thomas 614-389-4945 BeAlignedHealth@gmail.com 10266 Sawmill Pkwy, Powell, OH 43065

Be Aligned Health

Our Doctors and Health Coaches in Powell provide a full spectrum of complementary care to help identify specific lifestyle deficiencies preventing you from functioning at 100%.

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