

# **Local Chiropractor In Encinitas Expands Its Range Of Health And Wellness Services**

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California based K2 Health Center is pleased to announce that in addition to providing cold laser therapy, massage, and X-rays, they now also have the capability and modern equipment to provide in-house laboratory work at their new wellness facility in Encinitas.

"We understand that many people are looking for alternative solutions and natural methods to address their medical conditions. At the K2 Health Center, we specialize in providing safe and non-invasive medical treatments so our clients may avoid expensive and risky surgical procedures," said Dr. John Kupper and Dr. Steven Keener of K2 Health Center.

They offer a wide range of alternative and natural medical treatments, including chiropractic services, low-level laser therapy, sports and therapeutic massage therapy, post-concussion therapy, and Temporomandibular Joint (TMJ) pain treatment. They also specialize in addressing a number of symptoms and conditions, such as neck pain, headache, migraine, lower-back pain, fibromyalgia, gastrointestinal disorders, fatigue, and many more.

Dr. Keener explained that by utilizing natural treatments and alternative procedures, patients will also be able to enjoy a number of health and financial benefits. These include the ability to avoid risky operations followed by lengthy recovery times, fewer side effects, cost-efficiency, as well as strengthening of the body's immune system through natural healing.

Moreover, we also specialize in providing effective treatments to address symptoms and conditions caused by several neuro-musculoskeletal disorders. Our team of certified doctors and chiropractic physicians work towards finding the root causes of the problem and devising the most appropriate procedures to help patients get back to their optimal health," Dr. Kupper said.

As noted on their official website at <http://k2healthcenter.com/>, Chiropractic adjustments are generally safe, and are considered one of the most effective treatments both for simple conditions like headache and neck pain, and more serious illnesses such as osteoarthritis and fibromyalgia. According to WebMD, an online health and medical resource, about 22 million Americans visit chiropractors annually. Of these, 7.7 million, or 35%, seek relief from back pain from various causes, including accidents, sports injuries, and muscle strains. Other complaints include pain in the neck, arms, and legs, and headaches.

Those looking for alternative and non-invasive medical treatments may consider the K2 Health Center. They are considered one of the top wellness centers in Encinitas, Leucadia, Carlsbad, Cardiff, Solana Beach, Del Mar, and the surrounding areas based on the positive reviews and recommendations that they receive online. Furthermore, they also offer surgery avoidance consultations to those who are having doubts about their initial diagnoses and are looking for another doctor's opinion.

Heather F., from Carlsbad, CA, said, "I've had chronic neck and back pain for 30 years and I've tried massage, chiropractic, physical therapy, yoga, and medication at other clinics to eliminate the pain but to no avail. After just a couple of months working with Dr. Keener, I'm shocked and ecstatic to be able to say that I'm pain free. I've had consistent improvements, with each visit virtually erasing one problem after the next. Dr. Keener's approach utilizes a combination of advanced tools and procedures to align the atlas, loosen tissues and ligaments, work on affected muscles, and do effective chiropractic adjustments. I believe that the combination of these different methods is what has made the difference for me. I highly recommend them."

Another satisfied patient, Marsha J., said in a Yelp review that, "I've been suffering from lower back pain and a stiff neck from extended time on my computer. I've also been in a couple of car accidents where I was hit from behind. I have gone for adjustments in the past but have never experienced the sort of outstanding results that I've had with the K2 Health Center. I'm happy that I've found Dr. Keener and Dr. Kupper. Their wellness chiropractic treatments are reasonably priced despite their advanced nature and their center is conveniently located in Encinitas. I'm definitely recommending the K2 Health Center to my friends and family."

More information about the company can be found on their website. It also contains a number of useful tips and guidelines on how to promote and maintain the body's overall health and wellness with the help of non-invasive and natural medical treatments. Furthermore, interested parties may also connect with them through their official Facebook page at [https://www.facebook.com/pg/K2HealthCenter/posts/?ref=page\\_internal](https://www.facebook.com/pg/K2HealthCenter/posts/?ref=page_internal) to learn more about their latest news and important announcements.

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For more information about K2 Health Center, contact the company here: K2 Health Center Dr. Kupper & Dr. Keener (760) 456-9470 [info@k2healthcenter.com](mailto:info@k2healthcenter.com) 317 N. El Camino Real Suite 110 Encinitas, CA 92024

## **K2 Health Center**

*Encinitas chiropractors Dr. Kupper and Dr. Keener are well known as the top pain management doctors in Encinitas. They have helped numerous patients with all sorts of issues including upper back and neck pain.*

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