



Be Aligned Health Highlights Founder Dr. Lee Thomas's Experience in Corrective Chiropractic Care

February 18, 2026

POWELL, OH - February 18, 2026 - PRESSADVANTAGE -

Be Aligned Health recognizes the contributions of its founder, Dr. Lee Thomas, in developing the clinic's methods for corrective chiropractic care. Dr. Thomas's background in addressing personal health challenges through alignment-focused treatments has informed the practice's emphasis on identifying underlying issues to support patient health. This approach draws from his experiences and training in structural corrections.

Dr. Thomas, originally from Wadsworth, Ohio, observed family health issues early in life, which led to an interest in nutrition and exercise. After a car accident following his mother's passing, he discovered chiropractic care, which emphasized proper alignment for body function. This shifted his focus toward corrective methods. He earned a degree in human biology and microbiology from Ohio State University in 2008, completing pre-chiropractic studies. Further training included structurally corrective chiropractic techniques, nutrition, detoxification, exercise physiology, and physical therapy.

In December 2013, Dr. Thomas and his wife opened the clinic, initially named RFC and later Be Aligned

Health, becoming among the youngest private chiropractic owners in Ohio at the time. He remains involved in patient care and has hosted Aligned with Life Radio on 98.9 FM and 880 AM since 2014, covering health topics for community education.

The clinic's corrective chiropractic adjustments aim to enhance spinal alignment and posture. Research indicates that spinal manipulation can reduce lower back pain. Wellness protocols at the clinic target conditions such as back and neck pain, headaches, and sciatica through customized adjustments, rehabilitation, nutritional assessments, detoxification, and exercise plans.

Shockwave therapy at the clinic provides a non-invasive, FDA-approved option for conditions like plantar fasciitis and tennis elbow. It employs focused and radial methods to facilitate tissue regeneration from injuries. Pregnancy and pediatric care incorporate Webster's Technique, which has shown an 82% success rate in resolving breech presentations in some studies. This supports spinal health during pregnancy and addresses early childhood concerns.

Nutrition and health coaching identify factors affecting metabolism, hormones, and energy, offering guidance through programs. The 5 Essentials framework includes core chiropractic for nervous system function, nutrition from natural foods, mindset support for stress management, oxygen and exercise for muscle building, and toxin minimization for cleansing processes.

As a provider of pain management in Powell, OH, Be Aligned Health applies Dr. Thomas's knowledge to deliver integrated treatments. Patients receive protocols combining these elements for health maintenance. The clinic serves the local community with care options.

Dr. Lee Thomas, Doctor of Chiropractic and founder of Be Aligned Health, shared insights on his path. "Experiences with health issues guided a dedication to corrective methods that target causes, supporting patient health."

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, noted the impact. "Dr. Thomas's training enables a tailored method that considers overall factors, aiding musculoskeletal function."

The clinic received recognition through independent community votes as one of the top chiropractic offices in the area in 2018 and 2022. These reflect public feedback on care quality.

Clinic policies facilitate operations, including advance notice for massage therapy cancellations, which support chiropractic treatments. Memberships offer regular service access.

Demand for non-invasive health strategies persists, and Be Aligned Health addresses this through education

and preventive measures. Patients gain information for care decisions.

Be Aligned Health functions as a chiropractic clinic in Powell, Ohio, committed to corrective care and wellness. Established by Dr. Lee Thomas in 2013, the practice merges structural adjustments with therapies to handle health concerns. The clinic emphasizes patient education and customized plans, including community initiatives like its radio program, to promote sustained health.

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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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