

Live Well Chiropractic Offers Functional Nutrition Program in Bedford County, PA

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Live Well Chiropractic offers a functional nutrition program in Bedford County, PA, as part of its coordinated wellness services. The program focuses on a guided, root-cause approach that supports energy, digestion, hormones, blood sugar, detox, and overall wellness with personalized plans.

Kelsey Havlin serves as Functional Health Coach for the program. Her background includes personal experiences with health challenges such as migraines, rosacea, and cystic acne. These led her to explore whole-person health through nutrition, lifestyle, environment, deficiencies, and toxic load factors. She works in partnership with the practice's doctors to provide education and practical steps for patients.

The functional nutrition program incorporates assessments and strategies tailored to individual needs. Areas addressed include female hormone balance and thyroid support, blood sugar regulation and metabolic health, Lyme disease and chronic immune support, digestive health and gut imbalance care, sustainable medically guided weight loss, and detox support for liver and lymphatic health. The approach emphasizes listening to patient stories and collaborating with existing care when needed.

Dr. Kris Arnold founded Live Well Chiropractic in 2000 after graduating from Parker College of Chiropractic. Born and raised in Bedford County on a family farm, he established the practice to provide non-force chiropractic services. The office has operated for 25 years and has served more than 1,000 patients. Complementary services integrate with the functional nutrition program, including instrument-assisted chiropractic adjustments, computer scans for nervous system stress, massage therapy, and regenerative options such as S-Wave and PEMF treatments.

The team includes Dr. Jason Stephens, Pediatric and Family Health Director, who graduated from New York Chiropractic College in 2006. Dr. Randy Tabita serves as Wellness Director and graduated from Life University in 2007. Massage therapists Suzanne Marisic and Kristy DeHaven provide modalities such as Swedish massage, salt stone massage, and reflexology. Additional support comes from staff managing regenerative therapies and functional health coaching.

The practice accepts major insurance providers, including UPMC, Blue Cross Blue Shield, United Healthcare, and Medicare. This facilitates access for patients seeking coordinated care in the region. Nutritional counseling within the program incorporates whole-food supplements and detox protocols. Thermography scans offer non-invasive information on bodily processes.

"Functional nutrition involves looking at root causes through nutrition, lifestyle, and other factors to support the body's natural processes," said Kelsey Havlin, Functional Health Coach at Live Well Chiropractic. "The program provides personalized guidance and education to help individuals address their specific health needs."

Dr. Kris Arnold, Owner and Clinic Director, commented on the integration of services. "The functional nutrition program complements the practice's other offerings, allowing for a comprehensive approach to patient care over the past 25 years."

Patients work with the coach through discovery calls and ongoing sessions to develop plans. The process focuses on practical, sustainable steps that fit into daily life. Education forms a central part of the program, empowering individuals with information on how different elements affect health.

The practice's location in Bedford County supports local residents seeking options for wellness maintenance. The team collaborates across disciplines when patients require multiple services. This structure enables coordinated support in one setting.

Over its history, Live Well Chiropractic has expanded its scope to include functional nutrition alongside chiropractic care, massage, and regenerative therapies. The functional nutrition program addresses areas such as hormone balance, metabolic health, digestive concerns, and immune support through structured guidance. Sessions emphasize compassion and realistic implementation of changes.

The program aligns with the practice's overall model of patient education and preventive strategies. Individuals receive information on lifestyle choices that may influence long-term health. The coach partners with patients to uncover factors that may contribute to their symptoms, developing plans based on their unique situations.

Additional team members enhance the practice's capacity. Dr. Stephens brings experience with nutrition and low-force techniques. Other staff provide expertise in posture rehabilitation, massage, and regenerative support. This collective knowledge supports the functional nutrition efforts by addressing interconnected aspects of health.

The practice maintains professional standards through licensed doctors and trained staff. Its acceptance of insurance plans broadens availability for families and individuals in the area. The functional nutrition program operates as one component of the broader wellness offerings, allowing patients to combine it with other services as appropriate.

Live Well Chiropractic continues its operations with the established team and service range. The functional nutrition program contributes to the practice's role in providing coordinated care options for the community. Founded by Dr. Kris Arnold in 2000, the practice integrates various modalities to serve residents through team-based collaboration and education-focused approaches.

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Live Well Chiropractic

Live Well Chiropractic provides total natural care through gentle chiropractic, massage therapy, nutritional counseling, regenerative therapies, healthy weight loss, and more.

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