

HealthTown^{USA}

Your Local Guide to Longevity & Wellness

FREE - FALL 2026

When Your Body Answers

Inside the World of
Muscle Testing

Breathe Easy

5 Tips To a
Healthier Season

Fall Migraines

Understanding the
Hormone Connection

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working again, no more pain...in just a matter of
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Sarah are incredible people, we could not be
more grateful to them for giving us our son
back!"



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Google Review



"This is the only place that has helped
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I got tired of managing and wanted it
gone! Dr. Chris and Dr. Sarah have
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"I was in pain for over a year and a half
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- Robert VanAuken
Google Review



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Only feature stories and photo essays about people, places or things in the Upstate, and especially Greenville County, will be considered.



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A NOTE FROM THE PUBLISHER



Welcome to the very first issue of *Healthy Town USA* – Volusia County Edition!

After 16 years in Greenville, South Carolina, I'm incredibly happy to be back in Volusia County. Coming home has been about being closer to family, but it's also given me the chance to rediscover this area and meet the people who are making a difference in the health and wellness of our communities.

This first issue is just 16 pages, but I have big plans for *Healthy Town*. My hope is to grow it quickly to 32 pages as I discover more of the amazing practitioners, businesses, organizations, and everyday people who are helping others live healthier, happier lives.

You'll find copies around town—from health food stores and fitness centers to medical offices and other places where you might have a few minutes to pick up a magazine instead of picking up your phone. There's something special about slowing down, turning a page, and discovering something new.

Most of all, I want *Healthy Town* to be a community effort. If you know someone we should meet or a business that belongs in these pages, please tell us!

And to our community partners: thank you for believing in this idea. You truly are what makes a community well.

Let's make each town in Volusia County a *Healthy Town*...together!

Lindy

CONTENTS FALL 2026

5 Community News

Local Upstate Providers:
News and Events

8 Breathe Easy

5 Tips for a Healthier Season

10 Fall Migraines

Understanding the Hormone
Connection

11 Recipe

Fig, Oatmeal & Banana
Cookies

12 Applied Kinesiology

Inside the World of Muscle
Testing

13 Marketplace Corner

All Your Local Providers and
Business Listings



Royal Garden & Gifts Brings Floral Charm to Lake Helen

A new floral and gift shop is blooming in the heart of downtown Lake Helen. Royal Garden & Gifts offers fresh floral arrangements, thoughtful gifts and a warm, welcoming atmosphere in a delightful, quaint cottage setting.

Owner-operator Julie Thornhill has worked hard to bring the shop to life with the help of her longtime business partner, Sue Whitbeck. This is the second business venture the two have shared. Their first project was a charming tea room, which is now owned and operated by Sue's daughter.

Royal Garden & Gifts also features a separate, intimate room available for small meetings, real estate closings and special events—providing a comfortable alternative to the traditional office setting.

Thornhill and Whitbeck's latest venture reflects their shared passion for creating inviting spaces where people can gather, celebrate and enjoy something special.

Royal Garden & Gifts is located at 140 E. Michigan Ave., in Lake Helen. For more information, call: 386-318-1047 or visit: RoyalGardenAndGifts.com. See ad, page 6.

Realtor® Joins Coldwell Banker Coast Realty

Krista Simmons, Realtor®, has joined Coldwell Banker Coast Realty, bringing her years of experience in real estate and her strong connection to West Volusia to her new brokerage.

A lifelong West Volusia resident, Simmons knows firsthand what makes the area special. Her roots in the community have given her a genuine appreciation for the neighborhoods, families and people she has the opportunity to serve.

Simmons also works in education, and she enjoys the connection between teaching and real estate — helping people understand their options, answering questions and making what can sometimes feel like a complicated process easier to navigate.

Her decision to join Coldwell Banker Coast Realty gives her an opportunity to continue growing her real estate business while maintaining the balance that is important to her and her family.

Simmons works with buyers and sellers throughout Florida, with West Volusia continuing to be at the heart of her business.

For more information, call or text Krista at: 407-252-8642. See ad, page 2.



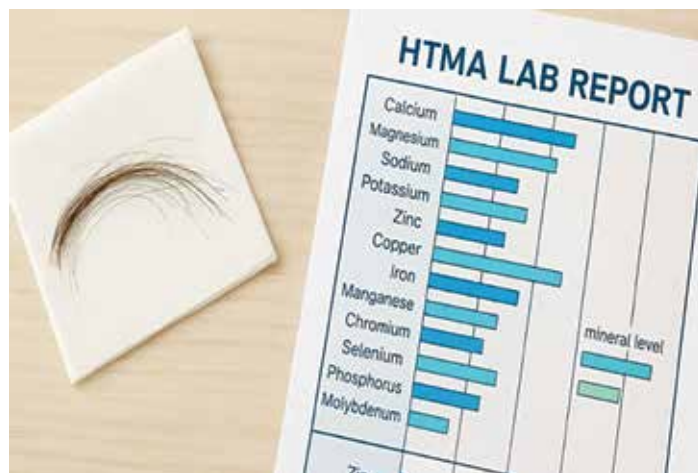
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Wellness Center Adds Hair Tissue Mineral Analysis in Port Orange

Holistic Living Innovations Chiropractic is now offering Hair Tissue Mineral Analysis (HTMA) as part of its whole-body approach to health and wellness.

HTMA uses a small sample of hair to look at mineral levels and patterns. At Holistic Living Innovations, the results are reviewed along with other assessments to help create a more personal wellness plan for each patient.

“We’re excited about Hair Tissue Mineral Analysis because it looks at mineral levels and how those minerals work together, rather than looking at each one by itself,” says Dr. Chris Melchizedek, founder of Holistic Living Innovations. “It can help us see patterns involving metabolism, stress, and mineral balance. When we combine this information with muscle testing, we have another tool to help guide long-term wellness.”

The practice combines chiropractic care with services such as Applied Kinesiology, muscle activation, nutrition support, bloodwork and other wellness testing. Its goal is to look at the whole person and help patients better understand their health.

Holistic Living Innovations Chiropractic is located at 1665 Dunlawton Ave., Suite 202, in Port Orange. For more information, call: 386-247-0608 or visit: HolisticLivingInnovations.com. See ad, page 3.

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WHAT IS ACCELERATIVE AGING & WHY IT MATTERS?

Accelerative aging is the cumulative effect of oxidative stress & everyday environmental influences that can influence telomere shortening. Increasing evidence points to mitochondria disruption and how this disruption is instrumental in the inflammation process. Driven by a vision to inspire change and embrace innovation, I've created a meaningful program that can leave a lasting impact on our gut/brain/skin axis.



THE CONNECTION WITHIN

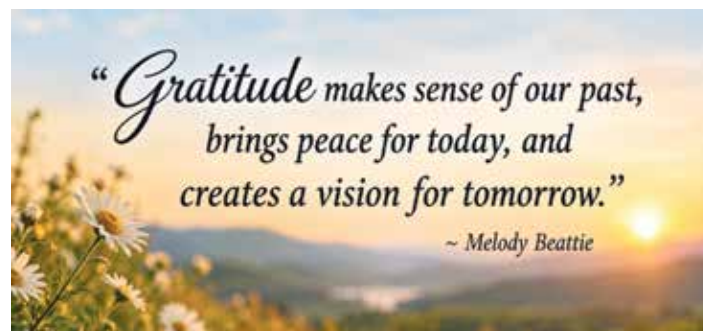


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Anesthesia-Free Dog Teeth Cleaning Offered in East Volusia

Pet owners looking for a convenient way to support their dogs' dental health now have a mobile option for gentle dog teeth cleaning. Mary Andrews, owner/operator of Happy Tails, provides a safe, gentle dog teeth cleaning service without the use of anesthesia, bringing care directly to pet owners in East Volusia County.



Regular dental care can help improve a dog's breath while supporting healthier teeth and gums. The service focuses on a calm, gentle experience, designed to help pets feel comfortable while receiving important oral care.

As a mobile service, Andrews makes it easy for busy pet owners to schedule care without the stress of traveling to a location.

For a limited time, Happy Tails is offering a \$99 special. Pet owners in East Volusia County are encouraged to call today to learn more and schedule an appointment.

For more information on Happy Tails, and the \$99 special, call: 386-233-1692. See ad, this page.

Organic Cleaning Service Celebrates 6th Year



KC Organic Cleaning, LLC is celebrating six years of providing professional, eco-friendly cleaning services to local homes and businesses. Owned and operated by Cassie Roberts, the company is dedicated to creating cleaner, safer spaces with organic and environmentally friendly products.

As a licensed and insured cleaning service, KC Organic Cleaning offers a thoughtful approach to keeping homes and workplaces fresh, clean, and comfortable. Roberts' philosophy is simple: It's a cleaner and safer environment for family and our pets.

For Roberts, reaching the six-year milestone is a meaningful achievement and an opportunity to recognize the customers and community members who have supported her journey.

Throughout the past six years, Roberts has remained committed to quality, reliability, and personalized service while continuing to grow a business centered on healthier cleaning solutions.

For more information, call: 507-402-3970, or visit: KCOrganicCleaning.com. See ad, this page.

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Breathe Easy This Fall:

5 Tips for a Healthier Season

by Connie Rogers

As the weather cools down and fall arrives, many of us look forward to crisp mornings, changing leaves, and time outdoors. But for some people, fall can also bring congestion, sinus pressure, coughing, and other breathing problems.

Sinus problems are common. In fact, about 12% of people in the United States are affected by chronic sinusitis. Chronic sinusitis occurs when the tissues inside the sinuses become swollen and inflamed for three months or longer. Common symptoms include a stuffy nose, headaches, facial pressure, excess mucus, and trouble sleeping.

The good news? There are simple steps you can take to support healthier sinuses and make the season more comfortable.

First, Get to Know Your Sinuses

Your sinuses are four pairs of small, air-filled spaces located around your nose, eyes, and forehead. They help warm and filter the air you breathe and also produce mucus that helps trap dust and other particles.

When the sinuses become swollen or blocked, mucus can build up. This may lead to pressure, congestion, headaches, and postnasal drip.

Allergies, infections, irritants in the air, and other factors can all play a role in sinus problems.

1. Pay Attention to Your Allergies

Allergies are a common cause of congestion and sinus irritation. They can cause a runny or stuffy nose, sore throat, coughing, sneezing, and postnasal drip.

Some people also notice that certain foods seem to make their symptoms worse. Dairy, wheat, and other foods may be triggers for some individuals, although food reactions can vary greatly from person to person.

If you notice that certain foods or environmental allergens repeatedly cause symptoms, keep track of what you eat and what you are exposed to. Talk with your healthcare provider if you suspect allergies are contributing to ongoing sinus problems.

Tip: Knowing your personal triggers can make it easier to avoid them and manage symptoms.

2. Skip the Smoke and Vaping

Your lungs and sinuses have something important in common: they both have to deal with the air you breathe.

Smoking and vaping expose your respiratory system to chemicals and particles that can irritate the airways. This irritation may make breathing problems and sinus symptoms worse.

If you smoke or vape, quitting is one of the best things you can do for your overall respiratory health.

And if you don't smoke or vape, avoid secondhand smoke whenever possible.

3. Reduce Your Exposure to Irritants

Your home may contain more airborne irritants than you realize.

Dust, mold, strong cleaning products, air fresheners, scented candles, and heavily fragranced laundry products can irritate the nose and respiratory system. Pesticides used on lawns, gardens, and golf courses can also expose you to chemicals that may irritate your airways.

You don't have to eliminate every product from your home. Instead, look for simple ways to reduce your exposure.

Try these steps:

- Choose fragrance-free cleaning and laundry products when possible.
- Keep indoor spaces clean and well ventilated.
- Address moisture and mold problems promptly.
- Avoid breathing in chemical fumes.
- Follow safety directions when using pesticides or cleaning products.
- Small changes can make a big difference, especially if you are sensitive to fragrances or other airborne irritants.

4. Give Your Body the Nutrients It Needs

What you eat can affect your overall health, including the way your body responds to inflammation.

A diet filled with highly processed foods, sugary desserts, and excess alcohol may not provide the nutrients your body needs to support healthy immune function.

Instead, focus on a variety of whole and minimally processed foods. Vegetables, beans, lentils, avocados, and foods rich in omega-3 fats, such as salmon, can all be part of a balanced diet.

Your gut also contains trillions of microorganisms, often called the gut microbiome. These microorganisms play an important role in digestion and immune health. Eating a variety of nutritious foods, especially fiber-rich plant foods, can help support a healthy gut microbiome.

Remember: There is no single "sinus diet." The goal is to build healthy eating habits that support your whole body.

5. Keep Your Sinuses Clean and Hydrated

When mucus becomes thick or your

nasal passages feel blocked, saline nasal rinses may help wash away mucus and irritants.

A neti pot is one option. If you use one, it is extremely important to use distilled, sterile, or previously boiled and cooled water. Never use untreated tap water in a nasal rinse.

Follow the product instructions carefully and clean the device after each use.

Staying hydrated throughout the day may also help keep mucus from becoming too thick.

What About Other Treatments?

Some people explore additional approaches for sinus problems, including osteopathic manipulative treatment, specialized sinus devices, or soothing beverages such as warm ginger tea.

These approaches may be helpful for some people, but they should not replace medical care when symptoms are severe or persistent. Talk with your healthcare provider about which treatments are appropriate for you.

Know When to Get Help

Most sinus symptoms are uncomfortable but manageable. However, some symptoms require medical attention.

Seek prompt medical care if you experience severe facial swelling, swelling around the eyes, significant difficulty breathing, or symptoms that are getting worse instead of better.

If sinus problems continue for weeks or keep coming back, talk with your healthcare provider. Chronic sinusitis can have several causes, including allergies, infections, nasal polyps, or structural problems inside the nose.

Breathe Easier This Fall

Healthy sinuses start with healthy habits. Pay attention to your allergy triggers, avoid smoke, reduce exposure to irritating chemicals, eat a balanced diet, and keep your nasal passages clean and hydrated.

You don't have to make every change at once. Start with one or two simple habits and build from there.

A little prevention can go a long way toward helping you breathe easier and enjoy the season.

Connie Rogers is a Certified Integrative Nutritionist, Holistic Health Coach, author, researcher, speaker, and wellness educator who helps people worldwide overcome overwhelm, rebuild healthy habits, and strengthen whole-body wellness. See ad, page 6.



Healthy Happenings

Family Fall Festival - 1700 S. Clara Ave. - Deland

Saturday, October 17, 2026 - 9am-3pm

Bring the whole family and enjoy a fun-filled day at our Family Fall Festival! There will be bounce houses, cornhole, yard games, activities for all ages, and a chili cook-off. Come hungry and enjoy a FREE lunch featuring smoked brisket, pork, and chicken. It's a great opportunity to gather with family, friends, and neighbors for an afternoon of food, fun, and fellowship!

Fall Festival 2026 - NSB Sports Complex -

New Smyrna Beach

Saturday, October 24, 2026 - 4 - 8pm

Enjoy a fun-filled evening under the autumn sky at the Fall Festival 2026! Bring the family and enjoy rides, a corn maze, kids' games, a costume contest, food trucks, local vendors, and live music. There's something for everyone to enjoy as you celebrate the season with family, friends, and the community. Free admission | Ride tickets available for purchase on-site. Sponsored by City of New Smyrna Beach Leisure Services. For more information: 386-410-2890 or visit: CityOfNSB.com/LeisureServices.

Feral Ranch Fall Festival - 840 Pineda - Lake Helen

Saturday, October 25, 2026 - 9am - 5pm

Celebrate the season with a day full of fall fun for the whole family! Enjoy pumpkin carving, apple bobbing, scarecrow decorating, a pumpkin patch, and hay rides. Meet and feed the farm friends, including goats, mini-cows, donkeys, emus, bunnies, chickens, and a pig! Shop the Farmer's Market, featuring local vendors and food trucks. Come make memories and enjoy a fun-filled day together! Admission: \$5 per person. Children under 3 are Free!

Beachside BooBash - Daytona Beach

Ocean Walk Shoppes • The Boardwalk • Main St

Saturday, October 31, 2026 - 5 - 8pm

Join us for a spooktacular night of fun, community and trick or treating. Let's make this a beachside tradition! For more information: DBBeachsideEvents@gmail.com.

Migraines

Can Be a Real Pain... in the Head



by Suellen Dumond Duga

I have had many migraines. At the very first throb, I know what is about to happen. Chocolate is a trigger for me. If you have ever had even one migraine, I'm sure you know the feeling of impending doom. Out go the lights, curtains are drawn, and the TV goes off in preparation.

Sometimes—yes, sometimes—a really strong cup of coffee with no sugar or cream can convince my blood vessels in my brain NOT to dilate!

Research now shows that migraines are not caused solely by dilating blood vessels, but can have a vast array of different causes and triggers. Surprisingly, migraines can be hereditary, with females being three times

more likely to experience them than their male siblings.

Becoming pregnant sometimes alleviates the chance of experiencing migraines because of the drastic hormonal changes that occur. However, during menopause, migraines can become worse.

Can you see the connection? HORMONES!!!!

Probably the first course of action is to reach for the “over-the-counter remedy” that has been successful in the past. I don't blame you in the least. However, if you feel you may want to try a bit slower and gentler approach, keep reading.

My first recommendation would be to explore some of the homeopathic remedies available for migraines. I have had great suc-

cess with a remedy called Belladonna 30C. This remedy is traditionally selected when there is a feeling of head fullness along with sensitivity to noise and light.

Bryonia 30C can be considered for the “splitting” headache with pain that settles over one eye—mostly the left. Nausea can sometimes indicate Bryonia.

Gelsemium 30C is traditionally used for congestive, stuffy-type headaches and stress-activated headaches. Sepia 30C is often considered for left-sided migraines accompanied by dizziness and nausea.

Nausea is the absolute worst part of a migraine!!!

In homeopathy, the remedy is chosen to match the symptoms. There are ready-made combinations from well-regarded companies that can make the choice easier. When in doubt, Natrum Muriaticum 30C is one commonly considered remedy for chronic headaches and migraines.

There are also herbal combinations using Butterbur and Feverfew that are used to help prevent migraines from taking hold, as well as approaches intended for use when a migraine strikes. Ginger contains anti-inflammatory compounds and may help with pain. Adequate Magnesium and Riboflavin (a B vitamin) may also be helpful in preventing migraines. There are combinations of herbs and nutrients available to help support both migraine prevention and relief.

Don't forget essential oils. Peppermint and Lavender oils are often applied to the temples to help soothe overactive nerves.

Let's hope migraines are not part of your life—but if they are, consider learning more about the approaches mentioned above. And, as always, do your own research, and consult a practitioner when needed.

Suellen has over 45 years of experience in the natural health field. She owned and operated Choice Health in Westfield, Massachusetts, for 38 years and now works at Debbie's Health Food Store in Port Orange, Florida. In her free time, she enjoys studying, online classes, genealogy, and caring for her beloved cats.

Disclaimer: The information presented in this article has not been evaluated or approved by the U.S. Food and Drug Administration (FDA) and is not intended to diagnose, treat, cure, or prevent any disease or health condition. This information is provided for educational purposes only and should not be considered a substitute for professional medical advice. Always consult with your healthcare practitioner before beginning any new program.

Fig, Oatmeal and Banana Cookies

by Tom Fazio



Makes: Approximately 11–12 cookies
(about 2 oz. each)

Bake: 350°F for 30 minutes

Baking Dish: Greased 9×12-inch glass baking dish

Ingredients

- 7 dried figs
- 1½ ripe bananas
- 1 cup uncooked sprouted rolled oats
- ½ cup pecans, chopped
- 3 squeezes of Saigon cinnamon
- 2 tablespoons honey, plus more for optional drizzling
- 1 tablespoon ground flax meal
- 1 tablespoon chia seeds
- 1 ounce 85% dark chocolate, coarsely grated
- Peanut butter, for serving (optional)

Instructions

Prepare the figs: Place the dried figs in a small saucepan and cover with hot water. Heat on low until the figs are hydrated and softened. Drain, allow them to cool enough to handle, and cut off the stems.

Blend the fruit: Place the hydrated figs and 1½ ripe bananas in a blender. Blend until smooth and thoroughly combined.

Transfer to a bowl: Use a rubber spatula to scrape the blended fruit mixture into a large mixing bowl.

Add the remaining ingredients: Add the oats, chopped pecans, cinnamon, honey, ground flax meal, chia seeds, and grated dark chocolate to the bowl.

Mix: Stir everything together until well combined.

Let the mixture sit: Allow the mixture to sit at room temperature until the oats absorb the moisture from the pureed fruit and the mixture becomes thicker and stiffer. Prepare the baking dish: Grease a 9×12-inch glass baking dish.

Form the cookies: Divide the mixture into approximately 11–12 portions, about 2 ounces each. Form each portion into a cookie and place the cookies in the greased baking dish.

Bake: Bake at 350°F for 30 minutes, or until the cookies are cooked through and set.

Serve: Allow the cookies to cool before serving. Top with peanut butter, if desired. Drizzle with additional honey, optional.



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Applied Kinesiology:

The Muscle Testing Method Changing How We Approach Healing

by Dr. Chris Melchizedek, DC

For many people dealing with ongoing fatigue, digestive problems, or hormone imbalances, standard bloodwork often comes back looking “normal,” even though something clearly feels off. This gap between how someone feels and what typical testing shows is one of the reasons applied kinesiology has become a valuable tool in holistic health care.

What Is Applied Kinesiology?

Applied kinesiology, often shortened to AK, is a diagnostic approach that uses manual muscle testing to gather information about the body’s nervous system and how well different systems are functioning. Rather than relying only on labs or imaging, AK looks at how muscles respond to gentle pressure to identify weaknesses or imbalances connected to specific organs, glands, or systems in the body.

The idea behind this method is that the nervous system responds to different types of stress, whether physical, chemical, or emotional, and those responses can show up in the muscles before other symptoms fully develop. Practitioners trained in AK use this feedback to narrow down where dysfunc-

tion might be occurring, long before it would typically show up on a standard test.

Where Muscle Testing Fits Into a Bigger Picture

Muscle testing’s real value comes from pairing it with more detailed testing to confirm what’s actually happening in the body. For example, this can include screening for microbial imbalances, food sensitivities, hormone fluctuations, chemical exposures, or heavy metal buildup, all of which can play a role in chronic illness and pain.

This layered approach matters because symptoms rarely have one simple cause. Someone might be dealing with a combination of sub-clinical infections, heavy metal toxicity, and hormonal imbalance all at once. Just focusing on one of these and not seeing the bigger picture can be the reason your symptoms won’t fully go away. Muscle testing helps identify which systems need a closer look, and what is stressing the body out leading to the symptoms you are experiencing.

Muscle Activation and Its Role In Recovery

Another piece of applied kinesiology involves identifying muscles that have be-

come inhibited, meaning they aren’t firing/contracting properly. When this happens, nearby muscles often compensate by working harder than they should, which can lead to pain, reduced mobility, or a higher risk of injury/re-injury over time, even after someone has “healed” from the injury. It is very common for the muscular imbalance to remain after symptoms have calmed down without proper muscle activation. Restoring proper function to these inhibited muscles is often described as a noticeable, almost immediate shift, since the body starts moving and healing more

efficiently once the imbalance is corrected. What can take weeks of specific corrective exercise can take only a matter of minutes using applied kinesiology methods.

This is a common pattern seen in old sprains, recurring joint pain, or injuries that seem to keep coming back. The original damaged tissue may have healed, but the muscle activation pattern never fully recovered, leaving the body more vulnerable in that area. Identifying and restoring function to these inhibited muscles can help resolve pain that hasn’t responded to more conventional treatment, and it’s also used as a way to help prevent future injuries by correcting imbalances before they cause a bigger problem.

Why This Method Is Gaining Attention

Gut issues, chronic fatigue, musculoskeletal pain, and hormonal imbalance are among the most common complaints seen in health care today. Yet, identifying the root cause of these issues are often difficult to pinpoint using conventional testing alone. This is part of why more people are turning to methods like applied kinesiology, since it offers another way to look at the body as a connected system rather than a set of isolated symptoms or injuries.

It’s worth noting that applied kinesiology isn’t intended to replace conventional medical care. Instead, it’s often used alongside it, giving practitioners another lens to look through when identifying what’s actually driving someone’s symptoms. As interest in root cause approaches to health continues to grow, applied kinesiology remains one of the more distinctive tools available for connecting the dots between fatigue, digestion, hormones, and physical pain or injury.

Dr. Chris is the founder and owner of Holistic Living Innovations in Port Orange, where he focuses on holistic approaches to health and well-being, including Muscle Activation, Nutrition, and Toxicity Testing using Applied Kinesiology. See ad, page 3.

Marketplace Corner

Applied Kinesiology



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Dog Teeth Cleaning (Mobile)



HAPPY TAILS

Mary Andrews, Owner/Operator
386-233-1692 • Volusia County

Safe, gentle dog teeth cleaning with no anesthesia. Improve breath and support healthier teeth and gums for a happier pet. I'm certified and mobile too. Call for the \$99 special today! *See ad, page 7.*

Bug Spray Repellant



PESKY® PRODUCTS

864-569-8631 • Volusia County
PeskyUSA.com

NO DEET! Natural Protection against No-See-ums, Mosquitoes, Gnats, Flies; even Ticks! We also have a Jellyfish wash and after-bite gel. Pick them up locally or save an extra 5% online - use code: HealthyTown. *See ad, page 9.*

Door Installations & Renovations



DOOR INSTALLATIONS & RENOVATIONS

The Door Guyzzz
689-203-5690 • Central & Volusia County

People are staying in their homes longer in this economy. So why not upgrade and make your home what you want it to be. Over 30+ years experience. Quality work, reliable, and friendly service. Call us today for a FREE Quote! *See ad, page 15.*

Cleaning Services



MARY'S TOP TO BOTTOM CLEANING SERVICES

Mary Andrews, Owner/Operator
386-233-1692 • Port Orange Beachside

Bonded and Insured. Residential and commercial. We bring the sparkle to your space! Call today! *See ad, page 14.*

Florist/Gift Shop



ROYAL GARDEN & GIFTS

140 E. Michigan Ave.
386-318-1047 • Lake Helen
RoyalGardenAndGifts.com

Step back in time where quaint, charming surroundings create a truly special atmosphere. Discover beautiful flower arrangements, unique gifts, and a lovely conference room perfect for small meetings and intimate events. A delightful destination filled with beauty, warmth, and old-Florida charm. *See ad, page 6.*

Mary's *Top to Bottom*
CLEANING SERVICES
Residential & Commercial

Bonded & Insured

- Deep Cleaning
- Regular Cleaning
- Move In/Move Out
- Windows
- Dusting
- Mopping
- General Cleaning
- And More!

We Bring the Sparkle to Your Space!

Call Mary Today!
386-233-1692

Your Satisfaction is Our Priority!

Great Reviews!

CLEAN SPACES — HAPPY FACES — EVERY TIME!

Organic Cleaning



KC ORGANIC CLEANING, LLC

Cassie Roberts, Owner/Operator
 507-402-3970 • Volusia County
 KCOrganicCleaning.com

Professional cleaning with organic results. Licensed and insured, locally owned and operated. We use organic and eco-friendly products for a cleaner, safer, and better place where you do life. *See ad, page 7.*

Real Estate



COLDWELL BANKER - COAST

Krista Simmons, Realtor®
 407-252-8642 • Volusia County
 KritsaSimmonsRealtor@gmail.com

Local roots. Real results. Helping you buy and sell with honesty, strategy and heart! Proudly serving Volusia County and Central Florida. *See ad, page 2.*

Vitamins & Supplements



PEGGY'S WHOLE FOODS

439 S. Nova Rd.
 386-673-1112 • Ormond Beach
 PeggysWholeFoods.com

Welcome to Peggy's Whole Foods! We are dedicated to providing you with the highest quality nutritional supplements and foods at the most affordable price in the Daytona Beach area. Check out our sale every Monday! *See ad, back cover.*

Grow your Business With Us!

Call Healthy Town USA Today!

864-569-8631



"We're all golden sunflowers inside."

— allen ginsberg

ALL We do is **DOORS** All Day Long!

(and
occasionally
Attic Ladders)

DOORS
& MORE!

 Doors, More Doors, and a Little Bit
of Everything Else!



✓ Sliding Glass Doors



✓ ByPass



✓ Bi-Folds



✓ Mirrored Doors



✓ Exterior Doors



✓ Interior Doors



✓ Custom Barn Doors



✓ Storm Doors



✓ Interior Renovations

Build a wall to create a room,
add a door, or whatever else
is needed!

- ✓ New Rooms
- ✓ Wall Framing
- ✓ Drywall
- ✓ Trim & Finish Work
- ✓ And More!



Licensed & Insured



Call The Door
Guyzzz Today!

689-203-5690

Quality Work ★ Reliable ★ Friendly Service


Doors
Renovations
& More!

FREE QUOTES

Peggy's **WHOLE FOODS**



**WE'RE A LOCAL, FAMILY-OWNED HEALTH
STORE SELLING EXCELLENT, EXCLUSIVE
PRODUCTS LIKE LOCAL HONEY, AND
ARTISAN OLIVE OIL FROM CRETE!**



**MEET OUR KIND AND
KNOWLEDGEABLE STAFF WHO WILL
ALWAYS GREET YOU UPON ENTERING
AND HELP YOU FIND WHAT YOU'RE
LOOKING FOR!**



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**439 SOUTH NOVA ROAD
ORMOND BEACH FL 32174**

**386-673-1112
PEGGYSWHOLEFOODS.COM**

