Dr. Frank Berzanski started Lake Nona’s first chiropractic office in February of 2008. Since that time he has grown to be one of the largest offices in Central Fl. He is a 1984 graduate of Life University in Marietta, Georgia. After graduation he began his practice in Atlantic County, NJ where he practiced for 21 years before relocating to Florida.

Dr. Frank is a member of the Wellness Advisory Council that cares for four Olympic teams, as well as professional, college and high school athletes around the country. Dr. Frank and 150 Wellness Advisory doctors had the honor of attending the 2012 Summer Olympic games in London, England. Having advanced certification in nutrition and spinal correction enables Dr. Frank to help these high level athletes as well as his patients get the best possible results in the shortest amount of time.

Dr. Frank believes that we all have a God-given inborn healing ability that is expressed through our brain, spinal cord and nerves. When our brain and body can communicate at 100% we are expressing true health. This can ONLY be achieved through healthy spinal structure. One of the things he feels is most important for people to know, is “feeling good does not mean you are healthy. People have heart attacks and get diagnosed with cancer every day, but felt they fine right before it happened. The only way to know if you are truly healthy is to know what condition your spine and nervous system are in. That can only be accomplished by seeing an x-ray.”

Dr. Frank’s mission and vision is to see his community be as healthy as possible through educating them about the true source of health, your spine and nervous system and God’s healing power that flows through it. His commitment to this mission has taken him to many of the elementary and middle schools in Orange and Osceola counties, the Valencia College campuses, local churches, the YMCA, and many local businesses. The message is always the same, “you were created to heal and be healthy: the Power that made the body (God) heals the body.”

Many diseases that plague our society like heart disease, cancer, diabetes, depression, obesity are not only preventable, but can be reversed. “People need to realize that most diseases are related to lifestyle, and a change in lifestyle can have a dramatic effect on your health.” Dr. Frank does monthly workshops in his office that are open to anyone that would like to get healthier. Some workshops include, Cancer Killers, Lose 20lbs in 30 days, Reverse Diabetes, Stress and Time Management, the 12 Minute Exercise Program and many more.

Anyone interested in making an appointment or talking with Dr. Frank (he is available for a complimentary phone consultation) can call 407.658-7700.

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