

## **Stacey Francis, DC, a Chiropractor with Specific Wellness**

Get to know Chiropractor Dr. Stacey Francis, who serves patients in Bloomfield Hills, Michigan.



**New York, New York City, May 19, 2021 ([IssueWire.com](https://www.IssueWire.com))** - An experienced chiropractic kinesiologist and nutritional consultant, Dr. Francis is the Owner & Operator of Specific Wellness in Bloomfield Hills, Michigan. Having been practicing in the Detroit Metro area for the last 25 years, She believes that it is important to know how different foods and different movements affect our bodies.

Her areas of specialization include musculoskeletal conditions, gastrointestinal issues, as well as heart disease and diabetes prevention using functional medicine.

Watching her parents suffer through the symptoms and accumulating medications that came with diabetes and heart disease made a profound impact on the kind of physician Dr. Francis has become. Being a chiropractic kinesiologist, she uses muscle testing to determine and correct imbalances in the structural (bones/joints/muscles), nutritional and emotional systems of the body. In addition to that, her mission is to prevent diabetes and heart disease in her patients and their families. Better immune systems, less inflammatory disease, and less cancer are added benefits of the holistic care she gives in her clinic.

Academically, Dr. Francis holds a Bachelor's degree from Michigan State University. She earned her Doctor of Chiropractic degree at the National University of Health Sciences in 1992 and established Specific Wellness in 1999.

In addition to being in private practice, she teaches anatomy and endocrinology for the Beaumont School of Yoga Therapy, as well as teaches a variety of health-related classes to large and small groups in the metro Detroit area.

Chiropractic is a form of alternative medicine that mainly deals with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine. A chiropractor uses spinal adjustments, manipulation, and other techniques to manage patients' health concerns, including neck pain, back pain, headaches, vertigo, and a long list of other ailments and conditions. They aim to improve patients' functionality and quality of life by properly aligning the body's musculoskeletal structure and enabling the body to heal itself naturally, without the use of medication or surgery.

A well-known public speaker, Dr. Francis loves to share her passion for wellness and how to get there. She speaks on many health topics including heart health, bone health, immunity, weight loss, detox, and forgiveness. "I enjoy what I do and am constantly rewarded with the miracle of seeing the body heal itself" she stated.

### **Learn More about Dr. Stacey Francis:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3322014-Stacey-Francis-Chiropractor> or through Specific Wellness, <https://specificwellness.com/about/>

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