

Linda Berry, DC, a Chiropractor in private practice

Get to know Chiropractor Dr. Linda Berry, who serves patients in San Rafael, California.



New York City, New York Apr 25, 2022 (IssueWire.com) - With a database of knowledge spanning centuries from ancient Taoism to cutting-edge medical therapies, chiropractor Dr. Berry empowers her patients, students, readers, and listeners to transform stress into fuel to power their lives and dreams. With over four decades of experience in her field, she has helped thousands find their way back to health at her private practice in San Rafael, California.

Graduating from Binghamton University with a Bachelor of Arts (BA) degree in Theater Dance in 1974 was a peak experience, especially since even before her cap and gown ceremony, Dr. Berry had a job as a dancer and choreographer with The American Dance Asylum. Increasing her personal safety was also a goal so she trained with Master Hidy Ochai in Washin Ryu Karate. She was able to achieve purple belt status.

At the age of 24, Dr. Berry was paralyzed in an automobile accident. Released from the hospital in a wheelchair, she used long leg braces to stand and underarm crutches to walk. Before her dream life was taken away, she was a modern dancer, choreographer, and purple belt in karate. She rose up from her wheelchair to help others heal as a chiropractor, nutritionist, and trauma healing specialist.

In 1982, she earned her Doctor of Chiropractic (DC) degree and has been in private practice since then. She treats and guides patients to get out of pain and back to a life that they can enjoy.

A member of the American Chiropractic Association and the California Chiropractic Association, Dr. Berry is a certified instructor with The International Healing Tao. She has completed the Somatic Experiencing Training for Trauma Healing, has been accredited as a Certified Clinical Nutritionist by the International and American Associations for Clinical Nutrition, as well as serves as a Diplomate of the Chiropractic Board of Nutrition.

Attributing her success to perseverance, Dr. Berry has inspired audiences with her presentations in Thailand and the San Francisco Bay area, as well as with her audio programs, videos, and published articles. She has appeared on local and Internet radio shows and nationally on NPR, ABC, CBS, NBC, and Fox News. She is also the author of the book 'Internal Cleaning', the stress management CD 'The Inner Smile Trilogy', as well as the three-part series 'Breast Health' on testing, causes, and prevention. She teaches classes and speaks offering resources and knowledge to coax patients to their next level of health and well-being.

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 and back pain. 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 without the use of medication or surgery.

Among her philanthropic endeavors, Dr. Berry has served as an usher for the San Francisco Ballet and the San Francisco Opera.

On a more personal note, her favorite place to vacation is by the water. Outside of the office, she enjoys dancing, sewing, cooking, being in nature, swimming, and gardening. Her favorite professional publication is Medscape.

Learn More about Dr. Linda Berry:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2705273-Linda-Berry-Chiropractor>, or through her private practice, <https://drLindaBerry.com/about-dr-linda/>

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