

Christine Marie Pascual, DC, a Chiropractor with Family Focus Chiropractic

Get to know Chiropractor Dr. Christine Marie Pascual, who serves patients in St. Augustine, Florida.



New York City, New York Oct 20, 2023 ([IssueWire.com](https://www.IssueWire.com)) - Being a licensed chiropractor, Dr. Pascual's expertise lies in the musculoskeletal system, with a particular emphasis on the joints, muscles, and nerves pertaining to the spine. However, her scope extends beyond spinal adjustments to include joints throughout the entire body.

She is the proud owner of Family Focus Chiropractic, located in St. Augustine, Florida, and her practice encompasses a wide array of techniques. These techniques encompass Diversified, Toggle, Network Spinal Analysis (NSA), Cox Flexion Distraction, Thompson Drop, Activator, Arthrostim, and more.

“I believe our bodies haven’t all read the same book and so I use a varied approach to assisting each practice member in finding the root cause - be it spinal misalignment or another cause such as repetitive stress, compensation for the stresses of daily life or a hip misalignment, - releasing that tension via one of many gentle types of adjustments, then teach how to strengthen to maintain future function.”

Growing up in New York, Dr. Pascual's journey into chiropractic medicine was profoundly influenced by a close friend's harrowing motorcycle accident, which left him with a broken back and a severely crushed foot. As she observed his healing process and contributed to it to the best of her abilities, her interest in drug-free, non-surgical approaches to healing deepened. While she recognized the invaluable role of emergency medicine and surgeries that allowed her friend to walk again, she also noted the enduring impacts of the accident on his gait and mobility. It was this realization that ignited her curiosity in biology and eventually led her to explore chiropractic care.

Dr. Pascual pursued her undergraduate education at Hofstra University, culminating in a Bachelor of Arts Degree in Biology in 1993. During this time, she embarked on several journeys to China to study Mandarin and first encountered the realm of acupuncture.

In 1997, she achieved her Doctor of Chiropractic Degree from Life University. Subsequent to her graduation, she commenced her career as a chiropractor. Between 1997 and 2006, Dr. Pascual specialized in Network Chiropractic in New York City, where she honed the art of heightening individuals’ self-awareness. She imparted techniques for connecting one’s breath, movement, and emotional release to enhance flexibility. She found immense fulfillment in serving as a catalyst for personal growth via minimal spinal corrections, soft tissue manipulation, and the instruction of self-correction and supportive exercises to promote self-reliance and self-correction.

From 1996 to 2016, Dr. Pascual and her family relocated to Quebec, Canada, affording her the opportunity to collaborate with the dedicated rehabilitation team at Physical Park Fitness in Vaudreuil, Quebec, Canada. Here, she harnessed the power of the Interactive Metronome to aid individuals in achieving diverse wellness goals. Leveraging her expertise in ergonomics, sports rehabilitation, traumatic brain injury recovery, child development, and motor skills, she optimized biomechanics, attention, and vitality.

In 2016, Dr. Pascual and her family returned to the United States, where she resumed her chiropractic practice. Her unwavering commitment remains centered on eliminating structural impediments to empower patients to experience peak functionality, health, and overall 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, 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.

Learn More about Dr. Christine Marie Pascual:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/81831742-Christine-Pascual-Chiropractor> or through Family Focus

Chiropractic, <https://drchristinejax.com/about/>

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