

Lauren Adamski, DC, CACCP, a Chiropractor with Bump and Beyond Chiropractic and Wellness

Get to know Chiropractor Dr. Lauren Adamski, who serves patients in Austin, Texas.



New York City, New York Nov 16, 2023 ([Issuewire.com](https://www.issuewire.com)) - A passionate chiropractor with a heart for holistic family care, Dr. Adamski sees patients at Bump and Beyond Chiropractic and Wellness in Austin, Texas.

Her focus on family care, particularly prenatal, postnatal, and pediatric chiropractic, stems from her desire to support both children and their families. Her passion for aiding children's health and well-being sprouted from a childhood dream of becoming a pediatrician. She finds immense fulfillment in creating smoother, less painful birthing experiences for both mothers and babies, believing that a gentle entrance into the world lays a foundation for a successful start in life.

Originally from Texas, Dr. Adamski cultivated her love for neuroscience at Trinity University in San Antonio. After earning her Bachelor of Science degree, she ventured to the University of Western States in Portland, Oregon, where she obtained her Doctor of Chiropractic degree and another B.S. in Human Biology. Though she treasured her time in Oregon, the call of home pulled her back to Texas, where she's now making a positive impact in the lives of her patients.

Committed to her craft, she has attained an array of certifications, including Webster Certification, Certification by the Academy Council of Chiropractic Pediatrics (CACCP), membership in the International Chiropractic Pediatric Association (ICPA), and being an MPI Full Spine Provider. Her expertise extends to various modalities such as Rocktape, Rockpod, and Rockfloss, as well as being a certified provider through Tulip Seminars for Full Spine and Extremities.

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, nerve compression, 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. Dr. Adamski's specialty in the Webster Technique allows her to help reduce pain with pregnancy and reduce labor by up to five hours. She also specializes in treating retained primitive reflexes in kids in order to help with sensory issues, balance problems, and poor motor skills.

Beyond her chiropractic practice, Dr. Adamski is a connoisseur of life's offerings. You'll often find her relishing the company of her beloved dog, Loki, a name inspired by her love for Marvel. She's also an avid beach volleyball player and an explorer of Austin's diverse culinary landscape.

Learn More about Dr. Lauren Adamski:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/84159947-Lauren-Adamski-Chiropractor>, or through Bump and

Beyond Chiropractic and Wellness, <https://www.bumpandbeyondchiro.com/meet-the-team>

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