

# Chiropractor describes her office as a healing environment

By D. K. Christi  
dk@swspotlight.com

Pain — affecting lifestyle, work and sleep — is the primary motivation for patients who visit Vivian B. Ebert, a chiropractic physician for three decades. She has a loyal following at Living Well Chiropractic, a Blue Zones-certified business located at 10020 Coconut Road, No. 134 in Bonita Springs.

She says her office is a healing environment for the relief of musculoskeletal pain, a safe alternative to other more costly and invasive treatments.

Sports injuries are her specialty and she also offers therapeutic massage, CBD remedies, nutrition, weight loss, decompression therapy and a welcoming and empathetic style.

Often chiropractic is associated with auto accidents, workers compensation and related injuries, but chiropractic offers more.

“Fifty-five percent of my clients are over 65 years of age and living their retirement in an active environment — bicycling, golfing, going to the gym — they don’t want to miss a beat,” says Ebert. Seniors often seek regular chiropractic care to prevent limits to their golf and tennis activities. Chiropractic care often costs less than medical treatments and saves trips to the pharmacy.

“Our profession has evolved,” says Ebert. “It’s a choice for healing that doesn’t require medications.”



Vivian Ebert is a certified chiropractic sports physician.

Staff | Staff@swspotlight.com

Currently a board member for the Florida Chiropractic Association, Ebert says the organization provides statewide research and advocacy for chiropractic physicians to stay current and also work at dispelling chiropractic myths. Research data from 2010 to 2016 shared by the Chiropractic Association says that professional athletes rely on chiropractic. Over 60 professional football and

baseball teams use chiropractic physicians. Ebert is a golfer and naturally specializes in golfers’ chiropractic needs. She is a certified chiropractic sports physician.

Ebert recommends lifestyle and nutrition strategies. Today’s constant use of computers and makeshift work desks during travel with electronics may create neck and upper back issues. A stand-up desk helps, she says, and exercise is best when it’s mixed up a little. A couple of days walking, another biking and then a golf game, for example, puts less stress on the body. Ebert plays pickleball in addition to golf and works at a stand-up desk.

“Nutrition is also an important part of chiropractic care,” says Ebert. “Lifestyle choices affect healing.” Living Well Chiropractic offers therapeutic massage and sells a high-quality CBD product. Ebert has added a decompression table for her patients’ neck and lower back treatments. Many patients actually experience a cost savings with chiropractic care and it’s covered by most insurance carriers.

Ebert provides patients with services that enable them to eat well, think well and move well. See [www.livingwellfl.com](http://www.livingwellfl.com) or call 239-498-2225.

**Vivian Ebert offers advice for October, which is Spinal Health Month.**

## Providing the personal attention you deserve.



**NADIA KAZIM, MD, FACS**  
OPHTHALMIC PLASTIC SURGEON

Dr. Nadia Kazim is a dedicated, fellowship trained eyelid and facial plastic surgeon who established her own practice in Bonita Springs, Florida in 2010. After completing medical school, Dr. Kazim graduated in the top 5% of her class and was inducted into the nationally recognized Alpha Omega Alpha (AQA) Medical Honor Society. She then completed her ophthalmology residency at the prestigious Kresge Eye Institute at Wayne State University in Detroit, Michigan.

Following her residency, Dr. Kazim undertook a two-year fellowship specializing in ophthalmic plastic and reconstructive surgery at one of the busiest and most respected facial plastic surgery practices, affiliated with Beaumont Hospital in Royal Oak, Michigan. She then became a member of the esteemed American Society of Ophthalmic Plastic Surgery and Reconstructive Surgery.

Dr. Kazim has performed more than 10,000 surgical and non-surgical procedures. She specializes in blepharoplasty surgery, which is the removal of excess eyelid skin that may impair a person’s vision. She also performs surgical procedures to correct drooping upper or lower lids. Additionally, she is an expert in the field of removal of eyelid skin cancer and facial cosmetic procedures such as brow lifts, Botox®, fillers and skin rejuvenation. She is a published author in her field with numerous contributions to various ophthalmic plastic surgery textbooks and journals. Dr. Kazim prides herself in providing her patients with compassionate personal attention.

**FREE Educational Seminar at Bonita Community Health Center**  
Tuesday, October 29th – noon to 1:00 p.m.

Lunch will be provided. Call to reserve your spot, space is limited.

“What I liked most about my experience is how Dr. Kazim took her time to answer all my questions about my procedure. She really put me at ease and the results were fantastic. I couldn’t be happier!”

**How can we help you?**

**Call us today at**  
**239-494-4900**

Nadia Kazim, MD, FACS  
info@KazimEyelidSurgery.com



[kazimeyelidsurgery.com](http://kazimeyelidsurgery.com)

**3501 Health Center Blvd., Ste. 2170**  
**Bonita Springs, FL 34135**

