

Nutrition

Proper nutrition is an essential part of preventive health care along with chiropractic adjustments, exercise, and rest. Improper nutrition can affect nerve transmissions, joint and bone health. Since chiropractic is a natural way of healing the body, proper diet and eating natural foods can help the body with the ability to heal itself. Dr. Miller can consult and advise on if, and which, dietary supplements might benefit a patient, as well as refer to a nutritionist or dietician. She received her nutrition certification through the State of Wisconsin and the Wisconsin Chiropractic Association.

