

Bruce Bond DC:

Dr Bond's practice was a functional based practice based on chiropractic along with nutritional and herbal support to support optimal functioning of the body so as to add life to one's years.

Areas of focus in practice included:

- Nutritional support for the intervertebral discs, ligaments, cartilage and tendons during acute issues as well as repair and recovery
- Sports nutrition to increase mitochondrial load, improve endurance, increase muscle mass and overall total fitness from skeletal muscle and hormonal standpoint.
- Weight loss (increase muscle mass and decrease fat mass) and detoxification.
- Digestive issues
- Female cyclical issues
- Endocrine issues
- Male prostate
- Male libido
- Lower bowel issues such as constipation and inflammatory bowel issues
- Cognitive issues/Brain health

He has 28 years of practical experience as a solo practitioner and has given close to 700 post graduate lectures on many topics.

He would often tell patients, "Our bodies and brain can be a blessing or a burden. Feed your body at the cellular level, remove external and internal stressors, exercise, think right and the result can be a body and brain that will be a blessing vs. a burden".