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November 10th 2015: Understanding the Central Nervous System for Our Well Being Overview

As we go through life's journey, the value of good health becomes more important and challenging. Many don't realize that for the first time in history, our children are not forecasted to live past the age of their parents. According to the American Medical Association, the third most likely thing we will die from is now a medication that was properly prescribed. Unfortunately, these facts are only the tip of the iceberg and the reasons why my guests Dr. Nathan Sikora and Dr. Michael James offer people all natural, noninvasive and completely customized healthcare solutions that focus on an ins

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Featured Guests



Dr. Nathan D Sikora

Dr. Sikora earned his BS degree in Sports Medicine from Heidelberg College and his doctorate at New York Chiropractic College. He was a member of Phi Chi Omega Chiropractic Honor Society and graduated Magna Cum Laude. Dr. Sikora is a structural wellness practitioner and one of the few chiropractors certified in Chiropractic Biophysics technique in Ohio. Biophysics is a spinal structural rehabilitation technique based on abnormal posture and spinal curves affecting the normal biological functions of the body. These abnormalities lead to degeneration of the discs and joints of the spine plus interference to the overall nervous system. Since becoming a physician, Dr. Sikora continued his trainin

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Dr. Michael A James

Dr. James received his B.S. in Microbiology from The Ohio State University, graduating Magna Cum Laude and his doctorate degree from New York Chiropractic College, graduating Summa Cum Laude and Salutatorian of his class. Dr. James utilizes the NeuroMechanical System Instrument Adjusting Technique. This scientifically based chiropractic technique aims to restore the body's balance and function to correct the underlying cause of symptoms with treatments that are as painless as possible. Since becoming a physician, Dr. James has continued his education by advanced training in Acupuncture. Dr. James has his specialty in Acupuncture from the International Academy of Medical Acupuncture (IAMA). A

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