



Dr. Nancy Trimboli

CHIROPRACTOR | AUTHOR

3,200 +
YouTube Followers

@DRNANCYTRIMBOLI

Go to www.drnancytrimboli.com to see a preview of Dr. Nancy's content, a link to purchase her book *Stealth Health: Take Back Your Power and Unravel the Mystery of You*.

MY MISSION

I help high level corporate leaders and entrepreneurs to reclaim their energy, clarity, and confidence so they can feel lighter, think sharper, and live on purpose. As a CEO, Chiropractor, author, and creator of the Trimboli Method, I distill decades of clinical work and my own hard-won health discoveries into strategic, no-nonsense systems that spark real regeneration and lasting clarity. Through my courses and books, I guide people to reduce overwhelm, reset their health, and build a body and mind that supports the life they want—consistently and sustainably.



BIO

Dr. Nancy Trimboli is a chiropractor, author, educator, entrepreneur, and Founder & CEO of Trimboli Chiropractic. For more than three decades, she has helped thousands of people reclaim their health by teaching them to work with their bodies rather than against them. After founding Trimboli Chiropractic in 1996, Dr. Nancy grew the practice into a respected multi-doctor organization known for its high clinical standards, patient-centered care, and leadership development. Throughout her career she has cared for more than 20,000 patients while mentoring doctors and building systems that continue to serve patients long after her transition from daily clinical practice.

Today, while remaining deeply connected to the practice, Dr. Nancy's primary focus is teaching, writing, speaking, and expanding the reach of the Trimboli Method—a practical framework that helps people simplify wellness, restore resilience, and make better decisions for their health and lives. As CEO, she is dedicated to developing leaders, maintaining the exceptional patient experience standard, and strategizing the organization to thrive. Known for translating complex health concepts into clear, actionable strategies, Dr. Nancy combines decades of clinical experience with a gift for concise, engaging communication.

Having spent years caring for hundreds of patients each week, she learned that lasting change doesn't require overwhelming information—it requires simple principles consistently applied.

Her bestselling book, *Stealth Health: Take Back Your Power and Unravel the Mystery of You*, encourages readers to ask better questions, think critically about their health, and become active participants in their own well-being. The book is available in paperback, Kindle, and Audible.

Dr. Nancy has also developed several educational programs, including **Instant Clarity, Instant YES!, Lean Clean Belly Routine**, and the U.S. federally-copywrited **Jet Lag No More** system. She continues to expand her library of courses designed to help high-performing individuals improve their health, energy, clarity, and performance through practical, sustainable habits. Her growing YouTube library features hundreds of concise educational videos that empower viewers to understand their bodies, solve everyday health challenges, and build healthier lives without unnecessary complexity.

The values that shaped Dr. Nancy's career began long before chiropractic school. From her father, an Episcopalian priest, she learned compassion, curiosity, and the importance of truly listening. Through earning her black belt in Tae Kwon Do, she developed the discipline, resilience, and perseverance that have guided both her business and her life's work.

Whether working with patients, mentoring leaders, speaking from the stage, or teaching online, Dr. Nancy's mission remains the same:

To simplify wellness so people can reclaim their health, lead with greater clarity, and live with more energy, purpose, and freedom.

Learn more, access free educational resources, and explore Dr. Nancy's courses at www.DrNancy.Health.

Additional Bios:

Podcast Appearances (short bio)
For Speaking Engagements

PROFESSIONAL RESUME

EDUCATION

Doctor of Chiropractic, Life Chiropractic College, Marietta, Georgia, 1992
Graduated cum laude
Bachelor of Science degree, Adelphi University, Garden City, NY, 1987
Graduated cum laude

BUSINESS EXPERIENCE

Trimboli Chiropractic: Owner, Lead Chiropractor since 1996
Multiple Locations/ Multiple Associate Practice 2007-2017
Sole Practitioner 2018 - 2026
CEO - Current

PROFESSIONAL LICENSES

Indiana State License
National Board of Chiropractic Examiners
(parts I, II, III, and PT)

CONTINUING EDUCATION

Cox Distraction, Markey Distraction Techniques
Ehrhart Radiological Seminars
Chiropractic Pediatrics
Extremities Adjusting
Grostick Technique
Torque Release Technique
Insight 7000 (Thermography / Surface EMG)
Spinal Rehabilitation (Synergy Systems)
Koren Specific Technique
Low Level Laser Therapy - Laser Therapy U. / Multi-radiance
Wellness Pro BioResonance Healing
Chattanooga Triton Spinal Decompression

CIVIC ORGANIZATIONS / COMMUNITY RECOGNITION

NWI Influential Business Woman Nomination, 2026
Munster Chamber of Commerce Citizen of the Year Award, 2011
South Shore Arts Association, Lifetime Member
Indiana Business Professionals to Watch, awarded 2013
Times Best of the Region Award, Best Chiropractor 2010-2019
Best Employee Award 2022 - Tap the Potential Business Coaching



Dr. Nancy Trimboli

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Cedar Lake, IN 46303

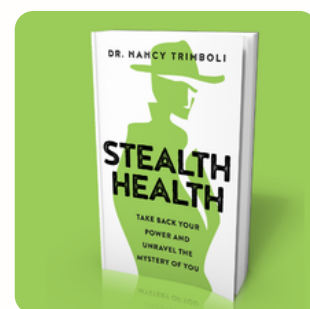
219-374-4144



What if I Could Heal?

Are you asking the powerful questions?

Encouraging critical thinking and open-mindedness, Dr. Nancy Trimboli lays out a step-by-step plan to guide anyone who feels they have reached a dead end with their health. The journey, now stalled and rife with frustration, can be redirected to a place of hope. An experienced chiropractor, Dr. Nancy Trimboli offers valuable insights on the complexities of the conventional medical system, providing readers with the necessary tools to cut through misinformation and jargon thereby being able to carve a personalized path to healing out of a one-prescription-fits-all system. Her conversational style overlaying a theme of a spy mystery gives the sense of getting advice from a wise best friend while watching your favorite movie. With a companion website guiding readers to external sources, as well as a large collection of footnotes, the book provides evidence for its claims and avenues for further study or investigation. The first step towards healing starts today.



STEALTH HEALTH

TAKE BACK YOUR
POWER AND UNRAVEL
THE MYSTERY OF YOU

BY DR. NANCY TRIMBOLI

Awards:



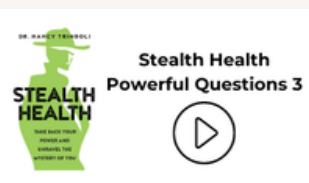
Stealth Health Powerful Questions 1



Stealth Health Powerful Questions 2



Stealth Health Powerful Questions 3



Podcast Appearances

PROFIT BY DESIGN PODCAST- 42: TAKE BACK YOUR LIFE AND HEALTH WITH DR. NANCY TRIMBOLI

GET PUBLISHED PODCAST-DR. NANCY TRIMBOLI - BOOK WRITING PROCESS

REBEL HEALTH COACH PODCAST- EP. 83 STEALTH HEALTH: A DIFFERENT PERSPECTIVE ON TRANSFORMING THE HEALTHCARE SYSTEM - WITH DR. NANCY TRIMBOLI

THE ENTREPRENEURSHIP ELEVATED PODCAST-EPISODE 297- DR. NANCY TRIMBOLI: STREAMLINING YOUR BUSINESS

THE FIRST LATCH PODCAST- NO. 71 | CHIROPRACTIC CARE FOR HEALTH, BREASTFEEDING, AND BIRTH WITH DR. NANCY TRIMBOLI

POWERFUL VIRTUAL LEADER WITH JOHN BATES- THE LEADERSHIP LOOK ON ZOOM

THE THRIVE COLLECTIVE- HOW HIGH-ACHIEVERS CAN GET INSTANT CLARITY WITH DR. NANCY TRIMBOLI



SERVICES

CHIROPRACTIC

Featuring your choice of effective, gentle, low-force “no popping” techniques with more aggressive techniques available.

MASSAGE THERAPY

Featuring your choice of massage including deep tissue, trigger point therapy, relaxation, Cranial Sacral, Lymphatic Drainage, and Muscle Release.

COLD LASER THERAPY

State-of-the-art cold laser therapy, using Terra Quant technology, under the direction of our doctor.

SPINAL DECOMPRESSION

Non-surgical spinal decompression is a type of motorized traction designed to relieve back and neck pain, and pain that radiates into the arms or legs.

CONTOUR LIGHT

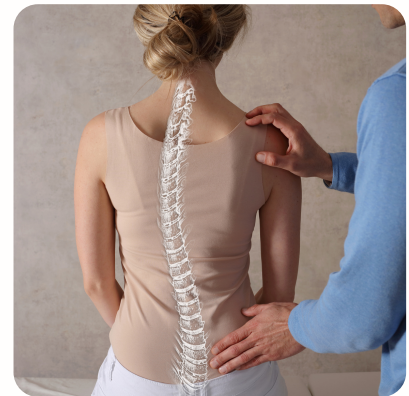
The Contour Light Program enables you to improve your health by taking inches off those hard to hit places like your waistline, hips, thighs, arms and chin.

WELLNESS PRO PLUS

BioResonance triggers your body's healing ability through frequency to reduce pain and inflammation

SHOCKWAVE THERAPY

Shockwave uses acoustic waves to help stimulate healing, reduce scar tissue build up and decrease pain.



More info at
trimbolichiro.net