



CHRIS OSWALD, DC, CNS

NORDIC NATURALS ADVISORY BOARD MEMBER

“As a chiropractor, many people come to me looking for relief from pain. Whether it be to manage exercise-induced inflammation, or to support healthy cellular signaling, the clinical use of omega-3 fats has resulted in benefits for my patients that are nothing short of amazing.”

—Christopher Oswald, DC, CNS

Summary of Expertise

Dr. Chris Oswald is a certified nutrition specialist, chiropractor, and co-founder of Hudson Headache, an integrative physical medicine practice in Hudson, Wisconsin, focusing on whole-person approaches to head and neck pain. As an author, speaker, and educator, Dr. Oswald is passionate about delivering health care focused on balancing the body’s underlying systems to provide a positive effect on a wide variety of physical functions.

Dr. Oswald has keen interest in utilizing the combination of functional medicine and functional movement assessments to accurately understand the causes of health challenges. His strategies have resulted in highly successful clinical outcomes for patients suffering from chronic pain and fatigue, and severe digestive dysfunction, as well as for healthy patients wanting to optimize physical activity and wellness.

Dr. Oswald’s articles have appeared in a number of trade publications, and he is a co-author of the book *When Nutrition Doesn’t Work*. He has presented to doctors on effective ways to incorporate supplements into clinical practice and is a former medical educator at Emerson Ecologics, and a current board member of the National Association of Nutrition Professionals. Dr. Oswald earned a Doctorate of Chiropractic degree from Northwestern Health Sciences University following his undergraduate studies in exercise physiology, biomechanics, nutrition, and sports psychology.

Specific Subjects

Functional medicine; nutritional and lifestyle interventions; pain management; dietary supplement safety and use; omega-3 supplementation; patient education; athletic performance; exercise physiology; therapeutic nutrition; fatigue; depression; food sensitivities; allergies; adrenal health; digestive health; heart health; blood sugar balance; and healthy weight loss.

Publications

A complete list of publications is available by request.

A complete profile is available and can be emailed upon request.

Press interviews can be arranged by contacting Shari Hindman, Integral Marketing, Inc. at 303.499.9665 or shari.hindman@integralmarketing.biz

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