

Living Fitness in Newport Coast Adds Chiropractor; Combining Exercise & Chiropractic for Optimal Health

Dr. Gus Tsamoutalidis (“Dr. Gus”) has opened a new office at Living Fitness, which is located in the Pavilions-anchored Newport Coast Shopping Center, 21139 Newport Coast Drive in Newport Coast, Calif. He is a licensed board certified Chiropractor in California and Pennsylvania, and is a NSCA Certified Strength and Conditioning Specialist, a certified Applied Kinesiologist, and a member of the California Chiropractic Association. He is also a member and consultant of the Cancer Metabolic Nutrition Group which provides cancer patients with education on specialized nutritional protocols to address cancer. For more information about Dr. Gus’ services, please call Living Fitness at (949) 640-2300.

June 9, 2008 (FPRC) -- NEWPORT COAST, CALIF. - Living Fitness is pleased to announce that Dr. Gus Tsamoutalidis (“Dr. Gus”) has opened a new office at Living Fitness, which is located in the Pavilions-anchored Newport Coast Shopping Center, 21139 Newport Coast Drive in Newport Coast, Calif.

Formerly practicing in Corona del Mar, Dr. Gus’ love for health and fitness got him involved early on in football, competitive bodybuilding, power lifting and nutrition. While attending Penn State where he studied Exercise and Sport Science/Kinesiology he was involved in numerous human physiology performance lab studies and was a team trainer for the NCAA Penn State football and volleyball teams.

Dr. Gus uses Chiropractic as the foundation, but also educates his patients on natural lifestyle changes to make a multi-approached healing experience. “Total health begins with a properly functioning nervous system free of nerve interference,” Dr. Gus said. “I can help patients achieve this level of full functionality by removing spinal misalignments also called vertebral subluxations. In my practice, I synergistically use chiropractic care, muscle work, and make recommendations on changes in diet and exercise routines, which can help my patients enjoy the full benefits of a healthy lifestyle.

Dr. Gus notes that being located in a private gym is an ideal setting since members can benefit from both chiropractic and exercise which are vital to everyone’s health today.

Dr. Gus will accept walk-in patients and patients by referral. His office hours are Monday through Friday, from 7:00 am – 12 noon and 2:00 - 6:00 pm. He is also available Saturday mornings for appointments. Currently, Dr. Gus is offering a free exam for new patients that consists of a computerized surface EMG. The surface EMG evaluates levels of electrical activity and balance in spinal muscles, which can help evaluate if vertebral subluxations are present.

Dr. Gus Tsamoutalidis graduated from Penn State University with a Bachelor of Science degree in Exercise and Sport Science/Kinesiology, along with a minor in Nutrition in 1997. He then attended Los Angeles College of Chiropractic and earned his Doctorate degree in 2001. Dr. Gus is a licensed board certified Chiropractor in California and Pennsylvania, and is a NSCA Certified Strength and Conditioning Specialist, a certified Applied Kinesiologist, and a member of the California Chiropractic

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Keywords

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[Newport Coast Chiropractor](#)
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