

If it worked for Mom, it could work for everyone. That was the basic idea that formed Dr. Peter Ruiz's passion to become a chiropractor and led him to found Monterey Family Chiropractic.



Monterey Family Chiropractic

Dr. Peter Ruiz

As Dr. Ruiz explains, "Our mother was bedridden, with pills on her nightstand. She couldn't do anything. So, we finally took her to someone who understood the nervous system and got her adjusted.

It took her most of a year, but all her troubles - her sciatica, her headaches - all went away, and she was engaged again. She could go to the park with us. She could be our mother and do everything again.

So, I knew that whatever that guy was doing, our mom came back to us, and that I'm going to be a chiropractor. And I was about twelve when I decided that."

After attending Palmer Chiropractic College in San Jose, Dr. Ruiz opened a clinic in Bakersfield before relocating to the Monterey Peninsula and establishing Monterey Family Chiropractic in 1998.



A state-of-the-art facility offering the highest quality chiropractic care available, Monterey Family Chiropractic operates with the philosophy that the human body is self-sustaining and self-healing, and when the spinal cord and its nervous system is not functioning at its peak, the body's overall performance suffers.

"We're here to clear the nervous system. And a body with a nervous system that works well, communicates well, is always going to be better off," says Dr. Ruiz. "We help the body restore. Once they start healing and repairing, their body works better, and they return to health... the results are fantastic."

At Monterey Family Chiropractic, a specific plan of action is tailored to an individual patient's specific goals and needs. Patients may be diagnosed with the same or similar conditions, but they may respond differently to treatments.

People often come to the clinic with back pain which, at that time, can be addressed and corrected. However, Dr. Ruiz takes a holistic approach to body health. "The message is that everyone should at least have their spine checked and analyzed to see if there is any nervous system interference. Rather than waiting until there is back pain, sciatica, or other symptoms, a nervous system check-up can reveal interference which can be corrected before pain occurs, and the body can function better in tune with itself."

Monterey Family Chiropractic understands that spine health affects the overall quality of life.

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