



# Dr. Nancy Trimboli

CHIROPRACTOR | AUTHOR | VITALITY EXPERT

3,200 +

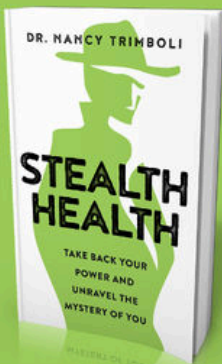
YouTube Followers

@DRNANCYTRIMBOLI

Go to [www.drnancytrimboli.com](http://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*, and get an inside peak at her online membership community, *Undercover Vitality*.

## MY MISSION

Dr. Nancy Trimboli shares simple actionable strategies to help you take back your power and give you confidence in making your own health choices. Her gift for taking complex topics and condensing them into bite-sized useable steps will help to put your health back in your hands and reignite your hidden spark.



# BIO

Dr. Nancy Trimboli received her undergraduate degree with honors from Adelphi University in Garden City, NY. Her doctorate, also received with honors, is from Life University in Marietta Georgia. Taking a job in 1992 in NW Indiana caused her to put down roots in the Midwest.

Currently she is married to her second life partner with whom she shares war-stories of business ownership. Dr. Nancy may never retire from Chiropractic practice, but her success allows her to take ten weeks of vacation per year to rest and create content for her audience. Having her own business also means she can take her dog, Brooklyn, to work with her every day.

Dr. Nancy Trimboli credits two entities for her business success, and her success as a healer. She learned compassion and good listening skills from her father, an Episcopalian priest. From her training to become a black belt in Tae Kwon Do, she learned focus, dedication, and strength, especially in the face of obstacles. These attributes helped to build her bustling Chiropractic practice. In the first 20 years, she grew it into a multi-location, multi-doctor business with nearly 40 employees. Recently she has downsized, but with 20,000 patients-worth of experience, she is sought after by many people to help them avoid surgery and other medical interventions.

During her busiest years, she interacted with up to 150 people per day and this taught her to be concise in her communication and to break down complex health issues into understandable concepts. She has a large local patient following, and an ever-expanding online audience. Her You Tube channel: DrNancyTrimboli has over 250 videos, all under ten minutes in length, designed to help you to help yourself at home simply and inexpensively. Her book, *Stealth Health: Take Back Your Power and Unravel the Mystery of You*, released in May 2020, takes a fresh look at understanding your own health challenges by asking better questions and recruiting your own healthcare arsenal of trusted sources. It's a must read for anyone who feels that there is a better way to health than medications and surgery but isn't quite sure what that better way is. *Stealth Health* is available on Amazon, Audible, and Kindle.

*Undercover Vitality*, Dr. Nancy's online community launched on August 1, 2023, and is designed for those people who feel as though they are in transition due to life circumstances or physical changes in their body, and want to ignite their inner spark! Members have access to all of Dr. Nancy's secrets on living life with more vitality and health. "Insiders" enjoy the free daily posts and her courses: Tuning Fork facial, Insider Beauty, Get Your Hormones Straight, as well as Essential Oil recipes, Big Bowl recipes, and live videos from Dr. Nancy. "Connected Insiders" have access to all of that plus our flagship courses *Instant YES!* and *Instant Clarity*. The paid monthly membership of the Connected Insiders takes the member on a journey over time from anxious, worried, and overwhelmed to a state of confidence in choices, and knowledge to becoming their own best expert.

To help her audience manage the stress of life and its physical consequences, Dr. Nancy has created (and continues to create) multiple courses, including: *Instant Clarity*, *Instant YES!*, *Lean Clean Belly Routine*, and the US-patented course *Jet Lag No More*.

Go to [www.DrNancy.Health](http://www.DrNancy.Health) to download a freebie of Dr. Nancy's content: the first chapter of her book, *Stealth Health*, or, discussion of a current health topic with actionable strategies.

# PROFESSIONAL RESUME

## EDUCATION

Doctor of Chiropractic, Life Chiropractic College, Marietta, Georgia, March  
1992

Graduated cum laude

Bachelor of Science degree, Adelphi University, Garden City, New York,  
May 1987

Graduated cum laude

## BUSINESS EXPERIENCE

Trimboli Chiropractic: Owner, Lead Chiropractor since 1996

Multiple Locations/ Multiple Associate Practice 2007-2017

Sole Practitioner 2018 - 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, multiple

Extremities Adjusting

Groscopic Technique

Torque Release Technique

Insight 7000 (Thermography / Surface EMG)

Spinal Rehabilitation (Synergy Systems), through

Indiana State Chiropractic Association

Koren Specific Technique, through

International Chiropractic Association of Indiana

Low Level Laser Therapy – Laser Therapy U. / Multi-radiance

Wellness Pro BioResonance Healing

Chattanooga Triton Spinal Decompression

## CIVIC ORGANIZATIONS / COMMUNITY RECOGNITION

Munster Chamber of Commerce, Member since 1994

Munster Chamber of Commerce Citizen of the Year Award, 2011

South Shore Arts Association, Lifetime Member

Indiana Business Professionals to Watch, awarded 2013

The Times Best of the Region Award, Best Chiropractic office awarded for  
9 years

Best Employee Spotlight Award 2022 – Tap the Potential Business  
Coaching



Dr. Nancy Trimboli

12732 Wicker Ave  
Cedar Lake, IN 46303

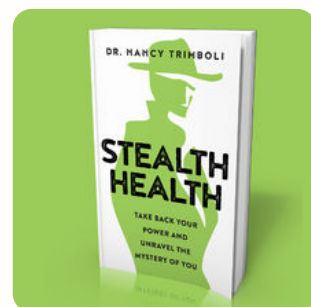
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# What if I Could Heal?

## 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



# Undercover Vitality Online Community

[undercover-vitality.circle.so](http://undercover-vitality.circle.so)

**Courses • Podcasts • Live Drop ins**

## **DISCOVER ACTIONABLE STRATEGIES TO REVERSE AGING, RECOVER YOUR SPARK, AND LIVE YOUR BEST LIFE**

*Undercover Vitality* is where all the secrets are revealed; nothing is held back! Our community is designed for those people who feel as though they are transitioning in life. Your environment may be changing, your relationships, or your body. Or, you may have come through a health scare and want to treat yourself better in the future. Join others on the journey to being confident about health choices in a chaotic world of options, finding the wise, calm, resourceful part of yourself, and re-igniting your spark for life. Leave behind the confusion and anxiety; your joy is waiting!

WAS A WONDERFUL  
WAY TO GATHER LIKE  
MINDED PEOPLE &  
PRACTITIONERS!

THANK YOU FOR ALL  
YOUR TIME, ENERGY,  
AND EFFORT TO BRING  
THIS COMMUNITY  
TOGETHER!

-Pamela

UV TAUGHT ME TO  
TRUST MY INTUITIVE  
HEALTH INSTINCTS  
& TRULY ADVOCATE  
FOR MYSELF AND  
OTHERS WHEN  
UNDER THE CARE  
OF MEDICAL  
PHYSICIANS.

THIS CONTENT IS  
AMAZING & A  
DOWN RIGHT  
BLESSING!

-Stephanie

IN TODAY'S SOCIETY  
WE ARE INUNDATED  
WITH "QUICK-FIX"  
SOLUTIONS THAT  
RARELY GET TO THE  
SOURCE OF THE  
ISSUE. UV HAS  
BECOME A  
DEPENDABLE  
HOLISTIC RESOURCE  
IN MY LIFE.



# 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

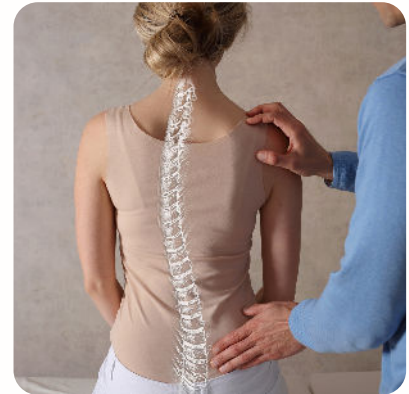
*The Contour Light Program enables you to improve your health by taking inches off those hard to hit places like your waistline, hips, thighs, arms and chin.*

## 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](http://trimbolichiro.net)