

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 to help you take back your power by giving you actionable strategies to regain your vitality, reverse aging, and activate self-healing. Members have access to all of Dr. Nancy's secrets on living life with more strength 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*.