



## **Dr. Cody Young, DC**

Dr. Cody Young is a 26-year Napa native who graduated Napa High School in 2015, studied Exercise Physiology at CSU Chico before moving onto graduate school. Dr. Cody graduated in 2021, receiving his doctorate from Life Chiropractic College West.

Dr. Cody specializes in comprehensive health care, building and maintaining health, and teaching patients continuously through their care process. Inspired to share his knowledge with the world Dr. Cody Young traveled to Shanghai, China providing care at 4 rehabilitation/therapy centers in various hospitals across the greater Shanghai region.

In addition to providing sustainable health care to the community, Dr. Cody Young spends his time engaging in seasonal motorsports such as snowmobiling and motorcycling.

Through philosophically based chiropractic care and supportive functional training methods Dr. Cody helps the active community stay active and maintain engagement in their craft by assisting in preventative training measures, rehabilitation, injury management, and providing vitalistic chiropractic care always.

Athletes come in many shapes and sizes and play many different sports. Yet, Similarly they all have a physical demand placed on their body. A demand that they don't mind putting up with, because of their passion for the game. The astute athlete understands that the strongest, fastest person may not be the greatest competitor or biggest threat on the field. There is a phenomenon that is often referred to as down court vision, or field vision. This refers to the athlete's ability to perceive what is happening on all aspects of the field.

When the spine is appropriately aligned and free to move as it's designed to, reaction times decrease and transference of forces is conducted with greater efficiency. Having a spine free of misalignments is almost impossible in today's American culture. Between all the looking down at phones, sitting for hours on end, lack of nutrients in our food, chemical toxicity, and stored trauma we can find ourselves in a dismal state of existence.

Take your next step towards your potential by working with Dr. Cody Young.