



MICHAEL SCIMECA
Chiropractor, Catalyst, Coach
Living Well Education

Dr. Michael A. Scimeca was born in Baldwin, Long Island, New York in 1959. He graduated from Life University in 1993 earning his doctorate in chiropractic. He has been in private practice for over 30 years in Roswell, Georgia.

During his first year in private practice, he began developing Catalyst, a unique system of approach for addressing the body in a non-therapeutic way, to optimize functionality. Using his model of "Neurological Nutrition," Catalyst introduces highly specialized stimuli onto specific locations of the body.

He coined the term Thriveapeutics to differentiate his approach from other approaches that are therapeutic. His model of Forward Healing, of moving well into your ever-emerging newer life became the catalyst for him developing Greatness Coaching.

He is the author of the book, *The Guardian Within*, a wondrous exploration of personal growth, helping people help themselves. Michael is also a musician, actor, and family man, who currently lives in Marietta, Georgia with his wife, Frances.