



MICHAEL A. SCIMECA

Coach, Author, Musician

Living Well Education
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Born on September 8, 1959, in Baldwin, Long Island, New York, Michael Scimeca is a personal advisor and creative dedicated to empowering individuals toward greater states of being. His work spans chiropractic, hands-on innovation, personal growth coaching, authorship, and music composition.

Education and Professional Journey

Michael graduated from Life University in 1993 with a Doctorate in Chiropractic. Driven by a passion for holistic optimization, his focus has always been on enhancing participation and function through the addition of new and unique approaches.

Career and Innovations

In 1993, Dr. Scimeca established his private practice in Roswell, Georgia, where he has provided quality-of-life care for over three decades. This practice served as a breeding ground for developing his signature methods. Early in his career, he created Catalyst, a hands-on system designed to optimize bodily function through "Neurological Nutrition"—introducing specialized, precise stimuli to key areas of the body and mind.

This evolved into **Thriveapeutics**, an approach that distinguishes itself from traditional therapeutics by emphasizing proactive **Forward Healing**: a participatory process of moving toward ever-improving states of mind, body, and spirit. Participants are encouraged to engage actively as co-creators in their growth, rather than as passive recipients of care.

Greaterness Coaching and Educational Philosophy

As a personal advisor, Michael offers **Greaterness Coaching**—a framework centered on education, self-awareness, and continuous progression toward one's fuller potential. This work is empowering, guiding individuals to discover and apply their own emerging strategies for personal mastery and greater well-being.

These offerings are **not intended as medical advice, diagnosis, or treatment**, nor as a substitute for professional healthcare. Individuals experiencing health concerns are encouraged to consult qualified licensed healthcare providers for proper medical evaluation and care. Michael's methods focus on education for the enhancement of function and neuroplasticity, complementing—not replacing—conventional approaches.

Author and Creative Pursuits

Michael is the author of *The Guardian Within*, a guide exploring personal growth through enhancing awareness and conscious living. He has also authored *The Catalyst Manual* and the fantasy novella *Artifacts*.

Creatively, he is a prolific musician with multiple released albums across many streaming platforms featuring original compositions that blend artistic expression with themes of discovery and inner growth.

Philosophy and Contributions

Michael Scimeca's contributions aim to advance the understanding of human potential. He advocates for individuals to become active participants in their own development, fostering greater connectedness, functionality, and fulfillment through self-directed strategies.

The information provided in his writings, coaching, and programs is for educational and inspirational purposes only. It is not medical or therapeutic advice, and no claims are made regarding diagnosis, cure, mitigation, treatment, or prevention of any disease or condition. Dr. Michael Scimeca continues to inspire through Living Well Education, creative projects, and community engagement, emphasizing the person's capacity for enjoying ongoing improvements.

“There will always be excitingly new ways to see and do things. That’s life!”
— Michael Scimeca