
DRS. LAUREN & DAVID KOLOWSKI

OWNERS & FOUNDERS OF INSIDE HEALTH



DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING



PURPOSE

DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING



MISSION:

To educate and give strategies to help others regain control over their own health and enhance their health naturally.

VISION:

Whole body health for the whole family. We believe people can achieve their goals when operating with optimal health.

DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING

PROBLEMS:

Since starting their clinical practice in 2010, Drs. Lauren and David Kolowski have seen these concerns as the main problems we're facing in society with our health.


1. Allopathic (conventional/Western) medicine rarely looks at the whole person when addressing health symptoms, neglecting to address root causes or go upstream to solve and prevent health conditions.
2. The conventional U.S. diet is riddled with additives, preservatives, chemicals, GMOs, unhealthy oils, unnatural amounts of sugar and gluten, and overall excess.
3. Even those desiring to live a healthier lifestyle and feed themselves and their families right are grasping at straws as there is so much information and misinformation out there.
4. We're taught to think that choosing a healthier lifestyle is more expensive and not accessible to many.



DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING

A black and white photograph of a corner shelf. On the shelf, there is a potted plant in a white pot, a stack of books, and some other items. The background is a plain wall.

Education and applicable, proven tools are the best way to overcome the challenges we face in keeping our families and ourselves healthy from the inside out.

Drs. Lauren and David Kolowski are passionate about sharing with as many people as possible how they can use food and supplementation to heal the body and help people live optimally—full of energy, reduced pain and inflammation, and feeling their best.

SOLUTION

WHY NOW?

People are becoming more and more dissatisfied by and mistrusting of conventional medicine. In fact, research shows that 32% of Gen Z is dissatisfied with the effectiveness of conventional medicine—and Gen Z is certain to lead the market in years to come.

Many of our patients have seen various doctors and specialists before they come to us. They've seen everyone and tried everything and still don't have answers or solutions.

The public is more open than ever to holistic medicine and is craving an approach that looks for root causes and treats the whole person.



DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING

DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING



WHY DR. LAUREN?

Lots of practitioners claim to be experts in nutrition and optimal living. People are looking for answers, but unless they are getting reliable information from a true expert, they may just be chasing their tails. Dr. Lauren provides a results-driven perspective to the conversation.

- Dr. Lauren was one of the first doctors across the nation to attain Master Clinician status in Nutrition Response Testing™.
- She is also a Master Clinician in Quantum Nutrition Testing for serving virtual patients across the country.
- Dr. Lauren is motivated by her own harrowing health journey that completely disrupted her and her family's lives in her early 20s.
- She has been in active clinical practice since graduating from Palmer College of Chiropractic in 2010, helping thousands of clients

DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING

MORE ABOUT LAUREN'S STORY

While in chiropractic school, Dr. Lauren experienced intense pain, inflammation and chronic insomnia. They saw the top natural doctors in the area and then moved on to the medical doctors with no luck. The last doctor said, “All of your tests are normal. I’m scheduling you a psych consult because this must be in your head.”

She was at her wit’s end, but thankfully, a friend reached out and told her about a new technique to pinpoint toxicities and deficiencies. She found a practitioner nearby and started immediately.

Dr. Lauren started to sleep better, lose weight, and experience decreased pain right away. It was then that they knew they had to include this technique in their future business.

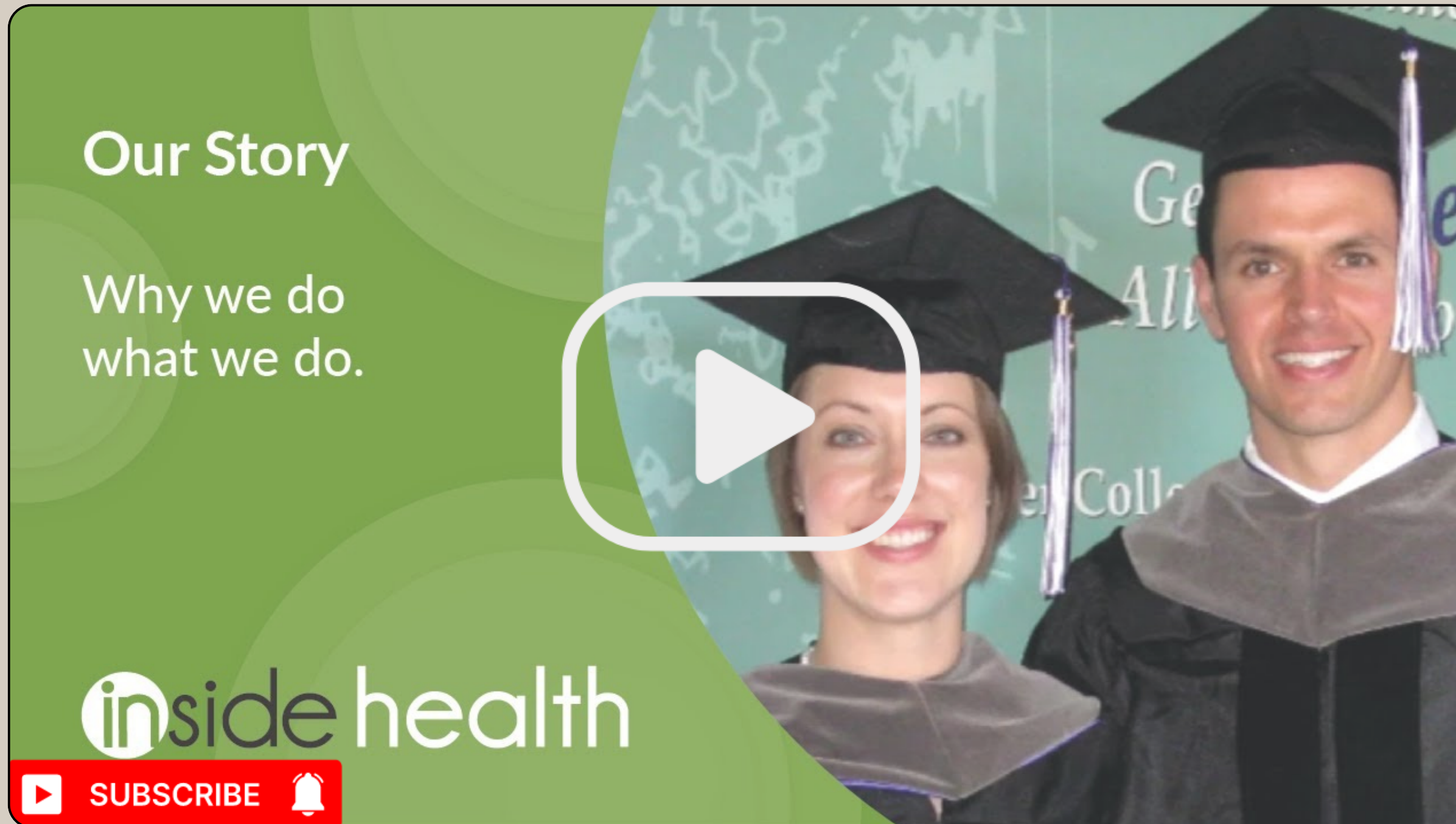


DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING



WATCH DR. LAUREN'S STORY



Our Story

Why we do what we do.

inside health

 **SUBSCRIBE** 



WHY DR. DAVID?

Dr. David spent much of his youth in athletics, culminating with playing Division I football in college. He learned to push his body to the limits, carefully analyzing what worked to keep him at his peak. He still brings that same energy and focus into his daily work of helping patients with their own health needs by relying on the foundational principles of health and physiology that allow for true health and optimal function.

- Dr. David's desire is to help others improve their own health by applying better information - a health philosophy that emphasizes the innate power and potential of our bodies.
 - Dr. David is motivated by his own health while also being his own guinea pig for future advancements.
 - Since 2010, Dr. David has helped hundreds of patients regain and optimize their health simply and affordably.
-

DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING

MORE ABOUT DAVID'S STORY



While being a 310 pound offensive lineman for the University of Nebraska, Dr. David pushed himself to extremes. When the football days were over, his goal was to completely redefine his physique.

It wasn't easy. Early on, it took a lot of trial and error. Slowly and steadily, he saw what worked and what didn't. A new understanding of health began to emerge.

However, it wasn't until he went to chiropractic school that it all came together. His quest for answers to health were found within the chiropractic philosophy.

Dr. David had found his calling.

Now his mission is to help others experience and understand what it truly takes to be healthy. "Doctor" means "teacher," and Dr. David takes that seriously.



DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING



SPEAKER TOPICS INCLUDE:

It's always a privilege to be able to share our knowledge at events and conferences. Our vision is for whole health for the whole family, and we know this comes through education, and then one-on-one care as needed.

Our popular speaking topics include:

- How healthy eating can support your body in more ways than just weight loss
- Grocery shopping and cooking 101 (plus pantry and fridge overhaul)
- Developing a healthy mindset
- Reconnecting the body to its power to heal
- And more—just ask about the theme of your event!



DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING

IMPLEMENTING WHAT WE TEACH CAN HELP WITH:

- Weight loss
- Chronic pain
- Autoimmune disorders
- Insomnia and sleep disorders
- Low energy/fatigue
- Hormone imbalances
- Digestive disorders
- Emotional stability



DOCTOR OF CHIROPRACTIC

NUTRITIONIST

MASTER CLINICIAN OF QUANTUM NUTRITION TESTING



ELEVATE YOUR EVENT

Add a presentation from Dr. Lauren or Dr. David to elevate your next health event. We love to speak at:

- Health and wellness conferences
- Corporate wellness programs
- Community events
- Moms or MOPS groups
- Educational institutions
- Wellness retreats and spas

Email us at frontdesk@insidehealth.com to book Dr. Lauren and/or Dr. David to speak at your event.

Follow Us:

