



Aaron D. Tressler, D.C., B.C.N

Dr. Aaron Tressler's passion for natural health and healing extends back to childhood. Growing up, he suffered with chronic gastrointestinal issues, allergies and sinus problems. His struggles through sports injuries and back pain led him to his first chiropractic experience his senior year in high school. And then witnessing his father die from heart disease at age 50, he vowed to never allow this to happen to him and was determined to find an answer. Chiropractic care not only corrected his pain, but also his sickness, and he knew if it could change his life, it would also change the life of thousands of others.

After graduating from Slippery Rock University, and a few years into teaching physical education, his passion for health grew and it was undeniable that his mission to change lives would be through chiropractic. As a Doctorate of Chiropractic graduate from Life University in 1994, Dr. Tressler has spent almost 30 years helping thousands of patients. Ranging from newborn to age 99, he specializes in not only reducing or eliminating their symptoms through chiropractic care and neuropathy treatment, but also enhancing their overall quality of life through lifestyle changes such as decompression therapy, diet, exercise, weight loss, and supplementation.

Dr. Tressler is the chiropractor and owner of In8Life – Tressler Chiropractic, President of the Chiropractic Fellowship of Pennsylvania, Board Certified in neuropathy, author of 5 health books, International Chiropractic Association member, Creator of IN8LIFE weight loss system, and host of the Restoring Innate Health podcast.

Living on a farm, east of Pittsburgh, with his wife, Gabrielle, Dr. Tressler enjoys an active and adventurous lifestyle consisting of competing in rugby, raising organic cows, sheep and chickens, and playing backyard sports with his 5 children and 4 grandchildren.

His health was put to the test many times –

and every time, his body proved that the countless, intentional choices he has been making to support his health were paying off. After 2 rotator cuff tears, torn meniscus in right knee, broken ribs (3 times), and the worst – a broken scapula at age 49, he had to trust in the innate healing he had been teaching and witnessing in others for years.

What he discovered through all of this was amazing. He healed up incredibly fast! After his rotator cuff tears, he healed in 2 weeks and was back to playing rugby with 20-30 year olds. Following his severe scapula fracture, in 2 ½ months, he ran a 5k race under 22 minutes, 5 months later, he benched press 225 pounds, and played rugby in just 8 months. The doctors said it would take a year just to heal or even to do push-ups!!

Created in God's image, we have amazing innate healing power to rejuvenate and repair for 80-120 years. It's up to us to take advantage of our resources and live the vibrant life intended for us.

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