MaxLiving Chiropractic - Tech Ridge Highlights Strategies to Address Inflammaging

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AUSTIN, TX - July 06, 2026 -
MaxLiving Chiropractic - Tech Ridge highlights strategies to address inflammaging, the chronic low-grade inflammation associated with accelerated aging. The clinic draws from recent research and its educational resources to share insights on modifiable lifestyle factors that influence inflammatory processes in the body. This focus aligns with the clinic?s ongoing commitment to whole-body wellness through principled chiropractic care in North Austin.

Inflammaging refers to persistent, low-level inflammation that increases with age in many populations and contributes to various age-related conditions. A 2025 study published in Nature Aging examined inflammatory markers across diverse global populations and found notable differences. In industrialized societies, inflammatory cytokines typically rise steadily with age, while non-industrialized groups such as the Tsimane people of Bolivia and the Orang Asli of Malaysia showed no such age-related increase. These findings suggest that inflammaging is not an inevitable part of human biology but is heavily influenced by lifestyle.

Chronic inflammation differs from acute inflammation, which serves a protective role in response to injury or infection. Low-grade chronic inflammation can damage tissues over time, contributing to cardiovascular concerns, metabolic issues, cognitive changes, chronic pain, and accelerated cellular aging. The clinic?s resource guide emphasizes that daily habits play a central role in managing these processes.

Key lifestyle elements highlighted in the research include consistent daily physical activity, whole-food diets low in processed items, strong social connections, effective stress management, and quality sleep. Non-industrialized populations often maintain high levels of natural movement throughout the day, consume minimally processed foods, and benefit from tight-knit community structures. These patterns correlate with stable inflammatory markers across age groups.

Chiropractic care forms one component of a comprehensive approach. Adjustments help support spinal

alignment and nervous system function, which can influence overall body regulation. This integrates with the clinic?s 5 Essentials framework: Core Chiropractic, Nutrition, Mindset, Oxygen and Exercise, and Minimize Toxins. The model addresses multiple dimensions of health to reduce interferences and support natural body processes.

Patient care at the clinic follows a structured sequence. It begins with a detailed health history review to identify individual concerns and goals. Data collection may include assessments, followed by analysis and development of personalized plans. Education empowers patients to implement supportive habits, such as movement strategies and nutritional choices, between visits.

Dr. Sara Richa, Doctor of Chiropractic and owner of the clinic, leads these efforts with specialized training. She earned a Bachelor?s Degree in Health Sciences from James Madison University in 2016 and previously worked as an Applied Behavior Analysis therapist providing in-home early intervention for children with developmental disabilities. She graduated with honors from Life University with a Doctorate of Chiropractic and completed advanced training in spinal correction, nutrition, exercise, and detoxification at one of the largest female-owned health clinics in the country. Dr. Sara Richa holds certifications in pediatric and family care and the Webster Technique.

"Understanding inflammaging as a modifiable process through daily movement, nutrition, and lifestyle choices empowers individuals to support healthier aging," said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

The clinic serves families in North Austin by combining chiropractic adjustments with education on the 5 Essentials. This approach encourages active participation in wellness rather than reliance on symptom management alone. Research supports the role of consistent physical activity and whole-food eating patterns in influencing inflammatory markers within relatively short timeframes.

"Integrating core chiropractic care with practical strategies from the 5 Essentials helps patients address underlying factors that contribute to chronic inflammation and long-term health," said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

MaxLiving Chiropractic - Tech Ridge maintains a focus on personalized, root-cause oriented care. The team?s educational resources, including articles on topics like inflammaging, provide patients with evidence-informed perspectives on lifestyle influences. This complements in-office care and supports sustained wellness practices.

The clinic operates within the broader MaxLiving network, emphasizing principled methods and patient education. Care prioritizes thorough assessment and collaboration, aligning with national patterns of

chiropractic utilization for musculoskeletal and wellness support.

MaxLiving Chiropractic - Tech Ridge is a chiropractic clinic in North Austin, Texas. The practice applies the 5 Essentials framework to assist individuals and families. It supports natural body processes through core chiropractic methods, nutritional considerations, mindset focus, exercise guidance, and toxin minimization strategies.

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MaxLiving Chiropractic - Tech Ridge

We take a holistic approach to finding the root cause of symptoms such as neck pain, back pain, hormonal imbalances, autoimmune conditions or any bodily dysfunction.

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