



**woman to watch:**  
*dr. serena murray*

**on family:** “I am from Auburn, a small town in central New York, near Syracuse. I have three brothers and was raised in a traditional Italian family, so I was always with my grandparents, great-grandparents, aunts, uncles, and cousins ... and always eating the most delicious food!”

**on her career:** “Our family doctor wanted to put tubes in my little brother’s ears for chronic ear infections, but my parents were very much against it. After two visits to a chiropractor, at the recommendation of a family friend, the ear infections cleared permanently. Ever since, my family had weekly wellness visits with the chiropractor. Because I always wanted to be a healthcare professional and I attribute my family’s great health to chiropractic, it only seemed natural for me. My master’s in nutrition came about because I love food (remember: Italian family!), and supporting health therapeutically with food was equally suited to me.”

**on her future:** “I would love a small farm someday with chickens, goats, and cows. I’d love to live off my land and grow my own food, though, I’m still perfecting my homesteading skills.

Professionally, I'd like to run an integrated healthcare facility that includes chiropractic, naturopathic and medical doctors, athletic trainers, acupuncture, herbalists, and yogis. I envision a full gym and pool, herb and vegetable gardens, health workshops, and maybe even a retreat in which people could just unwind and rejuvenate."

**on healing:** "My passion, my driving force, is to enrich the lives of others. Sometimes we get so caught up in how bleak and disappointing the world can be—I can't solve world hunger; I can't create world peace, but I can help individual people. Whether it's relieving or ending pain as a chiropractor, teaching a balanced diet as a nutritionist, or simply being a good listener as a friend, being a force of positive energy is my passion." w

*Dr. Serena Murray is a chiropractor and nutritionist at Advanced Spinal Fitness, 111 Kilson Dr., Ste. 104, Mooresville, a state-of-the-art spinal correction and performance-enhancement center. For more information, call 704.663.5142 or email [info@advancedspinalfitness.net](mailto:info@advancedspinalfitness.net).*

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