

# Sponsor

## SPOTLIGHT

**Advantage Health And Wellness**  
**Kevin Trembush, B.S., B.S., D.C.**



# ADVANTAGE

## HEALTH & WELLNESS

*We've had your back for 10 years.*

I was born in Wheeling and grew up in Glen Dale West Virginia. My parents are both retired teachers, which most likely influenced me to teach, the true meaning of “doctor.”

I went to high school at John Marshall in Glen Dale and did very well in school while playing multiple sports. Football was my favorite because I was fast and long. I was a state champion hurdler, despite not liking track! Sports are a major influence in my life and because I played so much I began to have pain at times, even when I was 17. A chiropractor, Larry DeGarmaeux, DC helped me with my pain. It was during those interactions that I became interested in chiropractic care. I was fascinated how, with only his hands, he could tell so much about why I had pain. Then, with those same hands, began to eliminate my pain. After high school came college, more football and more pain. With teachers as parents, I have always appreciated education; I continued to excel as a biology major and chemistry/psychology major. With this science background and the influence of Dr. DeGarmaeux, I decided to become a chiropractor.

I chose National University in Chicago, Illinois for my doctorate education. I soon learned enough to realize why my pain was always returning. It was because my feet were so flat!



That led me to appreciating the importance of understanding the true underlying cause of a person's pain and correcting the cause, not just the pain. Now I could see where the skills of a chiropractor met with the skills of a physical therapist. It became very clear to me that combining chiropractic and physical therapy to treat a person's pain was very important to achieve the desired results: no pain! Thus began my passion for the integrated practice model that I have built here in Morgantown. It took 10 years to make Advantage Health and Wellness what it is today, but it's worth every second.

I am also thankful everyday to be able to practice my passion around such a hardworking and compassionate group of professionals we have put together at AHW. AHW is the only healthcare facility of its kind in the area. We are the archenemy of inflammation. We are experts of diagnosis as to what makes your body hurt, whether from injury or from an awful diet. Inflammation is the cause of pain and disease. We know how to get rid of it. I highly recommend Mark Hyman's book *Ultraprevention*. Two physicians unveil a revolutionary, accessible, science-based, patient-centered program for living an active, age-defying, disease-free life.

### What makes Advantage Health and Wellness so effective?

1. We care about people.
2. We have a team of caregivers each with a different education and background who meet and discuss EACH patient case and develop a program specific to that patient.
3. We then can combine chiropractic, physical therapy, medical care, home care (durable medical equipment), weight loss and functional medicine (lab based nutrition) to achieve a better, healthier, and pain free patient.
4. We offer choices of relief or corrective care; it is up to you. We want to try to fix the problem long term (corrective care), but sometimes a person only wants or needs pain relief care, which is less time and cost commitment. But it is always a choice for our patient.

During the course of my 13 years in Morgantown I met my wife, April. She is from Braxton County, West Virginia. I knew I was going to marry a good WV girl and I did!! She helped keep my sanity through the long years of practice building. Along with April came the oldest of my four babies. Karsyn is now 15 years old and is a great student at MHS. Josie is 8 years old and is very artistic. Evyn is 5 years old; her attribute is overflowing love for people – it is inspiring. Then there is Marlin, named after her uncle who had passed away just prior to her birth. We are not yet sure of her strongest attribute, but we think it is persistence! I am so blessed to have this family.

My advice to our local residents if you injure your body or have chronic pain; it is important to know that a pill is not fixing anything, it is merely masking your body's ability to tell what is wrong. We have an awful problem in this country with narcotics to manage pain (80% of the worldwide drug use for pain is here in the US) and it is killing our society. To compound the issue, when in the wrong hands, it is being sold on the streets to our children. Offices like ours offer a real solution for pain relief so that people do not have to turn to chronic opioid drug use. Our solution is simple; try a team approach to physical medicine first. If this is not the answer then maybe you need to use drugs or have surgery. A team approach is always better and I have worked hard to make sure that Morgantown now has this type of facility.

Kevin Trembush  
 Chiropractic Physician, Clinic Director  
 Advantage Health & Wellness, PLLC  
 699 Burroughs Street  
 Morgantown, West Virginia 26505  
[www.advantagehealthandwellness.com](http://www.advantagehealthandwellness.com)

