



About Dr. John Zielonka

Dr. John Zielonka is one of Ottawa's most trusted and best known health and wellness experts. His unique approach enables people to make informed choices and take an active role in their health. Only by looking at all of the factors related to one's health can they maximize their true health potential.

Dr. Zielonka is a Doctor of Chiropractic, holds a Bachelor of Science in Chemistry, has a Fellowship in Natural Supplementation and Anti-Aging, is a certified rehabilitation doctor, a certified occupational health consultant and is the Director of Health and Wellness Canada. He is the author of "Healthellaneous", "Nutrition Insanity", "Healthy Beliefs Deadly Choices" and co-author of the "World's Best Kept Health Secret Revealed, Volume 3" which pre-sold over 70,000 copies. His latest book, "The Science of Vitamins Meets Optimum Health and Common Sense" hit bookstores in February 2012. His Human Performance Lecture Series is the most comprehensive one of its kind in Canada with 68 different health topics of which some are now available on DVD. He has made numerous television and radio appearances including being a regular contributor to CTV Morning Live and he is the founder of National Health Day in Canada.

He is the owner of the Ottawa Chiropractic & Natural Health Centre in Canada's capital, considered by many to be the premier centre for health and wellness in Ottawa. He is also the winner of the Consumer Choice Award for 2011, 2012 and 2013 having been voted the best Chiropractor and Chiropractic Health & Wellness Centre in the city.

His patients have included everyone from the world's fastest man, gold medal Olympic athletes, NHL, NFL and CFL players to past prime ministers, major corporations and even newborn babies right in the delivery room.

Dr. Zielonka, along with his wife Katherine, super-healthy daughter Breana, energy-filled twin boys Tyler and Ryan, dog Jack, cats Haley, Dexter, DARTH and Chewy, and horses Billy and Inari strive to make the world a healthier place.

- Doctor of Chiropractic
- Bachelor of Science (Chemistry)
- Fellowship in Nutritional Supplementation and Anti-Aging
- Certified Chiropractic Rehabilitation Doctor
- Certified Active Release Technique (ART) Provider (Univ. of San Diego Medical School)
- Certified Occupational Health Consultant
- Certified Canadian Institute Of Biomechanics (Custom Made Orthotics)
- Director of Health and Wellness Canada
- Past Director Rehabilitation Services Ottawa Sport Science Centre
- Certified Biotonix BioPrint Evaluation Centre
- Author of "Healthy Beliefs – Deadly Choices", "World's Best Kept Health Secret Revealed Volume 3", "Healthellaneous", "Nutrition Insanity" and "The Science of Vitamins"
- Lecturer
- Advanced Nutritional and Metabolic Detoxification Consultant
- Founder of National Health Day in Canada
- Originator of the Human Performance Lecture Series
- Originator of the Ultimate Golf Alignment Program
- Past Vice President Eastern Ontario Chiropractic Society
- Member of:
 - Canadian Chiropractic Association
 - Ontario Chiropractic Association
 - Canadian Memorial Chiropractic College
 - CCPA
 - Eastern Ontario Chiropractic Society
 - SWIS (Society of Weight Training Injury Specialists)
 - Governor's Club



Voted Ottawa's Best Chiropractic Health & Wellness Centre

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