



Health with Hope Chiropractic

Dr. Hope Ramales, DC RDMS RVT

I was introduced to Dr. Hope and her unique chiropractic approach through a mutual acquaintance, who said, "I met someone you might be interested in writing about. She's a chiropractor with a holistic approach and offers 45 min appointments to really understand her patients needs." This piqued my interest and I reached out to Dr. Hope to set up an interview.

We decided to meet off-site at the new Factory Coffee in downtown Kalamazoo, where my health lesson began immediately. Dr. Hope ordered a Matcha Latte; a brightly colored green drink made with green tea powder and steamed milk. When I inquired about the drink, she told me that it had less caffeine and less acidity than the coffee version and that the drink is loaded with antioxidants and anti-inflammatories.

I enjoyed getting to know Dr. Hope – she is very upbeat and positive and is passionate about helping people with chronic pain to become

the healthiest version of themselves through chiropractic adjustments, therapeutic modalities, and lifestyle changes at her practice, Health with Hope Chiropractic.

Dr. Hope studied Chiropractic care at the National University of Health Sciences located in Lombard, Illinois, graduating in April 2021. Upon graduation, Dr. Hope moved to Kalamazoo where she married her husband, Evan, and fell in love with the Kalamazoo community.

While searching for a chiropractic home, she became aware that insurance company reimbursement practices limited the amount of time doctors could spend with their patients, often allowing just 5-10 minutes.

With these limits in mind, she realized that she would need to start her own practice to provide the level of care she's passionate about. Just six weeks later, Dr. Hope's practice, Health with Hope Chiropractic, opened its doors.

Dr. Hope understands first hand what it's like to have chronic pain. She lives with multiple autoimmune

conditions and wants to be part of the solution for people who suffer with chronic conditions like hers.

She feels strongly that patients have their voices and the one-on-one time that they deserve. She spends 20-45 minutes at every appointment with her patients, which allows her the opportunity to get to know them and to create a unique personalized treatment plan.

Chiropractic care is a unique form of therapy combining both scientific and traditional medicine. This form of care emphasizes natural and holistic ways of diagnosis and treatment.

"The goal is for patients to no longer need her services by managing their symptoms with simple exercises and proper nutrition to help reduce the pain and discomfort from everyday tasks," says Dr. Hope.

Let Health with Hope Chiropractic help you become your healthiest self. Schedule a free 15-minute phone consultation to see if it's the right fit for you.

For more information visit their website: healthwithhopechiropractic.com, Call (269) 366-4075. Follow

them on social media (Facebook, Instagram & TikTok) for educational information: helpful health and movement tips meal prep and more.

Health with Hope is located in Parkview Hills at 3503 Greenleaf Blvd., Suite 101 (overlooking the pond, next to Martell's Grill). Hours are Mon-Wed. 12-6pm, Tues.-Thurs. 7am-3pm and Friday 9am-2pm.

Jackie Merriam

