



# Dr. Michelle S. Narson & Dr. David P. Kassay

## Narson Kassay Personalized HealthCare

In Stuart, Florida, Dr. Michelle Narson and Dr. David Kassay have built a reputation as trusted pioneers in holistic healthcare. Their practice, Narson-Kassay Personalized Healthcare, is expanding to offer an even wider range of integrative treatments designed to restore balance and empower patients to take charge of their own wellness. For more than two decades, they have combined chiropractic expertise with functional medicine, nutrition, and lifestyle therapies to help patients not only recover but thrive.

### Purpose and Passion

Dr. Narson explains, “For us patient care is more than a profession — it’s a calling. Health isn’t a quick fix. It’s a journey we walk together. Many of our patients arrive after years of suffering and frustration, often feeling exhausted and hopeless. Our greatest joy is serving as a catalyst to restore hope and quality of life to our patients.”

### Personalized Healing

Narson-Kassay Personalized Healthcare is built on recognizing each person’s

unique needs. With a diverse range of treatment options, including functional medicine, regenerative medicine, peptide therapy, chiropractic care, core rehabilitation, strength training, and Exomind TMS brain support—patients receive care tailored specifically to them. Brain support therapy is especially exciting, as brain function improves, the positive effects are rippled through every aspect of life. Dr. Narson emphasizes “We don’t just treat symptoms we use a systematic approach to uncover the underlying causes of disease and dysfunction.”

### Expertise and Credentials

Dr. Narson’s impressive background includes her Doctor of Chiropractic degree along with post-graduate certifications in sports injuries, physical fitness, and functional medicine. She is especially recognized for her work with autoimmune and immune dysfunction conditions, dedicating the time necessary to identify root causes rather than simply treating



symptoms. Her reputation has grown so widely that patients travel from across the United States—and even overseas—to seek her evaluation and personalized treatment plans.

In 2024 Dr. Narson was honored with the prestigious Flame of Knowledge award from the Kharrazian Institute for Academic Excellence in functional medicine, a recognition given to less than 1% of clinicians worldwide. She also earned the rare designation of Advanced Functional Medicine Clinician, a certification held by fewer than 200 practitioners globally.

Dr. Kassay, meanwhile, has spent nearly 25 years as a chiropractic physician on the exclusive PGA Tour medical team, caring for elite athletes at the highest level of competition. He reflects, “Athletes taught me that precision matters. Now we bring that same focus to every patient.”. Both his expertise and experience in sports medicine and physical rehabilitation complement Dr. Narson’s functional medicine focus, creating a dynamic partnership that blends precision care with holistic healing.



### Practice Philosophy

Their Practice Philosophy emphasizes that true healing requires digging deeper. Dr. Kassay notes, “Our expansion is about giving patients more tools to reclaim their wellness. We believe every patient deserves a thorough, personalized approach, guided by compassion, attentiveness, and collaboration.”

Our philosophy on health is holistic: balance across physical, mental, emotional, and social well-being. We stress that consistency matters more than intensity — small daily habits build lasting wellness. Movement should be medicine, food should nourish and delight, and rest should be prioritized. Above all, we believe a healthy lifestyle should feel empowering, not burdensome, and should be tailored for each individual.”

### Looking Ahead

Dr. Narson states, “We are committed to growth and innovation. We are currently participating in a research trial using cutting-edge medical technology to optimize brain function, with another groundbreaking study on regenerative joint health planned for 2026. From Stuart to the world, we’re proving that personalized care changes lives.” Narson-Kassay Personalized Healthcare remains at the forefront of tomorrow’s healthcare, focused on whole-person function, longevity, and performance optimization.

Interested in learning more, see what our patients are proclaiming! Visit our website: [nkhealthylife.com](https://nkhealthylife.com) or scan the QR code.

## Testimonials

Dear Dr. Narson,

When I first came to see you I was scared for my health and depressed. After a year of working with you all my tests are now normal. I feel like I have a new lease on life. Before I was slowly deteriorating and now I’m improving and getting healthier. I didn’t think my lifestyle and eating habits could do so much to make me sick. I appreciate all the time you spent teaching me how to take control back of my health through the choices I make.

- Gratefully yours, Rob N.

Dear Dr. Narson,

If you could have seen the amount of singing and dancing I did this weekend at the fundraiser we attended, you would have been proud I’m sure. I have always kept the hope I would find a way to feel better and not have Fibromyalgia control my life like it used to. But in my wildest imagination, I never even dared to dream I would feel this good. Thank you for all your help with my recovery. I’m forever grateful I found you!

- Jenny



**Narson-Kassay**

— Personalized Healthcare —

*We put the “Care” back in healthcare!*

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