



Institute For Human Optimization Appoints Dr. John F. Koloski to Medical Advisory Board
Dr. Koloski joins IFHO's Medical Advisory Board as their Director of Spinal Optimization.

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[The Institute For Human Optimization](#) (IFHO), a precision medical research group and integrated private practice headquartered in Annapolis, MD, today announced the appointment of chiropractor, [John F. Koloski, DC](#), to their Medical Advisory Board.

"John has far exceeded the standard of care in his private practice. He is a master of his craft and combines it with advanced healing technologies leading to some impressive outcomes, even in patients who previously been told their only options were invasive surgery or a lifetime of medication," said Dr. Anil Bajnath, MD, Chief Executive Officer and Founder of IFHO.

"We are not only thrilled to have Dr. Koloski share his passion with the Institute, but we are also excited to have his hands and technology available to keep our own spines' optimized."

Dr. Koloski will oversee IFHO's development and innovation of non-surgical spine care and spinal optimization protocols. He will lead research and development to create reproducible non-invasive outcomes, reduce systemic utilization of pain medications, and avoid unneeded spinal surgeries. Ultimately, raising the standard of spine care.

"I've always been passionate in practice about healing spines naturally -- it's an honor to be joining this incredible team of forward-thinking medical professionals and practitioners. As doctors, our focus is to optimize health and longevity, not just identify and treat disease," remarked Dr. Koloski.

About IFHO:

The [Institute For Human Optimization](#), founded by Anil Bajnath, MD, MBA, IFMCP, ABAARM, and author of [The Longevity Equation](#), provides the most comprehensive Scientifically Data-Driven Personalized Wellness. No matter where you're at in life, it's never too late to begin investing in your [Biological401K™](#) of health to improve vitality. For more information, visit: www.ifho.org.

About Dr. John F. Koloski:

[Dr. John F. Koloski](#) is the founder of the Spinal Optimization System™ ("SOS"), the answer to the spine's distress signals. The SOS™ is the premier solution for addressing spine pain and provides an alternative to spinal surgery in many cases. His private practice services Anne Arundel County, embedded in the Annapolis, Arnold, and Severna Park communities. For more information or to schedule a consult, visit: www.drkoloski.com.

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