

# Dr. Mark A. Kosinsky

## “Orlando’s Chiropractor”



Dr. Mark Kosinsky, known to most as just “Dr. Mark”, grew up in the small town of Roblin, Manitoba, Canada (pop. 1800). His small town roots shaped the way that he gets to know his patients on a personal level. “I look at the Brazilian Community in Orlando like my new hometown. They have accepted me as their doctor, and I am very proud of that.”

“When I first arrived in Orlando, it was the Brazilian community that took me in. Their help and support is what has given me success in my career and in my life. I will always be thankful for that.”

Dr. Mark realizes that doctors who produce outstanding results with their patients do some key things differently. “You have to LISTEN to your patients! Sometimes I’m the third, fourth, even fifth doctor they’ve seen because no-

body has listened to them! My Portuguese is not perfect, but we speak many languages in the office. I have two very talented employees who can translate, Portuguese, Spanish, even Russian. Language does not have to get in the way anymore.”

Dr. Mark has had one enduring focus over the past 15 years. He says, “My focus is simple. You have to find a way to do more for others than anyone else does. That’s what makes you valuable. I believe that the Brazilian community in Orlando is underserved, and needed a doctor that they could feel comfortable bringing their families to. I’ve always wanted to do more, give more, be more, and serve more. I believe that is what has made all the difference.”

On your first visit to Dr. Mark, you will begin to understand what sets his approach apart. “We are a high-tech, modern office with a low cost. Everyone can afford it. We use the latest computerized analysis to get to the cause of the problem. We have some of the most sophisticated forms of therapy, including laser treatment that can help people get out of pain and get their lives back.”

Dr. Mark developed an interest in becoming a Chiropractor from a personal experience at a young age. He watched how a simple, safe chiropractic adjustment transformed his Mother, who suffered with dizziness and migraines, into someone who had health, passion and happiness again. This experience left a lasting impression that inspired Dr. Mark to pursue a career in Chiropractic Medicine. He wanted to be the one helping others - lighting the way to good health and leading by example.

He earned his Doctorate of Chiropractic from Life University in Atlanta, Georgia after earning his Bachelor of Science in Education from the University of Manitoba. He moved to Orlando, Florida in 2001 to begin his career as a Chiropractor. Almost 15 years later, he is still serving the community that gave him his start. His practice, Ashley Park Chiropractic, has become an Orlando fixture, and he has been recognized as “Orlando’s Chiropractor”

Dr. Mark is a health and wellness consultant, a life coach, a nutritional advisor and a fitness counselor to many of

his patients that are looking for guidance in those areas. He focuses on the big picture and our daily concerns: diet, exercise, nutrition, sleep and mental attitude. His overall approach to life is all about improvement – seeing what works and perfecting it. The belief he firmly stands by is that all healing comes from within. His main purpose is to help patients first understand that we are all designed to be healthy. When that distinction is made, his patients understand that their choices will be the path to healthier and more productive lives.

As caring listener and excellent communicator, Dr. Mark vows to continue to help and educate as many people as possible so each individual achieves their own optimal health at their own pace. He considers each patients medical history, specific needs and what their vision is for the future. His philosophy is that your path to health is as unique as you are, and every bit as precious.

Dr. Mark focuses on the individual and believes that a person's health begins with a healthy nervous system, because ultimately that is what controls the function of every cell and tissue in our bodies. His goal is to get to the root of the problem, and not merely mask a symptom. He takes pride in giving his patients practical, sustainable solutions. Many will attest that Dr. Mark has a strong love for his profession and an even deeper love for helping them get well and reach their ultimate health goal. Over ten years later and his focus is still, "Improving lives - one patient at a time."

Dr. Mark's practice is as diverse as Orlando itself. His patients include professional athletes, triathletes, marathoners, and everyday people just like you. He wants you to know that you don't have to be searching for peak performance or a gold medal – you may just want to live your life without pain. Your goal might be simple: to get rid of your chronic headaches, to be able to exercise again without pain, or to simply sleep through the night without your neck and back hurting. This approach is evidenced on his business card that reads, "Love all. Serve All." It's only after you visit his office do you truly understand what that means.

Outside of the office you can usually find Dr. Mark riding the back roads of Central Florida on his Harley, enjoying the day on his boat, or searching for that million dollar sunset. What most don't know is that he is also an award winning nature photographer. He also has experience in modeling, corporate, and sports photography. You may have even seen him on the sidelines at the Orlando Predators games or during the college football post season at the Capitol One Bowl. In fact, if he was not a Chiropractor he would be probably be photographing extreme

sports and travelling the world.

Throughout the year, Dr. Mark likes to give back to numerous charitable organizations in the Orlando area, particularly, the Edgewood Children's Ranch, a residential facility for youth-at-risk that relies solely on private funding.

Dr. Mark belongs to the Florida Chiropractic Association and the Florida Chiropractic Physician Association. He has licenses to practice in Florida and in Canada.

Dr. Mark's mission: "There is an epidemic in America. It is an epidemic of needless suffering. Chronic pain, headaches, fatigue and poor sleep are mere indicators of a larger picture of someone who is struggling with their health. Most of these symptoms can usually be eliminated with a few simple changes. Unfortunately today most doctors will focus entirely on fighting disease and not give their patients any idea on how they can build their health. Fighting disease is a battle you will rarely win. Build health and you will win every time. I would like to show you the way."

#### CONTACT INFORMATION:

Ashley Park Chiropractic  
7652 Ashley Park Court, Suite 303  
Orlando, FL 32835  
Phone: 407-299-9717  
Website: [www.orlandoschiropractor.com](http://www.orlandoschiropractor.com)

