

Business Connection



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Business Spotlight

Live healthier with whole-body healing

In 1997, Dr. Godwin Sammut opened the doors of Lifetime Wellness Holistic Health Center in Pleasanton with one main goal in mind: to change lives through holistic chiropractic care. Understanding that the body has the inherent ability to heal itself, Dr. Sammut provides care that enhances that ability and empowers the patient to be proactive about their wellness.

"My clinical focus is on optimizing function not just managing symptoms," said Sammut. In his 25 years in the business, he has relied heavily on the body's innate wisdom. "In all aspects of care, I have learned to listen to and follow the involuntary, non-verbal signals that patients exhibit. I let these signals direct the care from start to finish," said Sammut. "Those signals tell me where to adjust and whether that adjustment was effective. It tells me what supplements are needed and lets me know when the supplement is no longer needed," he continued.

He uses his chiropractic to evaluate and address a wide range of musculoskeletal conditions, and he uses clinical grade nutraceuticals to address biochemical issues. Dr. Sammut provides a natural, drug-free approach to optimizing health at all ages.

Patients come in to see Dr. Sammut for a variety of reasons. Some of the most com-

mon complaints he treats include headaches, back pain, sports injuries, auto injuries, neck pain, and shoulder pain. Through spinal adjustments, therapeutic massage, spinal decompression, and other chiropractic techniques, Dr. Sammut can help effectively relieve pain, restore mobility, and improve the overall function of the body.

Though he is happy to treat patients after an issue arises, Dr. Sammut is also committed to helping residents in the Tri-Valley and surrounding areas achieve optimal health through preventative and wellness care. Some of the methods through which he accomplishes this goal are weight loss programs, nutritional cleanses

and detoxification, nutrition and lifestyle counseling, hormone balancing, herbology, therapeutic exercise and massage, and custom foot orthotics. Chiropractic adjustments and techniques are also offered as a means of wellness – not just to address an issue but to prevent one.

Health and wellness are more than just a goal. They are a lifestyle, which requires education, an ongoing commitment, and a support system. If you're ready to live that lifestyle, Dr. Sammut at

Lifetime Wellness Holistic Health Center in Pleasanton is ready to be the care provider for you. Contact Dr. Sammut directly at his mobile (925) 963-2740.



Dr. Sammut runs Lifetime Wellness Holistic Health Center, located at 4125 Mohr Avenue, Suite K in Pleasanton.

