



Berkeley Heights Chiropractic Center - A Pioneer in Alternative Health Care

With more and more people accepting the responsibility for their physical and emotional health and well-being, the number of advocates for natural health care keeps growing. In observing this trend, Dr. Edward Burstein feels that “there has been a sweeping movement in the nineties for families to seek more natural, healthy lives. As they become more informed, they realize that they want their health care to be more in sync with their natural lifestyles.”

As founder and director of Berkeley Heights Chiropractic Center, Dr. Burstein is committed to raising public awareness about the desirability and effectiveness of holistic health care. He has appeared and lectured in hospitals, universities, television shows, and other forums to enlighten the public about natural health care. He has been the chiropractic physician for professional sports teams and is noted as the “alternative practitioner to see” in the authoritative book, *Coping With Lyme Disease: A Practical Guide to Dealing With Diagnosis and Treatment*.

Known for his innovative theories and advanced techniques, Dr. Burstein is a nationally recognized leader in Chiropractic care. He is also a teaching Diplomate of the International Board of Applied Kinesiology and a certified practitioner of Ayurvedic Medicine, an ancient healing art from India.

With his leadership and vision, Dr. Burstein has been instrumental in the success of the Berkeley Heights Chiropractic Center as a multi-doctor, holistic health care clinic dedicated to natural healing and optimum health. His personal philosophy of the “physician being the teacher” is the basis for the Center’s partnership system, in which both patients and physicians work together to reach the highest level of health. This ideal, according to BHCC, is not only the absence of illness, pain, or disease, but more importantly, it is the state of complete physical and mental well-being.

At the Berkeley Heights Chiropractic Center, six experienced doctors of chiropractic work with Dr. Burstein in a cooperative team effort to offer the best in holistic care. Every associate keeps up-to-date on the latest research, and is encouraged to contribute his or her ideas on patient care, and the daily operation of the clinic.

In their own right, Dr. Kim Sommer, Dr. Patrick Smith, Dr. Joseph Grauso, Dr. Kevin Drumbore, and Dr. Sharon Ken- na have contributed a wealth of knowledge to the Center through their own individual experiences and backgrounds. Their respective specialties have added dimension to the clinic -- bringing entire families to BHCC. Specialized services include pediatrics, prenatal and postnatal care, stress management, sports medicine, and allergy testing.

The patients at Berkeley Heights Chiropractic have also been eager to spread the good news to their families and friends. Word-of-mouth has helped to build this growing practice for more than 20 years. A caring, comprehensive and diversified approach to restoring and maintaining wellness has brought patients from next door, and from as far away as California, South America and Europe.

Six doctors, five certified massage therapists, and a host of friendly support personnel comprise one united family dedicated to serving your health care needs. The atmosphere is both welcoming and positive. When asked what makes Berkeley Heights Chiropractic Center unique, the answer is always the same: each patient is treated as an individual, and receives personalized care specific to his or her needs.



BERKELEY HEIGHTS

CHIROPRACTIC CENTER

Pain relief, and more, for a healthy life

BHCC looks at the total person, pursuing the Triad of Health: an equilateral triangle representing the structural, chemical and emotional aspects of an individual. Evaluations include physical examination, structural evaluation, symptom screening, dietary survey, and lifestyle analysis. Laboratory tests are performed and x-rays taken when necessary. Comprehensive personalized treatment and maintenance programs are created using nutrition, diet, spinal manipulation, acupuncture, exercise, and education.

The Center also has had successful results with immune, autoimmune, and chronic degenerative diseases. Patients suffering from fatigue, digestive problems, headaches, joint pain, allergies, colitis, arthritis, lupus, and multiple sclerosis have reported that their conditions have greatly improved. No patient, however, is treated for a condition that lies outside the scope of practice; the doctors work in conjunction with other medical professionals and will refer a patient to appropriate specialists when necessary.

Back-to-school is a continuing theme for BHCC. New patients are invited to attend a Building a Better You workshop and to bring a support person or family member with them. The doctors, realizing a change in lifestyle is often extremely difficult, believe a family member or friend can be a tremendous support, or even a necessary catalyst.

The Center's Back School, scheduled once a month, is open to the public and includes lectures and an exercise workshop. Emphasis is placed on proper postural biomechanics and exercise to prevent many of the common causes of back and neck pain. A patient at Berkeley Heights Chiropractic Center is not only encouraged to take responsibility for his or her health, but to also play an active role in the wellness process. Education is fundamental in reaching that goal.

Berkeley Heights Chiropractic Center is located at 492 Springfield Avenue, Berkeley Heights, NJ 07922. Office hours are from 8:30 AM to 7:30 PM, Monday through Friday, and from 8:30 AM to 4 PM on Saturday. For an appointment, call (908) 665-0770.