

DR. KAREN THOMAS OFFERS A UNIQUE PROGRAM OF INTEGRATIVE THERAPIES DRAWN FROM WESTERN AND EASTERN DISCIPLINES.

### CHIROPRACTIC NEUROLOGY

NEUROLOGICAL EXAMINATION AND TESTING HELP DETERMINE THE STATUS OF THE PATIENT'S NERVOUS SYSTEM AND THEIR CENTRAL INTEGRATIVE STATE. LOCALIZING THE LEVEL OF THE NERVE LESION HELPS ESTABLISH A COMPREHENSIVE DIAGNOSIS AND TREATMENT PROGRAM. SPINAL AND EXTREMITY JOINT MANIPULATION REMOVES NERVE INTERFERENCE, STIMULATES BRAIN ACTIVITY AND HELPS RESTORE MAXIMAL BODY FUNCTION.

### ACUPUNCTURE AND TCM

TRADITIONAL CHINESE MEDICINE (TCM) HAS BEEN A HIGHLY EFFECTIVE METHOD OF TREATING PAIN AND DISEASE FOR MORE THAN 4,000 YEARS. IN TCM TERMS, ACUPUNCTURE HELPS BALANCE THE 'YIN' AND 'YANG' FORCES WITHIN THE BODY AND STRENGTHEN THE BODY'S VITALITY OR 'QI' (CHI). ACUPUNCTURE CARE EFFECTIVELY TREATS VARIOUS METABOLIC DISORDERS OF THE DIGESTIVE, RESPIRATORY AND REPRODUCTIVE SYSTEMS. IT IS ALSO BENEFICIAL IN TREATING MUSCULOSKELETAL PAIN ASSOCIATED WITH MIGRAINES, SCIATICA, JOINT AND DISC INJURIES.

### EXERCISE AND REHABILITATION

RECOVERY FROM ACCIDENTS, REPETITIVE STRESS INJURIES, ILLNESS, CHILDBIRTH, OR OTHER PHYSICAL AND MENTAL STRESSORS MAY REQUIRE REHABILITATION. PROPER EXERCISE INCREASES CARDIO-VASCULAR CAPACITY, STIMULATES O<sub>2</sub>/CO<sub>2</sub> EXCHANGE, MOBILIZES JOINTS, AND STRENGTHENS MUSCLES. WE PROVIDE PILATES MAT INSTRUCTION, COORDINATION AND REHABILITATION FOR MUSCLE RESTORATION, AND ASSISTANCE IN TRAINING HIGH-PERFORMANCE ENDURANCE ATHLETICS. CORRECTIVE REHABILITATION PROMOTES LONG-TERM RECOVERY, FULLER ENJOYMENT OF SPORTS, AND OVERALL HEALTH AND WELL-BEING.

### DIET, NUTRITION, AND HOMEOPATHY

THE BODY NEEDS A BALANCE OF METABOLIC RESOURCES TO RECOVER FROM INJURY AND DISEASE. BY PROPERLY ADJUSTING PROTEINS, VITAMINS, AND MINERALS, THE EFFECTS OF CHIROPRACTIC AND TCM TREATMENTS ARE MAXIMIZED AND OVERALL HEALTH IS IMPROVED.

COMMUNITY  
CHIROPRACTIC  
&  
ACUPUNCTURE



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THE ROAD TO AN  
OPTIMAL LIFE BEGINS  
WITH OPTIMAL HEALTH

## COMMUNITY CHIROPRACTIC & ACUPUNCTURE OF PARK SLOPE



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## AN OPPORTUNITY TO ACHIEVE OPTIMAL HEALTH OF BODY, MIND, AND SPIRIT.

WORKING WITH THE TOOLS OF BOTH EASTERN AND WESTERN MEDICINE, WE ESTABLISH A DIAGNOSIS AND TREATMENT PLAN DESIGNED SPECIFICALLY FOR EACH INDIVIDUAL.

DURING EACH VISIT, WE WILL TREAT YOUR PRIMARY HEALTH CONCERN, SUCH AS PAIN RELIEF, ORGAN DISHARMONY, OR EMOTIONAL STRESS. AT THE SAME TIME WE WILL ADDRESS YOUR ULTIMATE GOAL: BALANCING YOUR BODY'S LIFE FORCE, OR 'QI' (CHI), AND RESTORING YOUR BODY TO OPTIMAL HEALTH.

TREATMENT PLANS MAY INCLUDE A COMBINATION OF ELEMENTS SUCH AS:

- CHIROPRACTIC ADJUSTMENT
- NEEDLE ACUPUNCTURE
- TCM CUPPING OR MOXABUSTION
- EXERCISE INSTRUCTION AND REHABILITATION
- PHYSIOTHERAPY (MUSCLE STIMULATION, MASSAGE THERAPY, TRACTION)
- NUTRITIONAL/DIETARY ADVICE
- HOMEOPATHY

ALL OF THESE ARE INTEGRATIVE ASPECTS OF OUR ON-PREMISES CARE. THESE TOOLS AND MORE ARE AMONG THE MODALITIES THAT WE UTILIZE TO FACILITATE MAXIMUM HEALTH IN EACH PATIENT.

IN ADDITION TO IN-OFFICE TREATMENT, EVERY PATIENT BECOMES INVOLVED IN THEIR OWN CARE BY EMPLOYING IMPORTANT LIFESTYLE CHANGES, SUCH AS:

- ERGONOMIC IMPROVEMENTS IN THE WORKPLACE
- CORRECTIVE EXERCISE ROUTINES
- BALANCE AND COORDINATION
- BREATHING TECHNIQUES
- DIET AND NUTRITION IMPROVEMENT

THIS IS EXCITING WORK. THERE IS NOTHING MORE REWARDING THAN WORKING WITH PATIENTS TO IMPROVE THEIR HEALTH AND WELL-BEING.

## WHAT OUR PATIENTS ARE SAYING:

**TALIE IS A SERIOUS TRIATHLETE WHO NEEDS MAXIMAL BIOMECHANICAL PERFORMANCE TO MINIMIZE INJURY AND ENHANCE RECOVERY TIME.**

"AS A PERSONAL TRAINER, TRIATHLETE AND ARTIST, MY BODY IS MY INSTRUMENT. WITH DR. THOMAS' CARE, I HAVE WORKED FROM PAIN AND DISCOMFORT BACK TO OPTIMUM PERFORMANCE. SHE HAS HELPED TO 'FINELY TUNE MY INSTRUMENT'. I HIGHLY RECOMMEND HER SERVICES AND REFER FAMILY, FRIENDS AND CLIENTS TO HER."

— TALIE MELNYK  
CERTIFIED FITNESS PROFESSIONAL, NYC

**DR. BURT FLETCHER WAS INJURED WHEN HE FELL FROM A HORSE MANY YEARS AGO.**

"I HAVE KNOWN KAREN FOR 20 YEARS. BECAUSE OF HER SKILL IN ALLEVIATING MUSCULOSKELETAL PAIN, I AM ONE OF HER PATIENTS. I REFER MY OWN PATIENTS IN NEED OF CHIROPRACTIC CARE TO DR. THOMAS".

— BURTON FLETCHER, M.D.  
INTERNAL MEDICINE  
PARK SLOPE, BROOKLYN

**JOE WAS INITIALLY REFERRED TO ME FOR ACUPUNCTURE CARE. AS HE EXPERIENCED THE BENEFITS, HIS WIFE BEGAN CARE FOR INFERTILITY. AFTER 3 TREATMENTS, AND '6 YEARS OF TRYING', GLORIA BECAME PREGNANT.**

**THEY ARE NOW THE PROUD PARENTS OF A HEALTHY SON.**

"MY WIFE AND I HAVE BEEN SEEING DR. THOMAS FOR THE PAST 3 YEARS. WE ARE IMPRESSED WITH HER OUTSTANDING SKILL. SHE WAS ABLE TO HELP US WITH PROBLEMS THAT NO OTHER PHYSICIANS WERE ABLE TO ADDRESS. WE ALSO APPRECIATE DR. THOMAS' 'BEDSIDE MANNER'. SHE IS ALWAYS PERSONABLE AND ACCOMMODATING. WE RECOMMEND HER HIGHLY."

— JOSEPH TOOMA  
GENERAL CONTRACTOR, BROOKLYN

**AFTER SEVERAL FAILED ATTEMPTS, CALEB WAS DESPERATE TO QUIT SMOKING WHEN HE LEARNED HE WAS ABOUT TO BECOME A FATHER. WITH HIS FIRST ACUPUNCTURE TREATMENT, HE STOPPED SMOKING AND WITH THE SECOND VISIT, THE URGE TO SMOKE DIMINISHED.**

"AFTER 10 YEARS OF WORKING AND PLAYING IN ENVIRONMENTS CONDUCIVE TO SMOKING, I QUIT WITH DR. KAREN'S CHINESE ACUPUNCTURE TREATMENT. SHE LISTENS TO HER PATIENTS AND SHE KNOWS HOW TO TREAT THE UNDERLYING CAUSE OF THE PROBLEM."

— CALEB COOKS  
FILMMAKER, NYC

## WHAT IS OPTIMAL HEALTH?

SOMETIMES WE FORGET HOW GREAT WE USED TO FEEL. STRESS, ACUTE PAIN AND CHRONIC ILLNESS CAN DETERIORATE ONE'S QUALITY OF LIFE.

GETTING BACK ON THE ROAD TO HEALTH CAN SEEM OVERWHELMING IF NOT IMPOSSIBLE. LIKE THE PHOENIX RISING FROM THE ASHES, YOU CAN REGAIN YOUR HEALTH AND WELL-BEING.

WHATEVER YOUR CURRENT LIMITATIONS ARE, LET US HELP YOU BEGIN YOUR JOURNEY TOWARDS A HAPPIER, HEALTHIER LIFE. BY WORKING WITH THE BODY'S RESTORATIVE ENERGIES, REMOVING BIOMECHANICAL INTERFERENCE, NOURISHING THE CELLS AND SYSTEMS OF THE BODY, WE CAN BEGIN TO ESTABLISH THE LIFE YOU ENVISION.

MY MISSION IS TO HELP YOU REALIZE YOUR POTENTIAL AND MAXIMIZE YOUR ABILITIES PHYSICALLY, MENTALLY AND SPIRITUALLY.

THIS IS OPTIMAL HEALTH.

