

## Community Chiropractic & Acupuncture: Natural Healing For Modern Ills

As its name implies, **Community Chiropractic & Acupuncture** (175 6<sup>th</sup> Avenue, at Lincoln Place; 398-3100) combines two health-related disciplines, which have the common theme of treating a patient naturally and holistically, without drugs; aiming to not only ease the pain and suffering of symptoms, but to reach the root cause of a problem and direct therapy there.

Dr. Karen Thomas is the force behind Community Chiropractic & Acupuncture, combining not only her expertise in the two health disciplines, but incorporating a wide range of other treatment methods and modalities.

For instance, she employs homeopathic remedies as an adjunct to care; these are remedies derived from flowers, minerals and plants which are distilled down to get a microscopic dose of those healing elements; she points out it is based on the same theory from which traditional vaccines are developed. "Homeopathy is very popular in Europe where they employ a more holistic approach," says Dr. Thomas, who goes on to point out that this therapy is "only effective when the patient is not also taking prescription drugs."

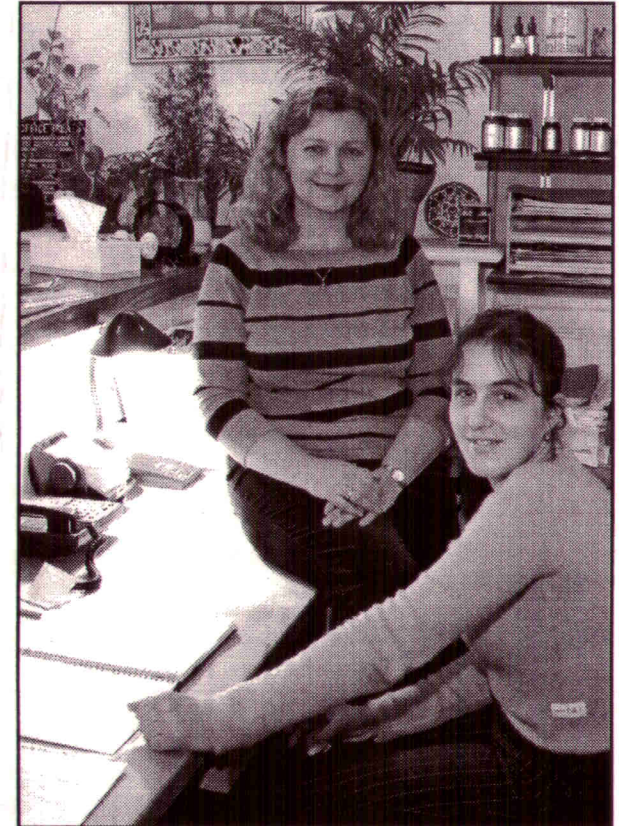
Additionally, Dr. Thomas has at her disposal a full array of physio-therapeutic modalities including traction, ultrasound, muscle stimulation, heat, ice, and others. Part of therapy might be the demonstration of exercise techniques from rehab, which can then be employed outside the office setting.

Vitamins and nutritional consultation is another aspect of the practice. Diversified manipulation and soft tissue trigger point and massage are an integral part of her chiropractic care.

Dr. Thomas sees patients with a wide array of problems, and those especially needing acute care; those suffering from the immediate onset of pain. She sees patients suffering from back pain, those who have received injuries in motor vehicle accidents, those who have arthritis, sport and work-related injuries and a gamut of others such as herniated disc,



Her expertise in a host of disciplines enables Dr. Karen Thomas to evaluate whether a patient needs chiropractic care, acupuncture care, a combination of the two or some other treatment procedure.



Expect quality care and attention to detail from Dr. Karen Thomas (left) and her assistant, Helen Zborovskaya.

headaches, sciatica, whiplash, and muscle spasms.

Because of her expertise in a host of disciplines, she is able to evaluate whether a patient needs chiropractic care, acupuncture care, a combination of the two or some other treatment procedure.

She points out that acupuncture has a wide range of uses, from pain syndrome to help with smoking cessation, problems brought on by menopause, PMS, allergies and sinusitis.

Dr. Thomas has been in chiropractic practice since 1987 and became a certified acupuncturist in 1998. She came to her profession through personal experience...mainly having sustained physical injuries of her own. She recalls how conventional medicine failed to help her and thus she turned to chiropractic care and later acupuncture, which provided relief. Thus, she pursued them professionally to help others achieve what she had gained. Among her many credentials, Dr. Thomas

is a Diplomate in Chiropractic Neurology, explaining that this gives her a unique expertise in the diagnosis and treatment of pain syndrome. It is a two-year post-doctoral program that very few chiropractors have earned she notes.

Dr. Thomas maintains office hours Tuesday and Thursday, 11:30 a.m. - 6:30 p.m. and Saturday, 9:30 a.m. - 1:30 p.m. Most insurances are accepted including Medicare; she offers a sliding fee scale for the needy.