

C

**Chiropractic Physicians-D.C. ✓**  
**-(Cont'd)**

**OSTANZO ROBERT**

**Dr. Robert J. Costanzo**

- Automobile Accidents
- Work Related Injuries
- No Insurance Necessary

**Se Habla Espanol**

19 North Elm St Waterbury

Located In Downtown Waterbury  
Across From The Police Station  
And St Marys Hospital Emergency Room

**(203) 759-0688**

**COLO FRANK JR DR**

250 Wolcott Rd WOLCOTT----- 879-3111

**IGLE LOREEN MAY DR**

*PERSONALIZED CARE IN A  
HOME-OFFICE SETTING*

**NO INSURANCE?  
AFFORDABLE RATES**

Blue Cross/Blue Shield-Blue Care  
HMC PPO • Oxford Health Plan  
Medicare

**203-598-3313**

1215 Straits Tnpk Middlebury

**FRANCIS J. DR**

79 Chase AV WATERBURY----- 573-8577

**ABSKI CHRISTOPHER DC**

Pomperaug Office Pk Sthbrly----- 264-3583

**DOMMA MARTIN DR**

**CERTIFIED  
SPORTS  
PHYSICIAN**

Dr Martin DeSomma C.C.S.P.

- Spinal Manipulation
- Physical Therapy
- Activator Method
- Acupuncture
- Flexion Distraction Technique
- Therapeutic Massage
- Same Day Appointment

Blue Cross/Blue Shield • United Healthcare  
Oxford • MD Health Plan • Health Choice  
Medicare And Several Other Insurances

*Si Capisce Italiano)*

**203 753-6384**

**Fax 203 759-1705**

276 Highland Ave

**TO THOMAS J,DR**

3 Wolcott St Waterbury----- 597-9112

**IMIZIO PAUL M DR DABCI DACBN FIMA**

4 Wolcott Rd WOLCOTT----- 879-4695

Is the SBC®

SNET Yellow Pages,

part of your media mix? Television, radio, newspapers and other media do great job of reaching customers. But SBC® SNET® plays a unique role among all the places where you can advertise. SBC® SNET® is there year long when people are ready to buy products and services.

*Sampino Chiropractic & Rehabilitation Center*

**Dr. Francis J. Day**

**Dr. James A. Albino**

**Dr. Santo R. Sampino**

Board Certified Chiropractic Neurologist

Diplomate American Board of Chiropractic Neurology

Certified Chiropractic Sports Physician

**Dr. Debra A. Day**

**Same Day  
Appointments Available**

**Treatment of Acute  
and Chronic Cases**  
**Athletic Injuries • Auto Accidents**  
**On-The-Job Injuries**

- Headaches
- Neck pain and tension
- Shoulder pain
- Arm and hand pain
- Corporate Fitness
- Arthritic Pain
- Back pain
- Leg pain
- Hip pain
- Nutritional Consultation
- Knee and ankle pain
- Muscle spasms
- Numbness in hands or feet
- Pre-menstrual tension
- Weight loss program
- Licensed Massage Therapists
- Personal/Fitness Trainer On Staff

**279 Chase Ave.**  
**(Across from Waterbury Plaza)**  
**Waterbury, Ct**  
**Day, Evening • Mon-Fri**



**203-573-8577**

**Most Health Insurance Accepted** including Blue Cross Blue Shield, Major Medical, Oxford, United Healthcare, Landmark, Workers Compensation, Medicare, Union Plans, Motor Vehicle, and many others

**www.sampino.echiropractor.com**





# FREE

## CONSULTATION WITH THE DOCTOR IN PERSON OR OVER THE PHONE

Our policy is: if your problem does not have a chiropractic solution, we will help you find the solution that is right for you.

- Headaches
- Neck And Back Pain
- Sports Injuries (Including Combat Fishing Injuries)
- Auto Accidents & Work Comp Injuries

*X-Rays not always required*

We Bill Insurance  
Cash Arrangements

# 277-1991

Dr. Frank Rothgery III, Dr. Robert Horwitz  
**Rothgery Chiropractic**  
505 E. Northern Lights

**Across from the Sears Mall**



# Midtown/Downtown



**Dr. Allison Hill**  
Dr. Hill has 16 years of experience and also uses *non-force techniques.*

- Children
- Sports Injuries
- Massage Therapy
- Non-Force Techniques

Have you tried

## Chiropractic

for

- Headache
- Neck pain
- Shoulder pain
- Low back pain
- Leg pain
- Stress ?

*Relief without  
drugs or surgery  
is possible!*

# 563-6373



**Dr. Desiree Hastings**  
Dr. Hastings has 7 years of experience and is a Palmer College graduate.

- We Bill Insurance
- Auto Accidents
- Workers Comp.
- Saturday appts.

The Hill Clinic

2909 Arctic Blvd., Suite 101

Anchorage, Alaska 99503

## Chiropractors-DC (Cont'd)

### BARRINGTON EDWARD J DABCN

BOARD CERTIFIED  
CHIROPRACTIC NEUROLOGIST  
See Ad At This  
Classification

Ste 204  
2401 E 42nd St. 563-6761

### BENTLEY BRINN MAR DC

(See Advertisement Page 391)

### BENTLEY BRINN MAR DC

*Full Range Of Gentle, Innovative  
Chiropractic Services*

- Work & Auto Injuries
- Allergy Elimination • Acupressure
- Therapeutic Massage
- Energetic Medicine
- Nutritional Services

**Heartway Center For Wellness**  
562-9242

BENTLEY BRINN MAR DC 561-381

### BETTER HEALTH CHIROPRACTIC

See Our Offer in the Coupon Section

258-525

FAX LINE 729 Northway Dr 258-525

(See Advertisement Page 380 And Previous Page)

### BILAN MARK DC

541 W 36th Ave 561-122

### BROZOVSKY DIANE M

DC 258-099

### CARRAWAY SIMON W DC

Family Chiropractic Center  
Midtown On Arctic At Int'l Rd  
5121 Arctic Blvd 563-411

### CHERRIE CHIROPRACTIC

David W Cherrie DC  
Dr Christopher D Hogan  
See Ad This Classification

700 W Northern Lights Blvd. 561-442  
(See Advertisement Page 390)

### CHIROPRACTIC CLINIC OF SOUTH ANCHORAGE

**Dr Margaret Strickland  
Chiropractic Physician**

- Nutritional • Kinesiology
- Certified Acupuncturist
- Ultrasound • Infra Heat
- Exercise Rehabilitation
- Massage Therapists

Gentle Techniques For  
The Whole Family

**We Gladly Bill Insurance**

Fax 522-2543

1921 W Dimond Blvd 349-2506

(This Classification Continues)

WHEN TIME IS MONEY  
YOUR TELEPHONE SAVES  
YOU BOTH.

ACS LOCAL SERVICES



# INJURED?

## Auto Accident or Work Injury?

If you are injured, you may be entitled to have car accident or work injury insurance pay for 100% of the treatment needed for your injuries & we will handle all the paperwork. From children to senior citizens, we have cared for young and old gently & professionally.

**We Provide The Right Treatment for:**

- Neck Pain
- Back Pain
- Hip/Leg Pain
- Arthritis
- Shoulder/Arm Pain
- Sports Injuries
- Stress
- Headaches
- Auto Accidents
- Posture Problems
- Numbness

**Most personal insurance covers chiropractic and payment plans are available.**

**EVENING APPOINTMENTS AVAILABLE**



Enter Four-Digit Code For Recorded Information, or Press "0" To make Appointment

**FREE CALL 1-800-274-2806**

- |                                  |                        |
|----------------------------------|------------------------|
| 8033 Auto Accidents              | 8031 Sports Injuries   |
| 8001 Lower Back Pain             | 8009 Middle Back Pain  |
| 8024 Bursitis & Tendonitis       | 8005 Neck Pain         |
| 8023 Carpal Tunnel Syndrome      | 8034 Whiplash          |
| 8002 Pain Down Arm               | 8010 Post Surgery Pain |
| 8040 Is Chiropractic Affordable? | 8028 Scoliosis         |
| 8030 Workers' Comp               | 8008 Headaches         |
| 8037 Herniated Disc              | 8036 Pinched Nerve     |
| 8003 Pain Down Leg               | 8029 Arthritis         |
| 8007 Hip Pain                    | 8004 Shoulder Pain     |
| 8006 Chronic Pain                | 8022 Sciatica          |
| 8025 Fibromyalgia                | 1001 About Our Office  |

**We Get Results...Call Now!**

# 258-5255

[www.betterhealthchiro.net](http://www.betterhealthchiro.net)

**BETTER HEALTH CHIROPRACTIC**  
DR. BRENT WELLS

729 Northway Drive (Next to the Post Office and Sam's Club)



Call us with any insurance questions

# THROCKMORTON CHIROPRACTIC CLINIC



**Dr. Throckmorton, D.C. D.A.B.C.I.**  
(Family Practice)  
Palmer Graduate  
Chiropractic Sports  
Physician

**New Clinic  
New Mid-Town Location**

SAME DAY APPOINTMENTS  
GENTLE AND EFFECTIVE PAIN RELIEF

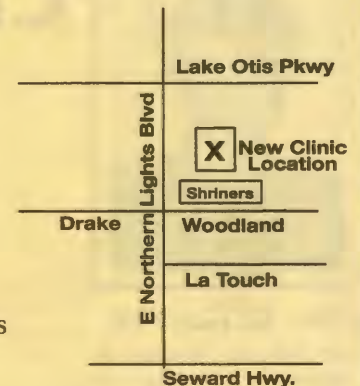
- Auto Accident Injury Recovery / Work Injuries
- Sport / Athletic Injury Rehabilitation
- Treatment Without X-Ray Available In Some Cases
- We Bill Insurance

# 248-2848

- Certified Chiropractic Sports Physician
- 2 Massage Therapy Suites



2006 E. Northern Lights Blvd  
Next door to Shriners Temple  
West of Lake Otis



- New Patients seen same day
- Over 12 Years Experience



# NAUGATUCK

**MODERN TREATMENT & OLD-FASHIONED CARE  
MEANS FAST PAIN RELIEF FOR YOU.**



### Advanced care puts an end to pain:

- Lower back & neck pain • Headaches • Sports & auto injuries
- Shoulder Pain • Sciatica • Disc Injuries
- Knee & Ankle Injuries • Pinched Nerves
- Physical therapy & rehabilitative exercise in-office
- **Massage therapist on staff** • Muscle stimulation & ultrasound
- Nutritional & weight loss counseling • Body fat analysis

### Convenient, affordable care:

- Emergencies given immediate attention
- Early evening appointments available
- Same-day appointments available
- Most major insurance companies accepted, including: Aetna/U.S. Healthcare, Blue Cross, Cigna, Oxford, Health Net, Prudential, United, HMC PPO & Local Unions

**Studies show that by combining advanced chiropractic techniques with physical therapy, you get better faster, and your relief lasts. Our gentle techniques not only relieve your immediate pain, they help strengthen the injured area, so you don't get hurt again.**

Our care has helped thousands find lasting relief--call now to learn how we can help you.

# 723-4032

Visit Our Website @ [www.healthandwellness.net](http://www.healthandwellness.net)



**PHYSICIANS HEALTH & WELLNESS CENTER, P.C.**  
Injury Treatment and Physical Rehabilitation  
778 NEW HAVEN ROAD • NAUGATUCK  
(Route 63 across from Mc Donalds)



**Dr. Scott Hodes**  
Chiropractic Physician

### Chiropractic Physicians-D.O. -(Cont'd)

**CASKEY RICHARD J DC CCN DACBN**  
819 Straits TnPk Mdlbry-----751

### CAYER CHIROPRACTIC CENTER

- GENTLE EFFECTIVE CARE
- FOR ADULTS & CHILDREN
- NUTRITIONAL THERAPY
- CHRONIC & DIFFICULT CASES WELCO
- AFFORDABLE PAYMENT PLANS
- BETWEEN FLAGPOLE & I-84  
28 CHURCH HILL RD

ASK THE "DOCTOR" FREE PHONE Q  
[www.drcayer.com](http://www.drcayer.com)  
**426-4700 NEWTOWN**

### CENTRAL CONNECTICUT CHIROPRACTIC DR. LUIGI DIRUBBA

Palmer Graduate

*A Healthy Spine Can Improve Yc  
Life - See Your Chiropractor Fc  
Periodic Spinal Checkups.*

**PAIN RELIEF TO WELLNES**  
**272-3239**

391 Highland Av Rte 10 Cheshire

ChiroCare Accident & Injury Center Lic  
11 Scovill St Wby-----757

**CHIROCARE ACCIDENT & INJURY CENTERS**  
11 Scovill St Wby-----757

\*See Display Ad Page 158

Chiropractic Acupuncture & Nutrition Cent  
444 Wolcott Rd WOLCOTT-----879

\*See Display Ad Page 159

### CHIROPRACTIC KINESIOLOGISTS

- Dr. David Yurgaitis
- Dr. Frank Cucolo
- Dr. Christine Jensen

**Over 30 Years Experience**  
**Contact Reflex Analysis**  
**Neuro-emotional Technique**  
**Essential Oils / Energy Medici**  
**Reflexology**

250 Wolcott Rd Wolcott-----203 879-

Chiropractic Office Of Alina Rodriguez-Corri  
LIC 265 Meriden Rd Wby-----755-

### CHIROPRACTIC AND REHABILITATION CENT OF CHESHIRE

All Insurances/Accidents Accepted  
Dr. Brad Stults • Dr. Nicole Gallette  
441 Maple Ave, Cheshire -----203-272-1

Clartelli Jeffrey J Dr  
55 Robbins WATERBURY-----574-

Clartelli John Timothy Dr  
55 Robbins Waterbury-----755-

**CONNECTICUT CHIROPRACTIC ASSOCIATIO**  
2257 Silas Deane Hwy Rocky Hill  
Toll Free-Dial "1" & Then-----800 966-

Is the SBC®

SNET Yellow Pages,

part of your media mix? Television  
radio, newspapers and other media

a great job of reaching customers. E

SBC® SNET® plays a unique role  
among all the places where you ca

advertise. SBC® SNET® is there

all year long when people are ready

buy products and services.



# 'BACK PAIN

New Patients Welcome  
 We Bill Your Insurance  
 Evening Hours Available  
 Massage Therapy Available

Family Care  
 Auto Accidents  
 Work Related Injuries  
 Sports Injuries  
 Childrens Spinal Care



Carpal Tunnel

**Hours: M-F 7:30 a.m. - 7p.m.  
 Sat. 10-2**

Dr. D.J. Blommer  
 Palmer Chiropractic University Graduate  
 Board Certified Chiropractic Physician  
 Licensed in Alaska and WA  
 Member American Chiropractic Association  
 Member AK Chiropractic Society  
 Member WA Chiropractic Association

**A·L·A·S·K·A**  
*Back & Neck Pain Clinic*  
**277-0129**  
**3330 C Street Suite 100**  
 Between Benson & 36th



State of the Art Facility

## THE DOCTOR'S SERVING YOU AT ALASKA CHIROPRACTIC CLINIC

SERVING ALASKA SINCE 1982



DR. CHARLES E. KRICHBAUM  
 DR. MICHAEL K. LAMAGDELEINE

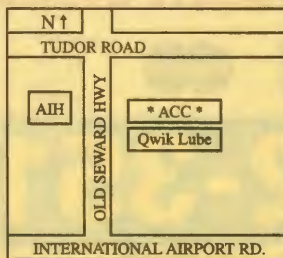
ONLY CLINIC IN ALASKA USING  
 FDA APPROVED  
COMPUTERIZED SPINAL ADJUSTING  
 INSTRUMENT WITH SPINAL JOINT  
 MOTION ANALYSIS AND  
 MANUAL ADJUSTING

**4637 OLD SEWARD HWY**

Across From Alaska  
 Industrial Hardware (AIH)  
 At The Time Temp Sign



6:30 AM - 6:30 PM  
 MONDAY THRU FRIDAY  
 SATURDAY 9:00 AM - 11:00 AM



**561-4864**





**Chiropractors-DC  
(Cont'd)**

**ANCHOR CHIROPRACTIC  
HEALING INSTITUTE**

**Dr. Gary L. Webb**  
**Safe Natural Holistic Care**  
**Focusing On Total**  
**Body Balance**  
**Applied Kinesiology**  
**Contact Reflex Analysis**  
**Cranial/TMJ - Jaw Balancing**  
**Extremity Adjusting**  
**Sport Injury**  
**Infections/Organ & Gland**  
**Balancing**

Suites 3 & 4  
 343 W Benson Blvd ..... **562-6181**

ANCHOR CHIROPRACTIC HEALING INSTITUTE  
 343 W Benson Blvd ..... **562-6181**

**ANCHORAGE SPINAL CARE  
CENTER LLC**  
 6711 DeBar Rd ..... **333-6525**  
 (See Advertisement Page 383)

**ANDERSON CHIROPRACTIC  
CLINIC**

**DR. C. R. ANDERSON**

**SERVING ALASKA SINCE 1970**

- CHIROPRACTIC ADJUSTMENTS
- DIATHERMY, INFRARED  
ULTRASOUNDS
- T.E.N.S.

**HOURS BY APPOINTMENT**

PALMER OFFICE OPEN EVENINGS  
 & SAT MORNINGS BY APPT 745-3245

**LOCATED DOWNTOWN**

**NEAR THE SHERATON HOTEL**

Suite 102

626 Cordova ..... **272-6132**

**ARMSTRONG DANIEL A DC**  
 11901 Business Blvd Eagle River ..... **360-1505**  
 (See Advertisement Page 390)

**BACK & NECK PAIN CLINIC**

**DR. LEE NORDSTROM, DC, D.A.B.C.O.**

**ADVANCED PROFICIENCY  
RATED ACTIVATOR METHODS**

**FOR TREATMENT OF  
THE EXTREMITIES**

207 E Dimond Blvd ..... **344-5688**

BAKER BRETT MSC DC 3330 Eagle St. . . . **561-2330**

**BANKS ROBERT DC**

See Our Offer in The Coupon Section  
 See Ad Under "Kremer Chiropractic"  
 401 E 38th Ave ..... **561-4474**

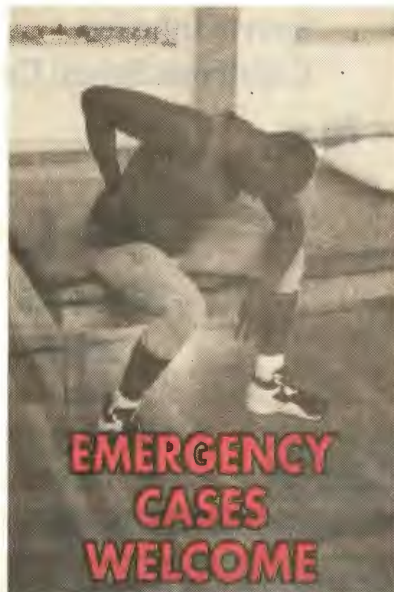
**BARBEE MARK DC**

See Dimond Chiropractic  
 Center Advertisement Program  
 See Our Offer in the Coupon Section  
 750 W Dimond Blvd ..... **344-0033**  
 (See Advertisement Page 375)

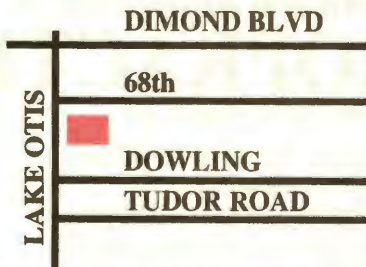
*(This Classification Continues)*

Look Through These Pages To  
 Find Out Who Makes It---  
 Sells It---Fixes It.

# SPORTS & SPINAL INJURY CLINIC



**ON SITE X-RAYS AVAILABLE  
(NOT ALWAYS NECESSARY)**



- ✓ **WORK, SPORTS &  
ORTHOPEDIC  
INJURIES**
- ✓ **AUTOMOBILE  
ACCIDENTS**
- ✓ **GENTLE NATURAL  
PAIN RELIEF**
- ✓ **EXERCISE  
REHABILITATION**
- ✓ **PEDIATRIC &  
FAMILY WELLNESS  
CARE**

## “Health Care For The Whole Family”

### Doctors of Chiropractic

**MATTHEW K. HUETTL, D.C.**  
**NEIL TIESZEN, D.C.**

### 7 Licensed Massage Therapists

- SWEDISH • DEEP TISSUE
- MYOFACIAL • ACUPRESSURE
- BARRY METHOD
- AYURVEDIC SHIATSU • REIKI
- CRANIAL SACRAL

**Rolfing®**

### MAGNETIC HEALTH CARE PRODUCTS

**MOST INSURANCE ACCEPTED &  
BILLED DIRECTLY FOR YOU**

**EVENING  
APPOINTMENTS AVAILABLE**



# 522-3511

**6634 LAKE OTIS PKWY**



# Want Hassle Free Care?

- Gentle Effective Care
- Insurance Billing Experts
- Smiling, Efficient Office Staff
- Short Waiting Times
- Personalized Treatment Programs

Voted  
Best Massage  
ADN Reader Poll  
1999



**WE BILL YOUR INSURANCE  
FLEXIBLE PAYMENT PLANS**

**COMPLETE STAFF OF CERTIFIED MASSAGE THERAPISTS**  
*Physical Therapy • Certified Rolfer*

**WE WELCOME**  
WORKER'S COMPENSATION • PERSONAL INJURY CLAIMS

# THE HEALING CENTER

**We will  
handle your  
insurance hassles!**

**DR. ROSEMARY (PALMER) ZIMMERMAN  
DR. CHRISTOPHER FROST**

**561-7041**

**4011 ARCTIC BLVD., SUITE 203**



Cards



## Chiropractors-DC (Cont'd)

**ADVANCED NEURO-DIAGNOSTICS**  
2401 E 42nd Ave. .... **563-6761**  
(See Advertisement Page 389)

**ALASKA BACK CARE CENTER**  
Barry Mathisen DC  
Trish Hardy DC  
Steven Ellis DC  
1000 E Dimond Blvd. .... **349-4212**  
(See Advertisement Page 379)

**ALASKA BACK & NECK PAIN CLINIC** 3330 C St. .... **277-7757**  
(See Advertisement Page 386)

**ALASKA CHIROPRACTIC ARTS**  
William F Risch DC  
511 W 41st Av. .... **563-3839**

**ALASKA CHIROPRACTIC CENTER**  
Rich Ealum DC  
3800 Lake Otis Pky. .... **562-2345**  
(See Advertisement Page 390)

**ALASKA CHIROPRACTIC CLINIC INC**  
LaMagdeleine Michael K DC  
4637 Old Seward Hwy. .... **561-4864**  
(See Advertisement Page 386)

**ALASKA CHIROPRACTIC CLINIC INC**  
**FAMILY CHIROPRACTIC TREATMENT**  
**CHARLES E. KRICHBAUM, D.C.**  
**MICHAEL K. LA MAGDELEINE, D.C.**  
*New Location Across From AK Ind Hardware*  
4637 Old Seward Hwy. .... **561-4864**

**ALASKA CHIROPRACTIC & THERAPY**  
Dr. Peter Lorentzen DC  
11901 Business Blvd Eagle River. .... **694-1285**  
(See Advertisement Page 391)

**ALASKA HEALING ARTS CHIROPRACTIC INC**  
1549 E Tudor Rd. .... **561-4325**

**ALASKA HEALING ARTS CHIROPRACTIC INC**  
**Robert C. Nielsen, DC**  
**Treeka Ann Sullivan, DC, FICPA**  
Pediatric Certified  
• Gentle Techniques For The Whole Family  
• Pre & Post Natal Care  
• Deep Tissue Massage  
• Herbal & Nutritional Therapy  
• Custom Orthotics  
**OPEN MON-SAT**  
1549 E Tudor Rd. .... **561-4325**  
Fax Line. .... **561-8323**

**ALASKA WHOLE HEALTH INSTITUTE**  
 **ENERGY CHIROPRACTIC**  
For Relief From Stress, Injuries, Chronic Pain;  
Allergies, Poor sleep, and Fatigue  
**APPLIED KINESIOLOGY**  
Suite 204  
341 W Tudor Rd. .... **562-2224**

**ALLEN GEORGE E DC** 3300 C St. .... **561-4499**  
Fax Line. .... **562-4499**

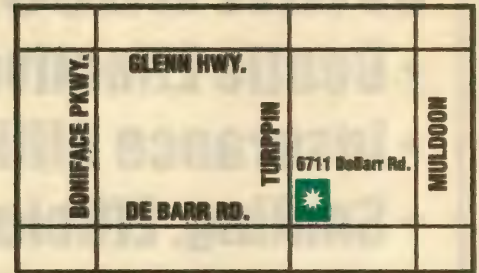
**ALYESKA CHIROPRACTIC CLINIC**  
Dr Edward V Foster  
Military Discount ★  
3960 W Dimond Blvd. .... **243-0660**  
(See Advertisement Page 377)

(This Classification Continues)



*Over 25 Years of helping Alaskans*

# Anchorage Spinal Care Center Inc.



Stanley G. Trekell, D.C.  
 Roisin Kennedy, D.C.  
 Cecil F. McLeod, D.C.  
 American Chiropractic Association  
 Alaska Chiropractic Society  
 Gentle & Traditional Techniques

**ELIMINATE  
 PAIN  
 PREVENT  
 INJURY**

## PAIN RELIEF

- Neck Pain
- Low-back Ache
- Headaches
- Numbness
- Whiplash
- Auto Injuries
- Sports Injuries
- Shoulder, Hip & Leg Pain
- Work Injuries

## FINANCIAL RELIEF

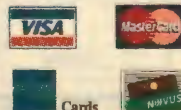
- Reasonable Fees & Easy Payment Plans
- Work & Auto Injuries Usually Covered At 100%
- Insurance Paperwork Filed For You

## CONVENIENCE

- Walk-Ins Welcome
- Certified Massage Therapist On Staff
- Flexible Hours

## PRE-EMPLOYMENT SCREENING

- A E I Certified
- Progressive Synergy Exercise Program



**333-6525**  
 CALL NOW FOR  
 FREE CONSULTATION

6711 DeBarr Road (Corner Of DeBarr & Turpin)





Dr. William Ross



## Chiropractic and Rehab Clinic

"We use the most gentle techniques to provide quick and effective pain relief. We treat the source of the problem, which results in fewer patient visits and significant pain relief over time. We make our services affordable by billing your insurance directly and providing flexible payment plans. The personal attention that each patient receives from our staff is the trademark of our clinic."

### How to select your chiropractor:

- ✓ High % of satisfied patients
- ✓ Maximum results with minimum number of visits
- ✓ On site massage therapy. Many insurance companies will pay for massage if your chiropractor recommends it.
- ✓ Several soothing treatment options
- ✓ Convenient location and business hours
- ✓ Modern, comfortable X-ray suite (on-site)
- ✓ Emphasis on patient care and understanding/education
- ✓ Willingness to refer to other doctors when not attaining the best possible results (cooperative treatment)
- ✓ Physio therapy (PT) available (on-site)
- ✓ PT options include ultrasound and traction tables (on-site)
- ✓ Immediate appointments and Emergency Care availability

**CALL TODAY for a  
FREE CONSULTATION**  
to discuss your pain relief plan

**562-NECK**  
6 3 2 5

- Auto Accidents • Personal Injuries • Work Related Injuries • Sciatica • Whiplash •
- Headaches • Long Term Low Back Pain • Tingling and Numbness Down the Arms •
- TMJ Rehabilitation • Arthritis and Joint Pain •

On the corner of E. 36th and New Seward Hwy: 810 E 36th Avenue

• **VERY GENTLE** • **VERY AFFORDABLE** •



"Dr. Ross's clinic has a team approach where the chiropractic, physio therapy (PT) and massage therapy staff go after the same problem from many different angles. There is a strong feeling that the health issues of the patient are the primary objective of the clinic."

- Beth Huyber



"After I hurt my back, Dr. Ross helped put me back on my feet & back to work, I feel like a brand new person."

- Annie Hikita

### For your comfort and convenience:

- Emergencies seen immediately
- Early morning, late evening, lunch hour and weekend appointments available
- Male and female massage therapists on staff
- Major insurance accepted and filed for you
- Flexible billing and payment options



# GENTLE CHIROPRACTIC CARE



**DR. ROSEMARY E. (PALMER) ZIMMERMAN**  
DIPLOMATE AMERICAN CHIROPRACTIC BOARD  
OF SPORT PHYSICIANS &  
AMERICAN ACADEMY OF PAIN MANAGEMENT  
CERTIFIED STRENGTH & CONDITIONING SPECIALIST  
2000 MASTERS' WHIPLASH CERTIFICATION



**DR. CHRISTOPHER FROST**  
CHIROPRACTIC TEAM PHYSICIAN  
FOR "THE ANCHORAGE BUCS"  
AMERICAN CHIROPRACTIC ASSOCIATION  
ALASKA CHIROPRACTIC SOCIETY  
SOUTH ANCHORAGE ROTARY CLUB

## EMERGENCIES WELCOME PROBLEMS WE COMMONLY TREAT

- JOB INJURIES
- SHOULDER PAIN
- ARM PAIN
- NUMBNESS
- ARTHRITIS / BURSITIS
- HEADACHES
- DIZZINESS
- WHIPLASH

- CAR ACCIDENTS
- TIGHT MUSCLES
- STIFFNESS
- BACK PAIN
- SCOLIOSIS
- HIP PAIN
- LEG PAIN
- DISC INJURIES

### PHYSICAL THERAPY

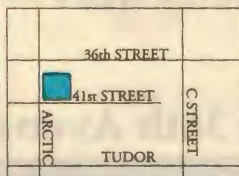
**COMPLETE STAFF OF CERTIFIED MASSAGE THERAPISTS**

**Voted Best Massage 1999 ADN Reader Poll!**

**WE BILL YOUR INSURANCE  
FLEXIBLE PAYMENT PLANS**

**PERSONAL INJURY CLAIMS  
YOU DON'T PAY UNTIL YOU SETTLE!**

# THE HEALING CENTER



# 561-7041

4011 ARCTIC BLVD., SUITE 203



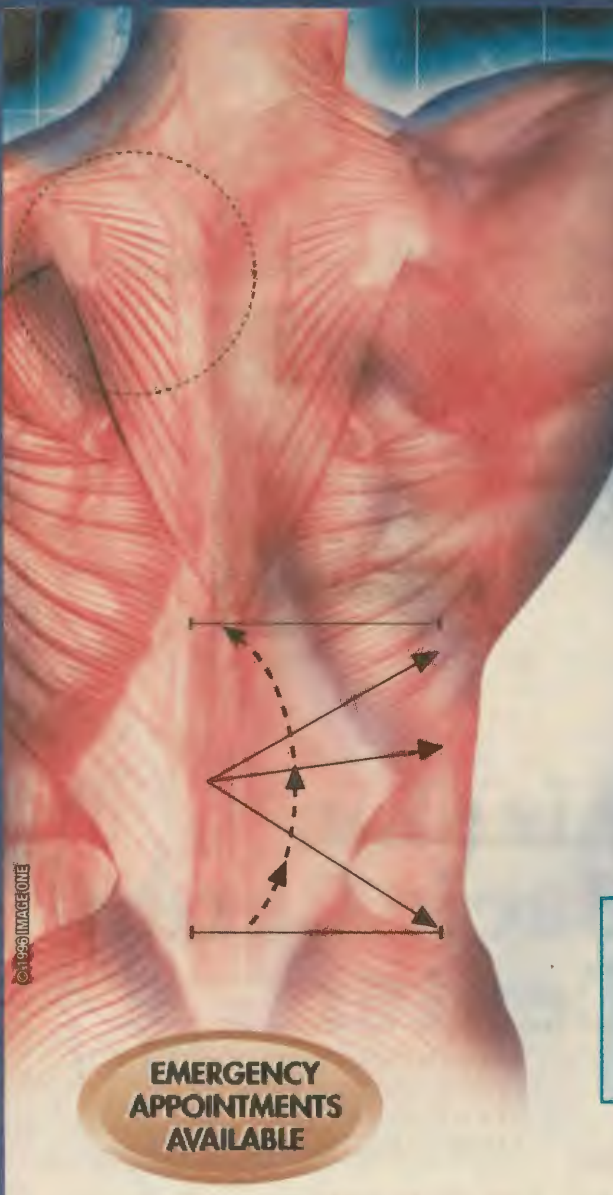
**MONDAY - FRIDAY  
8 - 6  
SATURDAY 8 - 2**



# Finally...

**EFFECTIVE TREATMENT FOR  
BACK AND NECK PAIN**

**SPORTS, WORK  
& ACCIDENT  
INJURIES**



**EMERGENCY  
APPOINTMENTS  
AVAILABLE**

**PAIN RELIEF FOR:**

- BACK & NECK PAIN
- HEADACHES
- SCIATICA
- NUMBNESS & STIFFNESS
- DISC PROBLEMS
- PINCHED NERVES

**We Offer the Latest in Chiropractic Diagnosis & Treatment to Get You Better Faster**

*Gentle, caring, effective treatment delivered in a comfortable atmosphere*

**CHIROPRACTIC  
INFO LINE**

Enter Four-Digit Code For Recorded Information, or Press "0" To make Appointment

**FREE CALL  
1-800-274-2806**

- |                                  |                        |
|----------------------------------|------------------------|
| 8033 Auto Accidents              | 8031 Sports Injuries   |
| 8001 Lower Back Pain             | 8009 Middle Back Pain  |
| 8024 Bursitis & Tendonitis       | 8005 Neck Pain         |
| 8023 Carpal Tunnel Syndrome      | 8034 Whiplash          |
| 8002 Pain Down Arm               | 8010 Post Surgery Pain |
| 8040 Is Chiropractic Affordable? | 8028 Scoliosis         |
| 8030 Workers' Comp               | 8008 Headaches         |
| 8037 Herniated Disc              | 8036 Pinched Nerve     |
| 8003 Pain Down Leg               | 8029 Arthritis         |
| 8007 Hip Pain                    | 8004 Shoulder Pain     |
| 8006 Chronic Pain                | 8022 Sciatica          |
| 8025 Fibromyalgia                | 8041 Senior Citizens   |
| 8032 Personal Injury             | 1001 About Our Office  |



**BETTER HEALTH  
CHIROPRACTIC**

**DR. BRENT WELLS**

**258-5255**

[www.betterhealthchiro.net](http://www.betterhealthchiro.net)

**729 Northway Drive**

(Next to the Post Office & Sam's Club)



*Over 600 insurance companies cover chiropractic treatment*  
**We will do all insurance paperwork and bill direct from our office.**  
**Call us with any insurance questions.**



# Count On Our Professional Staff To Give You Results.



*Barry Matthisen, D.C.  
Trish Hardy, D.C.  
Robert Wheeler, D.C.*

*Licensed Massage Therapists  
Janet Rhoades  
Alice Herzog-Gardner*

**Results are what you can expect:**

We use the latest in chiropractic techniques to correct the source of your problem and relieve you of pain. You will receive the kind of personalized attention you deserve, and a comfortable setting that will put you at ease. You'll enjoy additional pain relief and muscle relaxation with our massage therapists and new physical rehabilitation department.

**Service you can count on:** Thorough, unhurried examinations, 24 hour emergency care. Our fees are competitive and we bill your insurance. Participating providers for Blue Cross of Alaska and Medicaid accepted.

## Alaska Back Care Center

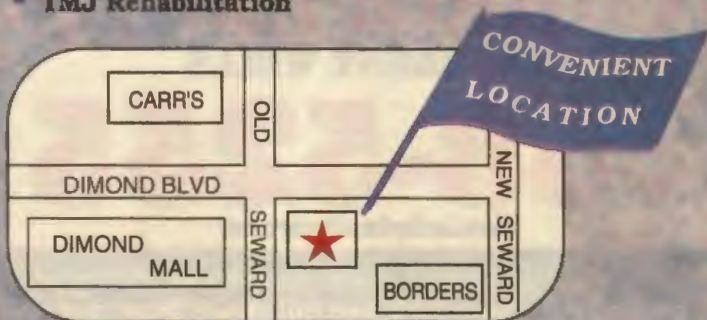


**Effective Care For Auto, Work, and Sports Injuries**

- Neck Pain
- Arm / Shoulder Pain
- Mid Back / Rib Pain
- Headaches
- Low Back Pain
- Leg Pain / Numbness
- TMJ Rehabilitation

**Credentials:**

- National Board Of Chiropractic Examiners
- Members Of American Chiropractic Assoc.
- Members Of Alaska Chiropractic Society



**349-4212**

**ON CALL EVES & WEEKENDS  
24 HOUR EMERGENCY CARE**

1000 E. DIMOND BLVD.  
SUITE 202  
ANCHORAGE 99515





**MID TOWN  
LOCATION**

**SAME DAY  
APPOINTMENTS**

# **KREMER CHIROPRACTIC CLINIC**



**DR. GENE A. KREMER**

PALMER GRADUATE

24 YEARS PRACTICE EXPERIENCE

PAST CHIROPRACTOR OF THE YEAR

PAST PRESIDENT-ALASKA CHIROPRACTIC SOCIETY



**DR. ROBERT H. BANKS**

PALMER GRADUATE

9 YEARS PRACTICE EXPERIENCE

PAST CHIROPRACTOR OF THE YEAR

PAST PRESIDENT-ALASKA CHIROPRACTIC SOCIETY

## **RELIEF**



### **SPECIALIZING IN:**

**WHIPLASH**

**WORKER'S COMP INJURIES**

**SPORTS INJURIES**

**HEADACHES**

**CHRONIC & DIFFICULT CASES**

**ARTHRITIC SPINES**

**NECK & ARM PAIN**

**\* LOW BACK & LEG PAIN**

### **PROVIDING:**

**CARING, COMPETENT**

**STAFFING**

**MYOTHERAPY / MASSAGE**

**PHYSIOLOGICAL**

**THERAPEUTICS**

**CORRECTIVE**

**SPINAL EXERCISES**

**INSURANCE BILLING**

**CALL NOW**

**561-4474**



MILITARY



DISCOUNT



**401 EAST 36TH AVENUE (CORNER OF 36TH & DENALI)**



# Lower Back Pain? Neck Pain?

**DON'T SUFFER ANY LONGER!**

**EMERGENCY CARE AVAILABLE - WEEKENDS AND HOLIDAYS.  
INSURANCE ACCEPTED AND FILED FOR YOU.**

*"Whether you've been recently injured,  
or have a complaint that's bothered you  
for years, we know what it takes to  
provide lasting relief from pain.  
If you have a question about  
your health or our office,  
call me. I'd be happy to  
talk with you."*

*Dr. Edward Foster*



# A **ALYESKA** A CHIROPRACTIC CLINIC

*We Specialize in Sports, Accident and Work Injuries.*

[www.alyeskachiropractic.com](http://www.alyeskachiropractic.com)



**243-0660**



**3960 W DIMOND BLVD SUITE #4 - AT JEWEL LAKE CARRS**

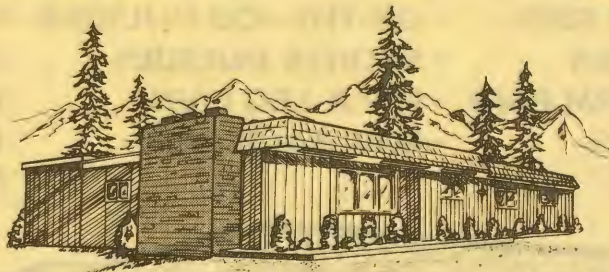


# TEAGUE

## CHIROPRACTIC CENTER



**DR. BRUCE W. TEAGUE D.C.**  
Palmer College Graduate  
22 Years Experience



### Dedicated To Pain Relief And Wellness

*Relief Of Your Pain And Discomfort Is Our First Priority. After Your Symptoms Are Gone We, Will Help You Achieve Wellness.*

**We Provide Relief From:**

- Low Back Pain
- Neck Pain
- Headaches
- Shoulder Pain
- Arm Pain
- Leg Pain
- Numbness In The Arms Or Legs
- Dizziness
- Mid Back & Rib Pain
- Muscle Spasms
- Chronic Pain

**Professional Treatment For:**

- Personal Injuries
- Work Related Injuries
- Auto Accidents
- Athletic Injuries
- Family Care
- Spinal Correction
- Wellness Programs

**Our Services Include:**

- Health And Accident Insurance Billing
- Payment Plans
- Military Discount
- Massage Therapy
- Physiological Therapeutics
- Corrective Exercise Programs
- Nutrition - Herbal & Vitamins
- Caring And Friendly Staff
- Accepting New Patients

*Back And Neck Care Specialist.  
We Help To Strengthen And Rehabilitate The Back After It Has Been Injured.*

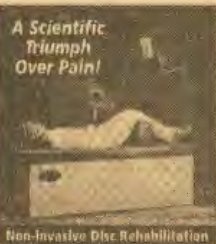
*Call Now*

# 522-7500

11435 Old Seward Highway  
South Anchorage Across From Turnagain Chevron



**Immediate Appointments**



Health & Accident Insurance Accepted



**Fax 522-7501**



SERVING

DIMOND • SOUTH ANCHORAGE • SAND LAKE

# ARE YOU IN PAIN?

WHY CHOOSE DIMOND CHIROPRACTIC CENTER FOR RELIEF?

BECAUSE WE'VE HELPED HUNDREDS OF CASES LIKE YOURS

- AUTO INJURIES
- HEADACHES
- NECK & ARM PAIN
- ARTHRITIS
- ON-THE-JOB INJURIES
- SPORTS INJURIES
- HIP & LEG PAIN
- LOW BACK PAIN

BECAUSE WE'RE **GENTLE, EFFECTIVE AND WE CARE** ENOUGH TO OFFER OUR PATIENTS THE BEST IN MODERN CHIROPRACTIC CARE



## DIMOND CHIROPRACTIC CENTER

Behind Village Inn On Dimond • 750 West Dimond Blvd



- VERY LOW EXPOSURE - RARE EARTH X-RAYS
- DIAGNOSIS & TREATMENT ALWAYS EXPLAINED IN FULL
- WE FILE YOUR INSURANCE
- POST-GRAD STUDY KEEPS US ABREAST OF LATEST TECHNIQUES
- ACTIVATOR METHOD

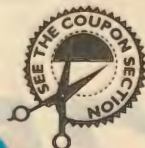
**DR. MARK BARBEE**  
BOARD CERTIFIED  
CHIROPRACTIC ORTHOPEDIST

SUMMA CUM LAUDE PALMER GRADUATE  
CERTIFIED SPORTS PHYSICIAN  
MEMBER AMERICAN CHIROPRACTIC ASSOCIATION

IN PRACTICE FOR  
17 YEARS

*If Yours Is Not A  
Chiropractic Problem  
We Will Tell You So  
And Make The Proper Referral*

Visit our website at:  
[dimondchiro.com](http://dimondchiro.com)



OVER 600 INSURANCE COMPANIES COVER CHIROPRACTIC CARE. THIS CAN REDUCE YOUR COST TO LITTLE OR NOTHING

CALL NOW

# 344-0033

NEW PATIENTS SEEN SAME DAY



# COMMUNITY CHIROPRACTIC CLINIC INC.

Serving Alaskan family needs for over 30 years



## "OUR CARING TEAM OF EXPERTS"

We are a Full Service Chiropractic Facility Utilizing State of the Art Equipment

- Blue Cross Washington & Alaska Participating Providers
- Auto Accidents
- Personal Injuries
- Work-Related Injuries
- Athletic Injuries
- Health & Accident Insurance Accepted
- Computerized Impairment Ratings
- Myotherapy
- Osteoporosis Screening
- Computerized Foot & Gait Analysis

**IMMEDIATE APPOINTMENTS**

# 562-5366

**BUSINESS OFFICE 562-1797**

Centrally Located at 550 East Tudor Road, Anchorage 99503



MILITARY



DISCOUNT

**Open  
Saturday**



**Chiropractors-DC  
(Cont'd)**

**CHIROPRACTIC HEALTH CLINIC  
APC**  
Woody Waldroup DC  
Lee Waldroup DC  
David Mulholland DC  
405 W 36th Ave ..... **563-7700**  
Fax Line ..... 561-2721

**CHUGACH CHIROPRACTIC  
CLINIC**  
Dr Myron G Schweigert  
11462 Business Blvd Eagle River ..... **694-9224**

**COMMUNITY  
CHIROPRACTIC CLINIC**  
Adrian G Barber  
John Collins  
Peter A Ryan  
William "Bill" Solbolesky  
Edward L Barber  
550 E Tudor Rd ..... **562-5366**  
Administration Ofc ..... 561-8373  
Bus Ofc ..... 562-1797  
(See Advertisement Page 374 And Next Page)

**CURZIE TODD DC**  
541 W 36th Ave ..... **561-1222**

**EALUM RICH DC**  
3800 Lake Otis Pky ..... **562-2345**

**EMERSON JAMES C**  
William L. Emerson, DC  
James C Emerson DC  
322 Muldoon Rd ..... **333-5581**  
(See Advertisement Next Page)

**EXCELLENCE IN HEALTH  
CHIROPRACTIC & REHAB  
CLINIC** 810 E 36th Ave ..... **562-6325**  
(See Advertisement Page 382)

**FAMILY CHIROPRACTIC CENTER**  
5121 Arctic Blvd ..... **563-4111**

**FRONTIER CHIROPRACTIC**

**FRONTIER  
CHIROPRACTIC** 

**Steven M Henderson, D.C.**  
Palmer Graduate  
Since 1988

- Effective Pain Relief Given In Caring Manner
- Back & Neck Pain
- Headaches • Fatigue
- Extremity Adjustments
- TMJ • Carpal Tunnel Syndrome
- Injuries — Auto • Work Sports & Personal
- Therapeutic Massage Therapy
- Cranial Techniques  
Cranial Sacral Therapy CST  
NeuroCranial Reconstruction
- TBM Techniques
- Physiological Therapeutics

Visa/MasterCard  
AMEX

213 E Fireweed Ln ..... **274-2225**

WASTING TIME ON REPEATED  
CALL ATTEMPTS?

CONTINUOUS REDIAL MONITORS  
A BUSY PHONE NUMBER, THEN  
NOTIFIES YOU WHEN THE LINE  
BECOMES FREE.  
ACS LOCAL SERVICES

*Laurel Park Chiropractic*

**and Advanced Neurodiagnostics**

2401 East 42<sup>nd</sup> St. Suite 204, Anchorage, AK 99508

*Dr. Edward Barrington and Dr. John Shannon*

*" A multidisciplinary approach to pain  
management through specific nerve testing,  
manipulation under anesthesia and medication. "*

**Chiropractic Adjustments • Physiotherapy  
Electromyography - Thermography**

**563-6761**

**Insurance  
Billing**

**Fax 562-8587**



**FRONTIER CHIROPRACTIC**  
213 E Fireweed Ln ..... **274-2225**

**FROST CHRISTOPHER DC**  
4011 Arctic Blvd ..... **561-7041**

**GLACIER CHIROPRACTIC**  
MI 6 8 Palmer-Wasilla HY Brentwood Plaz & Stef  
Wasilla ..... **376-8400**  
**GODFREY KEITH B DC**  
3800 Lake Otis Pky ..... **562-2345**

**HARDY TRISH DC**  
1000 E Diamond Blvd ..... **349-4212**

**HEALING CENTER THE**  
4011 Arctic Blvd ..... **561-7041**  
(See Advertisement Page 381)

**HEALTHWISE BACK NECK &  
EXTREMITY CARE CENTER**  
Stacy Young DC  
11421 Old Glenn Hwy Eagle River ..... **694-2273**

**HEARTWAY CENTER FOR WELLNESS** ..... **562-9242**

**HENDERSON STEVEN DC**  
Frontier Chiropractic  
213 E Fireweed Ln ..... **274-2225**

**HILL ALLISON DC**  
2909 Arctic Blvd ..... **563-6373**  
(See Advertisement Previous Page)

**HINDMAN FAMILY  
CHIROPRACTIC LLC**  
13135 Old Glen Hwy Eagle River ..... **696-9090**  
(See Advertisement Next Page)

**HUETTL MATTHEW K DC**  
6634 Lake Otis Pky ..... **522-3511**

*(This Classification Continues)*

The "Yellow Pages" Places  
Your Name, Address And Tele-  
phone Number Before The Buyer  
At The Moment Your Product Or  
Service Is Needed.

**MATTHISEN  
CHIROPRACTIC**

*Dr. Grant M. Matthisen DC*



- Offering Professional Quality Care
- Utilizing the Latest In Chiropractic Techniques & Technology
- Same day Appointments
- Insurance Billed Directly For You

**562-3411**

**5905 Lake Otis Pkwy, Ste. A  
(Corner Lake Otis & Dowling)**



**Chiropractic Physicians-D.C. ✓  
-(Cont'd)**

**ALMER/HERMAN CHIROPRACTIC PHYSICIANS**  
331 Church NAUGATUCK-----**729-4047**

**ALMER TERRY A DC**  
331 Church NAUGATUCK-----**729-4047**

Perri Vincent L  
417 Highland Av WATERBURY-----574-2254  
Physicians Health & Wellness Center PC  
778 New Haven Rd Naugatuck-----723-4032  
\*See Display Ad Page 156

Porzio Robert J Dr  
1153 W Main WATERBURY-----756-7449

**PRADO JAMES T DC**  
3 Pomperaug Office Pk Sthbry-----**264-3583**

**PROSPECT CHIROPRACTIC OFFICES**  
16 Waterbury Rd Prspct-----**758-3391**

**PUGLIESE CHIROPRACTIC OFFICE**

**DAVID S. PUGLIESE**  
**CHIROPRACTIC PHYSICIAN**

**FAMILY PRACTICE**

PHYSICAL, SPINAL,  
ORTHOPEDIC & NEUROLOGICAL EXAMS

Spinal Manipulation - Physical Therapy  
Scoliosis Screening - Posture Analysis  
Muscular & Skeletal Conditions  
Athletic & Sports Injuries  
Sciatica - Migraines - Whiplash

**MOST INSURANCES ACCEPTED**

**756-1817**

520 Frost Rd  
(Near Naugatuck Valley Mall)

Pugliese David S  
520 Frost Rd WATERBURY-----756-1817

**ROSA CHIROPRACTIC CENTER**  
715 Lakewood Rd WATERBURY-----573-0011  
\*See Display Ad Previous Page

**SAMPINO CHIROPRACTIC & REHABILITATION CENTER**  
279 Chase Av Waterbury-----573-8577  
\*See Display Ad Page 157

**SANTORA RALPH A DR**  
97 East St Bethelam-----266-9600  
Schiano Cheryl DC 59 Rubber Av Naug 723-7445  
Seybridge Chiropractic Center  
36 New Haven Rd SEYMOUR-----888-7246  
Stone Chiropractic Center LLC  
51 Depot Square Watertown-----860 274-5484  
\*See Display Ad Previous Page

Stone Mark P Dr  
51 Depot WATERTOWN-----860 274-5484  
Thomaston Chiropractic Center  
108 Watertown Rd THOMASTON-----860 283-5171

**WOODBURY CHIROPRACTIC CENTER**  
264 Main St S WOODBURY-----263-0400  
\*See Display Ad Page 155

**YURGAITS DAVID DR**  
250 Wolcott Rd WOLCOTT-----879-3111

**ZILAHY PETER DR**  
35 Candee Hill Rd WATERTOWN-----860 274-9641

◆ **CHOIR GOWNS**  
See Religious Goods

**Christmas Lights & Decorations**

Hidden Treasures  
Village Square Route 64 WATERBURY-----598-7158

Jay-Mar & Country Christmas  
176 Chase River Rd Waterbury CT---753-1815  
Touch Of Holly 717 Main St S Wdbr---263-2755

**Christmas Trees**

Drumlin Hill Tree Farm  
440 Hulls Hill Rd Sthbry-----264-0299

◆ **CHROME PLATING**  
See Plating

Get in on the savings. Shop in the SMART Coupons™.

**Churches**

Calvary Baptist Church  
3000 N Main St Wby-----754-2073  
Community Chapel Southbury-----264-1045  
Living Faith Christian Church  
69 Prospect Rd WATERBURY-----754-5940  
Pentecostal Assembly Church Of Wby Inc  
39 Crown WATERBURY-----753-8822  
Pinebrook Assembly Of God  
175 City Hill NAUGATUCK-----729-9770  
St John's Lutheran Church LC-MS  
503 Chase Pkwy WATERBURY-----754-7618  
St Teresa's Rectory  
Religious Education-----263-0608  
St Vincent Ferrer Church  
1006 New Haven Rd Naug-----723-7497  
United Methodist Church  
214 Meadow Naugatuck-----729-4236  
Wolcott Community Bible Church  
5 Charles WOLCOTT-----879-1520  
Zion Baptist Church  
137 Pearl WATERBURY-----756-5648

SBC® Yellow Pages  
saves time, money, gas.

**Churches-Adventist**

Seventh-Day Adventist Church  
18 Manville-----756-8680

**Churches-African Methodist Episcopal Zion**

Bonner Harrison D, Rev  
12 Eldridge Wby-----756-1829  
Mc Call AME Zion Church  
274 Long Hill Rd Waterbury-----757-9737

**Churches-Apostolic**

Alpha & Omega Ministries HGD  
50 Linden St Wby-----754-2557  
Alpha & Omega Ministries HGD  
810 N Main WATERBURY-----574-1447  
Bridgroom Church  
105 Waterbury Rd Prspct-----758-3707  
Ingathering Pentecostal Temple  
99 Bishop WATERBURY-----573-0554  
Mount Zion Church Of Christ Apostolic  
34 Ward Waterbury-----754-4494

**FEEL BETTER, BE HEALTHIER...STARTING TODAY!**

**CHIROPRACTIC, ACUPUNCTURE & NUTRITION CENTER**  
Dr. Paul M. DiDomizio, DC, DABCI, DACBN, FIAMA, CCN



Dr. Paul M. DiDomizio

- Auto Accidents
- Disc Problems
- Back Pain
- Sciatica
- Neck Pain
- Whiplash
- Headaches
- Sports Injuries
- Work Injuries
- Carpal Tunnel
- Chiropractic
- Physical Therapy
- X-Rays
- Massage Therapy
- Individualized Nutrition
- Rehabilitative Exercises
- No Needle Acupuncture
- Non-Surgical Disc Therapy
- Full Rehab Suite
- EMERGENCIES SEEN DAILY

Undergraduate: UCONN School of Pharmacy  
Graduate: National College of Chiropractic  
Diplomate: American Board of Chiropractic Internists  
Diplomate: American Clinical Board of Nutrition  
Fellow: International Academy of Medical Acupuncture  
Certified: Chiropractic Rehabilitation  
Certified: Clinical Nutrition  
Recipient: CCA Community Service Award

19 years continuous practice experience

**TWO CONVENIENT LOCATIONS:**

**444 Wolcott Rd. • Wolcott**      **154 Elm St. • Thomaston**  
**203-879-4695**      **860-283-7246**

Next to Print Shop      Between Clock Factory and Plymouth Glass

Extended hours including Saturdays. Participating Provider with most major insurances. Health Care that specializes in caring.

**MANCINI CHIROPRACTIC**

**Dr. Carol M. Mancini**

**Certified In Chiropractic Pediatrics**  
**Specializing In Gentle & Effective Chiropractic Treatment For Newborns Thru Adults**



● Acute & Chronic Cases  
● Preventive Health Care  
● Most Insurances Accepted  
**NO NEEDLE ACUPUNCTURE**

Inquire About Our HMA Plan  
Healthcare Made Affordable

**440 Main St. So., Southbury**      **262-6347**

**BAVARO**  
**CHIROPRACTIC CENTER**

*Gentle Effective Chiropractic Care for the Entire Family*

- Neck Pain
- Back Pain
- Headaches
- Auto Accidents
- Work Related
- Sports Injuries
- Pregnancy
- Pediatric Care
- Acupuncture
- Massage Therapy

**New Patients Welcome**  
**Emergency Care Available**  
**Early Morning Hours**

**203•263•2720**

Dr. Karen Bavaro-Lawlor  
D.C., D.A.C.A.N.  
Chiropractic Physician  
Diplomate in the American Chiropractic Academy of Neurology  
Certified Acupuncturist

White Oak Road, Woodbury • Near Woodbury Post Office  
www.bavaro-chiropractic.com • E-mail: bavaro@doe@aol.com

**PENTECOSTAL ASSEMBLY CHURCH OF WBY INC**  
REV. DAISY ZIMMERMAN, PASTOR


- Sunday School 9:45 AM
- Morning Worship 11:45 AM
- Sunday Evening Services 6:30 PM
- Wed. Bible Class 7:30 PM

**753-8822**  
39 Crown St

Refuge Church Of Christ  
Tues Youth Service  
Sun Sch 10 AM-Sun Worship 11:15-Eve 7:30  
District Elder Johnson  
15 Hawkins WATERBURY-----754-0823  
Rehoboth Church Of God In Christ Jesus  
101 E Farm WATERBURY-----573-8769  
Way Of The Cross Church Of Christ  
185 Bishop WATERBURY-----596-7324

**Churches-Assemblies Of God**

**CORNERSTONE ASSEMBLY OF GOD**



**Historic Faith**  
**Contemporary Expression**

Sunday  
Coffee Time, 9:15 a.m.  
Sunday School, 9:30 a.m.  
Worship, 10:30 a.m.

Wednesday  
Bible Study, Royal Rangers,  
Missionettes & Youth Group, 7 p.m.

**www.cornerstone.org**

656 Oxford Road (Rt 67) Oxford-----203-881-3232

Cornerstone Church The  
1146 Waterbury Rd CHESHIRE-----272-5083  
\*See Display Ad This Page

First Assembly Of God  
1245 Thomaston Av WATERBURY-----753-8023  
New Beginnings Assembly Of God  
25 The Green Wtn-----860 274-5759  
New Life Of Waterbury  
208 Grove WATERBURY-----759-1324

**PINEBROOK ASSEMBLY OF GOD**  
**PREACHING THE GOSPEL SINCE 1918**

SUNDAY SCHOOL 9:45 AM  
SUNDAY WORSHIP 11:00 AM  
SUNDAY EVENING 6:00 PM  
WEDNESDAY BIBLE STUDY 7:00 PM  
WEDNESDAY CHILDREN MINISTRIES 7:00 PM  
FRI YOUTH MINISTRIES 7:00 PM

**203 729-9770**  
175 City Hill St Naugatuck CT

Is the SBC®  
SNET Yellow Pages,  
part of your media mix? Television,  
radio, newspapers and other media do  
a great job of reaching customers. But  
SBC® SNET® plays a unique role  
among all the places where you can  
advertise. SBC® SNET® is there  
all year long when people are ready to  
buy products and services.

**Building Lives On The Firm**  
**Foundation Of Christ**



**Cornerstone Church**

**Where Everyone Is Welcome**

Sunday Worship Service  
With Children's Church .....10:15 am  
Youth Group-Sunday ..... 6:30 pm  
Wednesday Nights .....7:00 pm  
Eric Buccì-Pastor

**203 272-5083**  
1146 Waterbury Road, Cheshire  
www.cornerstone.nu



www.backdoc.com

# ChiroCare

Accident and Injury Centers

- Auto & Work Related Injuries
- Back Pain & Neck Pain & Headaches
- Most Insurances Accepted

David M. Spitz, DC Daniel S. Hersh, DC Andrew H. Tscheppe, DC Kevin E. Sadowski, DC Thomas J. Ryan, DC

Se Habla Español Waterbury, CT Tel: (203) 757-7246

Meriden (203) 238-7246 Bristol (860) 583-4346 Hartford (860) 522-7246 Enfield (860) 763-2225 **1-888-774-BACK** (2 2 2 5)

## Chiropractic Physicians-D.C. (Cont'd)

### DR PAUL J DELDEBBIO

Dr. Paul J. DelDebbio

AUTO ACCIDENTS  
Cases handled without Attorney

WORKERS' COMPENSATION

Preferred Provider for:  
City of Wtby and State of CT Employee

WATERBURY RESIDENT

203 756-6254

688 Chase Pkwy

(By Higher Ed Center)

### FORTE NICHOLAS A JR

16 Waterbury Rd Prspct-----758-33

Greenstein Gary DC

3 Linden Rd Woodbury-----263-45

HERMAN GLENN S DC

331 Church NAUGATUCK-----729-40

HODES SCOTT A DR

778 New Haven Rd Naugatuck-----723-40

### HOWE CHIROPRACTIC CENTER

~ HOWE ~  
**CHIROPRACTIC CENTER**

DR. RANDALL HOWE

Same Day Appointments

24 Hour Emergency Care

Physical Therapy

Auto Accidents • Personal Injury

Workers' Compensation

Sports Injuries

Most Insurances Accepted

Including: AETNA Health Plan

CIGNA-ASHN • Healthnet

And Medicare, Blue Care

Anthem Blue Cross State Preferred

New England Welfare Fund / Local 119

PHS • Connecticut Health Plan

Connecticut Carpenter's Health Fund

United Health Plan • United Health Care

HOWE CHIROPRACTIC CENTER

(203) 755-3600

476 Wolcott Street Waterbury

Innaimo Donn DC 380 Main Wth-- 860 945-9

\*See Display Ad This Page

JENSEN CHRISTINE DR

250 Wolcott Rd WOLCOTT-----879-3

KARPENKO STEPHEN DC

819 Straits Tnpk Mdlbry-----758-1

LACHOWSKI CHRIS Z DC CCN DACBN

819 Straits Tnpk Mdlbry-----758-1

Levy Steven L Dr DC FIACA

264 Main St S WOODBURY-----263-C

Lugenbeal Robert K Dr

688 Chase Pkwy WATERBURY-----754-7

Mancini Chiropractic

440 Main St S Sthbry-----262-C

\*See Display Ad Next Page

Massey Roberta Anderson Dr-----758-1

MCKENNA FAMILY CHIROPRACTIC LLC

Dr. Virginia McKenna

In Practice Over 14 Years

Neck/Back Pain • Headaches

Carpal Tunnel • Accidents

(203) 597-8303

1869 East Main St Waterbury

Middlebury Chiropractic Group

319 White Av Mdlbry-----598-1

**MOUNTAIN TOP CHIROPRACTIC**

**& NUTRITION CENTER PC**

1627-A Meriden Rd Wolcott-----879-

Oemcke Chiropractic/Acupuncture Center

10 Main St S Southbury-----267-

## Dr. Mark P. Stone, C.C.S.P, F.I.A.M.A.

15 YEARS SERVICE  
WATERTOWN / OAKVILLE AREA

Certified Chiropractic  
Sports Physician  
Acupuncture Certification

Early Morning  
& Evening Hours

Aqua Massage / Energy Balancing  
Gift Certificates Available



Where Healing Comes Naturally

## A Family Practice

- INDIVIDUALIZED CARE
- GENTLE LIGHT FORCE TECHNIQUES
- NON NEEDLE ACUPUNCTURE
- PREGNANCY CARE
- CRANIOSACRAL THERAPY
- COLD LASER THERAPY
- AQUA MASSAGE
- ENERGY BALANCING
- SPORTS SPECIFIC AGILITY PROGRAMS
- WELLNESS/PREVENTATIVE CARE PROGRAM

51 DEPOT SQUARE **860-274-5484** WATERTOWN

## Getting You Out Of Pain Is Our Goal For You!!!

Thousands Of Satisfied Patients.



# INNAIMO

FAMILY HEALTH & PAIN RELIEF

21 Years Experience

Free Consultations

"The Most Effective Patient-Centered Office In The Area"

Donn Innaimo  
Doctor Of Chiropractic

**860-945-9885**

380 Main Street, Watertown

FREE TRANSPORTATION  
PROVIDED



## Rosa Chiropractic Center

AUTO ACCIDENTS • INJURIES • WORKERS COMP

CHRONIC PAIN TREATMENT

- New Patients Seen Same Day
- Early Morning Appointments
- Bi-Lingual Staff
- Most Insurances Accepted
- Visa/Mastercard Accepted

- Back Pain
- Neck Pain & Tension
- Headaches
- Muscle Spasms
- Nerve/Disc Problems
- Leg Pain
- Arm & Hand Pain
- Joint Pain
- Sports Injuries
- Numbness In Hands & Feet

Centrally Located  
715 Lakewood Road, Waterbury 06704

**203-573-0011**

www.rosachiropractic.com

M-W-F  
7 a.m. - 6 p.m.  
T-TH  
9 a.m. - 6 p.m.

Voted #1  
9 Years  
In A Row



The WATERBURY  
Observer



Dr. Steven Rosa, D.C. CCRD

Se Habla Español



**Chiropractic Physicians-D.C. ✓**  
**-(Cont'd)**

ASSOCIATED HEALTH CARE OF NAUGATUCK

**ASSOCIATED  
HEALTHCARE  
OF  
NAUGATUCK**

Specializing in  
Chiropractic & Internal Medicine

**DR. CHERYL M. SCHIANO**  
**AND**  
**DR. CARL J. SCHIANO**

*Our Goal is Safe  
Long Term Pain Relief  
in a Unique  
Multi-Specialty  
Environment*

Patients In Pain Seen  
Immediately

**203-723-7445**

59 Rubber Ave, Naugatuck

Associated Health Care Of Naugatuck LLC  
59 Rubber Av Naug-----723-7445

**ASSOCIATED SPINE & REHAB**

**Dr. Jennifer González**

Auto • Work Accidents  
Sports Injuries  
Neck & Back Pain  
Stress • Headaches  
Se Habla Español  
**203 753-8800**

43-1 Meriden Rd Waterbury

**BAVARO CHIROPRACTIC CENTER**

2 White Oak Rd WOODBURY-----263-2720

\*See Display Ad Page 159

**BETHLEHEM CHIROPRACTIC-----266-9600**

**BORDASH RONALD J,DR**

778 New Haven Rd Naugatuck-----723-4032

**CANTITO FAMILY CHIROPRACTIC**

Acupuncture, Massage Therapy,  
Sports Medicine, Diet And  
Exercise Counseling

2030 Straits Tnpk Middlebury-----203-577-2095

**CASKEY CHIROPRACTIC HEALTH CENTER**

**Dr. Richard J. Caskey, DIBAK DACBN CCN**

**Dr. Chris Lachowski, DACBN CCN**

**Dr. Stephen Karpenko**

*A natural approach for pain & common  
health problems through:*

**Chiropractic - Applied Kinesiology**

**Individualized Nutrition Evaluation**

**Environmental & Preventive Medicine**


**Nutritional Laboratory Testing**

**Health Education**

**203-758-1765**

819 Straits Turnpike - Middlebury  
(South West Corner Ex 17 I-84)

Saving gas and money is  
important today. That's  
why more and more people are  
shopping at the SBC®  
Yellow Pages, when they  
are ready to make a purchase.  
They call ahead before they  
start out in their cars.



# Woodbury Chiropractic Center

Providing Holistic Health Care for  
the Entire Family Since 1980

**Treatment of Acute, Chronic and Difficult Cases, Second Opinions  
EMERGENCY SERVICES**

**Early Morning Appointments**

- Chiropractic
- Acupuncture
- Advanced Non-Needle Acupuncture (Laser, Electro-Meridian Imaging, Electro-Acupuncture) as Well as Traditional Needle Techniques
- X-ray and Physical Therapy on Premises
- Massage Therapist on Staff

**New Patients Seen Same Day**

- Physical Medicine
- Homeopathic Remedies
- Pain Management
- Health Education Workshops
- Vitamin Counseling/Nutritional Counseling
- Exercise Programs
- Personal Training
- Herbal Medicine

Dr. Steven L. Levy, D.C., F.I.A.C.A. received his doctoral degree from Logan College of Chiropractic in St. Louis, Missouri, in 1979. He has a B.S. in Human Biology and is a Fellow in Clinical Acupuncture. He is currently a member of the American Chiropractic Association, Connecticut Chiropractic Association, Foundation for Chiropractic Education and Research, ACA Council of Diagnostic Imaging and ACA Council on Sports Injuries. He is the past District Director and Board Member of the Connecticut Chiropractic Association and a Board Eligible Chiropractic Sports Physician. Dr. Levy is certified in impairment rating. He is also a certified insurance claims consultant, and a certified Red Cross Instructor for "Protect Your Back."

**Ask About Our Complimentary Consultation**

We handle ALL insurance paperwork, almost always accepting assignment and work with other physicians and/or attorneys if necessary. Personal and on-the-job injuries are covered 100%.

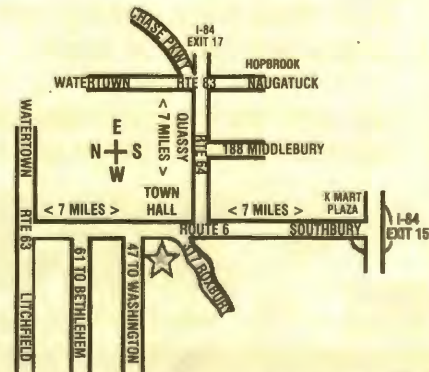
**Affordable Payment Plans Available**

Participating Provider Aetna/US Healthcare, Anthem Blue Cross/Blue Shield, CHA, Cigna, Healthnet, CT Health Plan, Health Choice of CT, Medview, Multiplan, Oxford Health Plans, United Health Care, Universal Health Panel, and most others, please call.

**264 Main Street South, (Rte. 6)**  
**Woodbury**  
(15 minutes from everywhere)



**203-263-0400**



Visit our website: [www.woodburyct.com/woodburychiro](http://www.woodburyct.com/woodburychiro)

If yours is not a chiropractic case we will refer you to the appropriate physician.

*"Our Best Ad Is Our Reputation, Ask A Friend..."*



**Chiropractors-DC (Cont'd)**

**JACQUES SANDRA DC 337-6770**  
KANADY CHIROPRACTIC CENTER INC  
1113 W Fireweed Ln. 272-2700

**KANADY TIMOTHY K DC**



**Tim Kanady D.C.**

**Trevor Tew D.C.**

**272-2700**

1113 W Fireweed Ln. 272-2700

**KENNEDY ROISIN DC 333-6525**

6711 DeBarr

**KREMER CHIROPRACTIC CLINIC**

Gene Kremer  
Robert H. Banks  
See Our Offer In The Coupon Section  
401 E 36th Ave. 561-4474  
(See Advertisement Page 378)

**KRICHAUM CHARLES E DC 561-4864**

4637 Old Seward Hwy

**KUFEL MARK DC 561-1222**

541 W 36th Ave

**LAMAGDELEINE MICHAEL K DC 561-4864**

4637 Old Seward Hwy

**LARSON CHIROPRACTIC 376-2225**

501 N Main Wasilla

**LAZARUS CHIROPRACTIC 276-3054**

**LAZARUS KIM DC 276-3054**

**MATTHISEN BARRY DC 349-4212**

1000 E Dimond Blvd.

**MATTHISEN CHIROPRACTIC 562-3411**

5905 Lake Otis Pky  
(See Advertisement Page 389)

**MILLER MARIANNE B DC 562-1062**

Suite 107  
3201 C St

**MITCHELL CHIROPRACTIC 562-1511**

5313 Arctic Blvd

**MORGAN LOREN DC 561-1222**

541 W 36th Ave

**MULDOON CHIROPRACTIC CENTER 333-5581**

William L. Emerson, DC  
322 Muldoon Rd

**MULHOLLAND DAVID J 562-8788**

**MULHOLLAND DAVID J DC CCSP DABCI**

Quality Chiropractic Care for the Whole Family Since 1982  
Specializing in Occupational, Sports, and Family Health

Convenient Location, Prompt Appointments  
Emergencies and Challenging Cases Welcome

405 W 36th Ave. 563-7700

**MURRAY ROBERT L JR DC 279-2224**

4050 Lake Otis Pky

Fax Line 279-2216

Newcomer To Town? Use The Yellow Pages To Locate New Dealers To Serve You.

**NATURAL HEALTH CENTER LLC**



**NATURAL HEALTH CENTER, LLC**

Chiropractic & Naturopathic Health Care

Combining Science and Nature

Rick Abbott, D.C., P.C.  
Brett Baker, M.Sc., D.C., P.C.  
Steven L. Skjeggstad, D.C.

Hope Wing N.D., P.C.  
Torrey Smith N.D., P.C.  
Gigi Schulte, N.D.  
Jason J. Harmon, N.D.

Nature Heals

3330 Eagle St. 561-2330

**NEWMAN RICHARD A 563-2929**  
Total Health Inc  
4001 Lake Otis Pky

**NORDSTROM CHIROPRACTIC CLINIC 344-5633**  
NORDSTROM LEE PC DABCO  
207 E Dimond Blvd

**NORDSTROM CHIROPRACTIC CLINIC**

Dr Lee Nordstrom DC,DABCO  
General Practice - Accident Cases  
Industrial Injury Scoliosis  
Complete X Ray Analysis  
We Find & Treat The Cause  
Of The Problem As Well  
As Present Condition

207 E Dimond Blvd 344-5633

**NORTHERN CHIROPRACTIC 696-4878**

11723 Old Glenn Hwy Eagle River

**PALMER CHIROPRACTIC CLINIC 745-0776**

440 W Evergreen Palmer

**PETER'S CREEK CHIROPRACTIC 688-7676**

20963 Glennway Dr Chugiak

**PIZZADILI JAMES J DC 272-6299**

2606 C St

**PIZZADILI JAMES J DC 272-6299**

**PIZZADILI CHIROPRACTIC CENTER**

www.pizzadilichiropractic.com

2606 C St. 272-6299

**RISCH WM F DC 563-3839**

511 W 41st Av.

**ROBBINS ROBIN DC 562-2802**

510 W Tudor Rd

**ROSE SAMUEL B DC**

Action Chiropractic

You Don't Have To Live With Pain!

Suite i

1441 W Northern Lights Blvd. 561-5155

**ROSS WILLIAM A DC**

EXCELLENCE IN HEALTH

CHIROPRACTIC & REHAB CLINIC

• OPEN 6 DAYS

• CERTIFIED MASSAGE THERAPY

• FAMILY CHIROPRACTIC CARE

• X-RAY LAB ON SITE

See Our Ad This Classification

810 E 36th Ave. 562-6325

The Answer To Any Buying Problem Is Quickly Solved By Consulting The Yellow Pages.

**DR. BRINN**  
For  
**CHIROPRACTIC**  
Full Range Of Gentle, Effective, Innovative Services  
We Bill Insurance  
**Brinn Mar Bentley, DC 562-9242**

**ROTHGERY CHIROPRACTIC 277-1991**  
505 E Northern Lights Blvd  
Fax Line 277-1992  
(See Advertisement Page 388)

**SCHWEIGERT MYRON G DC 694-9224**  
Chugach Chiropractic Clinic  
11462 Business Blvd Eagle River

**SHANNON JOHN P DC 563-6761**  
DIPLOMATE IN THERMOGRAPHY  
See Ad At This Classification  
Ste 204  
2401 E 42nd St.

**SHANNON JOHN P DC 563-6761**  
2401 E 42nd Ave.  
**SKJEGSTAD STEVE DC 561-2330**  
3330 Eagle St  
**SOUTH ANCHORAGE CHIROPRACTIC CLINIC 349-2506**  
1921 W Dimond Blvd  
Fax Line 522-2543  
**SPORTS & SPINAL INJURY CLINIC 522-3511**  
6634 Lake Otis Pky  
(See Advertisement Page 385)

**SPRINGHILL DALE E DC 276-3800**  
406 W Fireweed Ln.  
Fax Line 276-3810

**STANLEY BRIAN & TYAN DC 376-2600**  
300 W Swanson Wasilla

**STERNQUIST GREG L DC 277-6007**  
Comprehensive Chiropractic Care  
Same Day Appointments Available  
Convenient Hours & Location  
Dr. Greg Sternquist  
1441 W Northern Lights Blvd

**STERNQUIST GREG L DC 277-6007**  
1441 W Northern Lights Blvd

**TALT SANDRA DC 337-6770**

See Our Ad At Chiropractors-DC

11435 Old Seward Hwy 522-7500

**TEAGUE BRUCE W DC 522-7500**

11435 Old Seward Hwy

**TEW TREVOR DC 272-2700**

(See Advertisement Page 376)

**THROCKMORTEN STAN R DC DABCI**

Sole Practice-New Clinic

2006 E Northern Lights Blvd 248-2848

(See Advertisement Page 387)

**TIESZEN NEIL DC 522-3511**

6634 Lake Otis Pky

**TREKELL STANLEY DC 333-6525**

6711 DeBarr Rd

**TURNAGAIN CHIROPRACTIC CLINIC 344-1695**

Fax Line 561-3690

**VAISVIL SANDRA 561-3690**

Buy Through The Yellow Pages.

Don't live with unnecessary pain...  
Come see us NOW for immediate relief!

**ALASKA CHIROPRACTIC AND THERAPY DR. PETER LORENTZE 694-1285**

11901 Business Blvd., Bldg. B, #1C  
Eagle River 694-1285

Treating sports injuries, auto accidents  
workers comp and chronic pain.

- Never a charge for initial consultation
- Licensed massage therapists
- Promoting spinal health & improving your peak performance

**VALLEY CHIROPRACTIC CLINIC INC 373-2**  
400 N Main St Wasilla

**WALDROUP LEE DC 563-77**

405 W 36th Ave

**WALDROUP WOODY DC 563-77**

405 W 36th Ave

**WEBB GARY L DC**

Safe Natural Holistic Care

Focusing On Total Body Balance

Applied Kinesiology

Contact Reflex Analysis

Cranial / TMJ - Jaw Balancing

Extremity Adjusting • Sport Injury

Suites 3 & 4

343 W Benson Blvd. 562-6181

**WELLS BRENT DC 258-52**

729 Northway Dr.

**ZIMMERMAN ROSEMARY PALMER DC DACBSP 561-704**

4011 Arctic Blvd

Use the ACS Yellow Pages Index to help you locate listings for Products and Services.



## BLACK HORSE PIKE CHIROPRACTIC FORMERLY VASKO CHIROPRACTIC

*Immediate Appointments Available!*

### Auto • Work • Sports Injuries

Back Pain  
Head Aches  
Muscle Pain

Neck Pain  
Arm / Leg Pain  
Pinched Nerves

Disc Problems  
Painful Joints  
Scoliosis

**FREE Initial Consultation For New Patients**  
- Most Insurance Plans Accepted -

**THOMAS D. OLIVER DC**  
**VINCENT J. PACILIO DC**  
**JOHN A. VASKO DC**

*Over 20 Years of Natural Healing*

511 North Black Horse Pike, Runnemede

**856-939-6196**



C



# CHIROPRACTIC



## BARCLAY CHIROPRACTIC CENTER

### CHERRY HILL

# 5 REASONS YOU SHOULD CHOOSE OUR OFFICE FOR PAIN RELIEF

1. We offer you a NO COST private talk with Dr. Daniels to discuss your health problem.
2. We offer same day appointments for those in pain.
3. We accept most insurances, and we do the paperwork for you.
4. Our staff is caring and professional, and provide a friendly, comfortable, atmosphere.
5. Dr. Daniels uses the most gentle techniques available  
WE CATER TO COWARDS!

WE OFFER GENTLE CARE FOR A VARIETY OF HEALTH PROBLEMS:

- LOW BACK PAIN and DISC PROBLEMS
- NECK PAIN, HEADACHES, & MIGRAINES
- LEG PAIN, CRAMPS, TINGLING in legs or toes
- SHOULDER PAIN, ARTHRITIS and BURSITIS

**DR. JEFFREY DANIELS, D.C.**  
CHIROPRACTOR

- Advanced Gentle Effective Pain Relief Methods
- State of the Art -X-Ray & Physical Modalities
- Rehab Facility
- Early Morning & Evening Appointments Available
- Most Insurance Accepted

**SAME DAY APPOINTMENTS AVAILABLE**

**"ARE YOU IN PAIN CALL NOW"**  
**NO CHARGE FOR INITIAL CONSULTATION**

**856-795-1015**

**SAT, SUN & HOLIDAYS CALL 856-667-3736**  
**126 BARCLAY CENTER RT. 70 CHERRY HILL**

*(Conveniently Located On Rt. 70 Between The Old Ellensburg Circle & The Rt. 295 Exit)*

SERVING SOUTH JERSEY FAMILIES WITH QUALITY CARE FOR 25 YEARS

## BLACKWOOD



**DR. PERRY J. CICCHINI,**  
*Family Chiropractor. Chiropractic Care From Children To Adults*

Visit Us Online At [www.spinesRus.com](http://www.spinesRus.com)  
For Monthly Specials

*Home, Sports, Auto and Work Related Injuries*

- Neck Pain
- Mid & Low Back Pain
- Headaches
- Carpal Tunnel
- Arm & Leg Pain

**EMERGENCY CARE PROVIDED**  
**X-RAY & CARPAL TUNNEL SYNDROME THERAPY**  
**PROVIDED ON PREMISES**

**228-8888**

WALK IN'S  
WELCOME

**805 S. BLACK HORSE PIKE, BLACKWOOD**

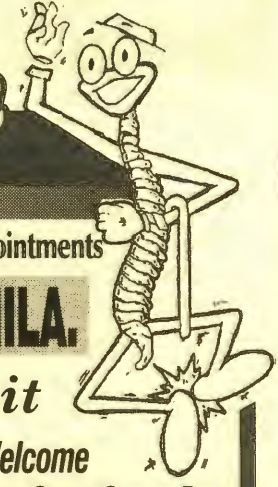




**CHIROPRACTORS  
D.C. (Cont'd)**

- Iacco Russell J 12030BustletonAv ..... 215 969-8333
- LOURTOWN CHIROPRACTIC & WELLNESS  
CENTER 1107BethlehemPike Flourtown --- 215 402-0146
- RANZEN PAUL W JR DC DACRB**  
550RidgePke LafayetteHl ..... **610 825-9630**
- Ries Steven S DC 319 S 12St ..... 215 629-8311
- Salzarano Anthony P DC 610BarnesSt ..... 215 483-3200
- Soldfine Terri 7225HaverfordAv ..... 215 877-2300
- SOLDMAN KENNETH DR**  
Grant&KrewstownRds ..... 215 677-6176
- Soberman Rick Common Health Chiropractic Clinic  
7254HorrocksSt ..... 215 742-1151
- SORMLEY JEAN A DR**  
349BustletonPk Feasterville ..... 215 355-4311
- ROSS SUZANNE L DR**  
235 N EastonRd Glenside ..... 215 884-3988
- Greater Philadelphia Chiropractic Center  
6410-50FrankfordAv ..... 215 338-8555
- GROSSMAN FERN DR**  
MILLENNIUM CHIROPRACTIC CENTER  
No Machines Used  
Children Our Specialty  
Affordable Quality Family Health Care  
Grant Plaza II - Free Parking  
1619GrantAv ..... **215 934-5401**
- HACKETT LINDA S DC 117 S 17St ..... 215 563-8843
- HALLORAN CHIROPRACTIC OFFICE**  
Grant & Academy In NE  
3565PrimroseRd ..... **215 673-6440**
- Hannigan Maureen DC Dr 601DupontSt ..... 215 483-6948
- Harman Richard L 1201Harrison ..... 215 744-4430
- HEALTHLINE CHIROPRACTIC**  
325 S 22ndSt ..... 215 546-4522  
(Please See Our Display Ad Next Page)
- Herbert John J 1407TysonAv ..... 215 742-4062
- Hernandez Maria Dones 1530LocustSt ..... 215 735-1424
- Herritt Chiropractic 5204TorresdaleAve ..... 215 537-0774
- HIRSCHHORN FAMILY CHIROPRACTIC CENTER**  
320HuntingtonPike Rockledge ..... 215 663-8555
- HOLLANDER CHIROPRACTIC CTR**  
10014SandmeyerLn ..... **215 969-3752**

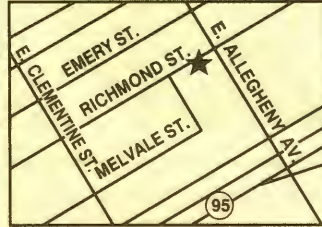
# Gentle Chiropractic



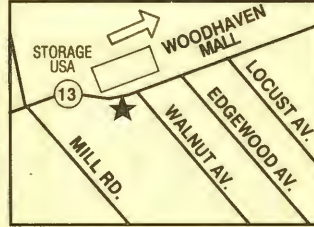
All Insurances Accepted • (We bill for you) • Day • Weekend & Evening Appointments

**KENSINGTON • PORT RICHMOND • N.E. PHILA.**

*Massage Therapy on Each Visit*



**PORT RICHMOND/KENSINGTON  
OFFICE**



**BENSALEM  
OFFICE**

- Walk-Ins Welcome
- New Patients Seen Same Day
- Workers' Compensation
- Job Injuries
- Auto Accidents
- Sports Injuries

[www.adjustment.baweb.com](http://www.adjustment.baweb.com)

661 Bristol Pike  
Bensalem

3165 Richmond St.  
Philadelphia, PA

*Dr. James Brady*

**215-245-5110 215-289-9499**

CONTINUED NEXT LISTING PAGE

## Dr. Alan Kushner Chiropractor

**MOST MEDICAL INSURANCE ACCEPTED-WORKMAN'S COMPENSATION  
D.P.A.-MEDICARE-PERSONAL INJURY-NO FAULT-1199 UNION**

- ARTHRITIS • PAIN CONTROL • NUMBNESS • ATHLETIC INJURIES
- LOWER BACK AND LEG PAIN • NUTRITIONAL COUNSELING • AUTO INJURIES (WHIPLASH)
- SCIATICA • CORRECTIVE EXERCISE PROGRAMS • ORTHOPEDIC • SPINAL INJURIES

CALL FOR APPOINTMENT  
HOURS  
DAILY & SATURDAY

**215-877-6688**

6103 LANSDOWNE AVE. PHILA.

PAIN & ACCIDENT CENTER



**DR. JOEL ZIMMER**  
Serving Art Area &  
University City  
For 19 Years  
521 N. 22nd St.



- AUTO
- WORK
- HOME
- SPORTS INJURIES

**IMMEDIATE APPOINTMENTS AVAILABLE**

Almost All Insurance Accepted  
Family Wellness Plans Offered

Call Now! **215-963-0550**

DAILY, EVE. & SAT Ample Parking

## PERSONAL INJURY

**AUTO ACCIDENTS SLIP & FALLS  
JOB RELATED INJURIES**

**We Treat The ENTIRE CITY!**

(North, South, Southwest, West & N.E. Phila)

- Come To Us  
Or  
We'll Come To YOU!
- Our Doctors Make  
**HOUSE CALLS!**



**Accident Patients Always Seen Immediately!**  
(Medical Doctor On Staff)  
\*Day & Evening Hours\*

*All-Care Chiropractic*

**215-533-2000**

6047 CASTOR AVE • N.E. PHILA



## ADVANCED PAIN MANAGEMENT & REHABILITATION

**INCLUDING:**

- Chiropractic • Anesthesiology
- Orthopedic • EMG Testing
- Neurology • Sports/Physical Therapy



**PAIN RELIEF FROM:**

- Auto Accidents • Back/Neck Pain
- Work Injuries • Headache Pain

Nutrition Counseling • Massage Therapy • Acupuncture  
 New Patients Taken Immediately • Free 1st Consultation & Exam  
 Daily Evening & Weekend Appts. Available

**UPPER DARBY ASSOC.**  
**610-352-9901**  
 240 S. 69th St. Upper Darby  
 Conveniently Located Next To Payless Shoes

**HEALTHLINE ASSOC.**  
**215-546-4522**  
 325 S. 22nd St. Philadelphia

We Fill Out The Forms So You Don't Have To

## CONVENIENT CENTER CITY LOCATION

YOUR CHIROPRACTIC CENTER WWW.CHIROCONNECTION.COM

# CHIROPRACTIC

**DR. RICK DUNLAP**  
 CHIROPRACTOR • PHYSICAL THERAPIST  
**215-564-6680**  
 1811 CHESTNUT STREET • BELGRAVIA BLDG. SUITE 100 • PHILA

- HOLISTIC ADJUSTMENTS
- MASSAGE THERAPY
- PAINLESS ACUPRESSURE
- NUTRITION & EXERCISE PROGRAMS
- HEALTH CARE WITHOUT DRUGS OR SURGERY

### CHIROPRACTORS D.C. (Cont'd)

HUNTINGDON VALLEY FAMILY CHIROPRACTIC CENTRE  
 Dr Michael Burak  
 2579HuntingdonPike HuntingdonValley ---- 215 938-6040

**INDRISO ANDREW DR**  
 BROAD & SPRUCE ST.  
 • 18 YEARS OF QUALITY CARE  
 • SPORTS INJURIES  
 • NUTRITION COUNSELING  
 • REHABILITATION  
 1421SpruceSt ---- 215 735-2997

Itkin Chiropractic PC 14425BustletonAvenue - 215 676-3236  
 Izzo John J 7713CastorAv ---- 215 745-7500

**JACOBSON BERTRAM DR**  
 For Good Health & Injuries-Most Insurances Accepted  
 9500NortheastAv ---- 215 673-9500

**JACOBSON SANDE R DR**  
 Specializing In Personal Injury & Nutrition  
 See Our Ad Cotman Chiropractic  
 9500NortheastAv ---- 215 673-9500

**JENKINTOWN CHIROPRACTIC CENTER**  
 435JohnsonSt Jenkintown ---- 215 885-8730  
 Kaplan Robert DC 5101FrankfordAve ---- 215 533-6325

**KARABINOS WM BRIAN DC**  
 See Our Ad Cotman Chiropractic  
 6722BustletonAv ---- 215 331-8858

**Karmich Chiropractic LLC**  
 Grant&KrewstownRds ---- 215 677-6176  
 Karmich Rehab 505KnoorSt ---- 215 745-9130  
 Karmich Rehab LLC 325BainbridgeSt ---- 215 238-6511  
 Karmich Rehab LLC 1835MarketSt ---- 215 496-9411  
 Karmich Rehab LLC 141 N 3St Phila ---- 215 733-0733

**KAVANAUGH P SHAUN**  
 3301RyanAve ---- 215 332-8686  
 Kenny Michael DC 7439FrankfordAv ---- 215 332-4770  
 Kent Raymond J DC 2514 E AlleghenyAv ---- 215 425-1110

**KESSLER ROBERT N DR**  
 9987VerreeRd ---- 215 698-5800  
 Kesten Marcia 4530BaltimoreAve ---- 215 386-6998  
 Kim Family Chiropractic 6616CastorAv ---- 215 725-6060

**KRIMMEL ELIZABETH ANN DR**  
 1107BethlehemPike Flourtown ---- 215 402-0146  
**KUSHNER ALAN** 6103LansdowneAv ---- 215 877-6688  
 (Please See Our Display Ad Previous Page)

**LAND CHIROPRACTIC OFFICE**  
 7022RisingSunAv ---- 215 745-6222  
 Land Paul A Jr Dr 7022RisingSunAv ---- 215 745-6222

Lastowski Chiropractic Services Inc  
 8037FrankfordAv ---- 215 333-5428

**LEVINE DAVID** 7225HaverfordAv ---- 215 877-2300  
 Liberty Chiropractic Health And Wellness Center  
 248GeigerRd ---- 215 464-7300

### CHIROPRACTORS D.C. (Cont'd)

**LIEBERT PAUL MD**  
 Healthline Pain Management/Rehabilitation Associates  
 325 S 22ndSt ---- 215 546-4522

Lipkin Chiropractic Centers  
 123LeveringtonAv ---- 215 483-1433  
 Lisa Angela Mary 744Ritner ---- 215 336-5472

**LOCUST ALTERNATIVE**  
 Nonforce Chiropractic-Acupuncture-Shiatzu-Massage-Energy Therapies-Psychological/Nutritional Counseling  
 1209LocustSt ---- 215 546-2532

Madnick Chiropractic Health Group  
 11000RooseveltBlvd ---- 215 677-2866

**MADNICK FAMILY CHIROPRACTIC AND REHABILITATION**  
 JONATHAN A MADNICK DC  
 MARIA COTUGNO MADNICK DC  
 Most Insurances Accepted  
 11000RsvitBlvd(WorldGym) ---- 215 677-2866  
 2618StreetRd Bensalem ---- 215 639-5525

**MARINI STEPHEN C**  
 3301RyanAve ---- 215 332-8686  
 Massaro Marlene 1420WalnutSt ---- 215 546-8101  
 MATURA WILLIAM S 701 W ErieAv ---- 215 229-7349  
 (Please See Our Display Ad This Page)

**MAY TODD C DR**  
 2401PennsylvaniaAv ---- 215 769-4718

**MAYFAIR CHIROPRACTIC CENTER**  
 7036FrankfordAve ---- 215 333-3322

**MCCARREN DONALD M DO**  
 Healthline Pain Management/Rehabilitation Associates  
 325 S 22ndSt ---- 215 546-4522

**MCDONALD VIRGINIA TODD**  
 243CoachLightTerr HuntndnVly ---- 215 947-2195  
 RisingSun&RooseveltBlvd ---- 215 457-0170

**McQuate Jeffrey Dr** 3146FrankfordAv ---- 215 739-4843  
**Meliodon Robert DC** 11450BustletonAv ---- 215 673-7654  
**Michael P Comely DC** Philadelphia ---- 215 969-2161  
**Millennium Chiropractic Center** 1619GrantAv ---- 215 934-5401  
**Miracle Family Care** 9869BustletonAv ---- 215 698-2773

**Mirarchi Chiropractic Health Center**  
 1333WolfSt ---- 215 334-2646

**MIRARCHI MARIA NANCY** 1333WolfSt ---- 215 334-2646  
**MITTICA DONALD J DR**  
 2ScarletOakDr LafayetteHill ---- 610 825-5282

**MORGAN CHIROPRACTIC CENTER**  
 Dr. Corrine Morgan, D.C.  
 1019ChristianSt ---- 215 922-3030

**MOSES LARRY DR** 7036FrankfordAve ---- 215 333-3322  
**Moses Susan dr** 6813TorresdaleAv ---- 215 624-9222  
**Moyer Alice** 4816Spruce ---- 215 748-0788

## For total body wellness, TURN YOUR BACK ON US

Located Conveniently Near East Falls, Germantown, Mt. Airy And All Of Northwest Philadelphia

We Provide Personalized Treatment to Get You Out of Pain and Return You to a Healthier Life

**WAHNER CHIROPRACTIC**  
**(215) 842-2227** Evening & Weekend Hours  
 Insurance Accepted

Payment Plans Avail. Sport - Auto - Work Injuries

5450 WISSAHICKON AVE.

**Wyoming Chiropractic Center**  
**DR. Musa Ajaj**  
 Palmer Grad. DC, MD  
 Fluent In: English, Spanish & Arabic

## AUTO ACCIDENTS Home/Work Injuries • Sports Injuries

**Effective Treatment For:**

- Low Back/Disc
- Headaches
- Migraines
- Arms & Neck
- Leg/Sciatica
- Joints/Arthritis

• Sauna & Steam Room Available  
 • Massage Therapist On Staff  
 • Emergency Appts. Available

ALL HEALTH INSURANCE PLANS ACCEPTED INCLUDING KEYSTONE MERCY HEALTH PLAN  
 HOURS: MON-SAT 9:00AM-7:00PM  
**(215) 457-4427**  
 435 E. WYOMING AVE, PHILA, PA 19106

### CHIROPRACTIC HEALTH & INJURY CENTER

**DR. WILLIAM S. MATURA & ASSOCIATES**  
 MOST INSURANCE PLANS ACCEPTED  
 MEDICARE & MEDICAID  
 WORKMAN'S COMPENSATION  
 UNION & PRIVATE INSURANCE

- BACK INJURIES • AUTO ACCIDENTS
- ON THE JOB INJURIES
- NECK & SHOULDER INJURIES

**DR. WILLIAM S. MATURA**

**OFFICE HOURS DAILY 9 AM TO 8 PM**

CALL  
**215-229-7349**  
 701 WEST ERIE AVE.

### OXFORD LEVICK CHIROPRACTIC CENTER

MARC COHEN D.C., DACBSP  
 JAMIE BASSEL D.C.  
 JAMES CRAINE D.C.  
 MICHAEL KAYE D.C., C.C.R.D.

MEDICARE, MOST PRIMARY HMC AND PPO INSURANCES ACCEPTED  
 WORKERS COMPENSATION  
 SPORTS RELATED INJURIES  
 MOTOR VEHICLE ACCIDENTS

**915 A LEVICK ST PHILA, PA**

**215-533-1113**

### CHIROPRACTORS D.C. (Cont'd)

**MOYLAN CHIROPRACTIC & REHABILITATION CENTER**  
 Dr James E Moylan  
 South Phila Office  
 1800JacksonSt ---- 215 463-4404  
 Nagle Nancy Dr 1601WalnutSt ---- 215 988-0908

**NARBERTH CHIROPRACTIC CENTER**  
 Dr Arnold B Weinberg  
 110 N EssexAv Narberth ---- 610 667-7463

**NEWAGE CHIROPRACTIC CENTER**  
 Dr. Felix Shapiro Day-Evening & Weekend Hours  
 248BustletonPke LowerSouthampton ---- 215 354-1226  
 Newman Pershing 1518WalnutSt ---- 215 985-5858

**OLNEY CHIROPRACTIC**  
 Auto & Work Accidents  
 6218 N 5St ---- 215 548-1212  
 O'Neill William P 1725 S BroadSt ---- 215 389-7006  
 Oswald Maggie DC 1209LocustSt ---- 215 546-4244  
 Palmer James DC 6218 N 5St ---- 215 548-1212  
 Palumbo Mike Jr DCPC 2226 S 12St ---- 215 952-6931  
 Panaia Chiropractic 1943 E PassyunkAv ---- 215 551-7950  
 Park Drive Chiropractic ---- 215 438-6550

**Phila Chiropractic Health Center**  
 2026ChestnutSt ---- 215 567-5007

**Philadelphia Spine and Rehabilitation Inc**  
 423 W PineAv ---- 215 224-2500  
**Piotrowski Denise** 4800 OgleSt ---- 215 483-6550

**Preferred Chiropractic & Rehab**  
 520WWashingtonAv ---- 215 271-4344

**Presidential Rehabilitation Center**  
 9808BustletonAv ---- 215 856-7311  
 Quinlan Wallace J 7301HasbrookAv ---- 215 722-7200

**Red Lion Chiropractic Center** 842RedLionRd ---- 215 464-0404  
**Rejuvenations Health Group** 1400 N BroadSt ---- 215 232-0200  
**Rejuvenations Health Group** 8014BustletonAv ---- 215 676-2900  
**Rejuvenations Health Group** 716ChestnutSt ---- 215 413-7777

### CHIROPRACTORS D.C. (Cont'd)

**RHAWNURST CHIROPRACTIC**  
 Doctor John J. Izzo  
 DIPLOMATE - AMERICAN BOARD OF CHIROPRACTIC ORTHOPEDISTS  
 X-RAY & THERAPY FACILITIES  
 BY APPOINTMENT MON THRU FRI  
 7713CastorAv ---- 215 745-7500

**RHODES GEORGE M DR** 2409WaverlySt ---- 215 546-8100  
 Right Choice Medical Centers  
 197 W NedroAv ---- 215 548-8100  
**Rios Chiropractic Center** 2824CottmanAv ---- 215 331-8100  
**RITCHIE JOHN C**  
 243CoachLightTerr HuntndnVly ---- 215 947-2195  
 RisingSun&RooseveltBlvd ---- 215 457-0170

**Riverside Chiropractic & Physical Rehabilitation**  
 200 E GirardAv ---- 215 291-8100  
**Robert Radomski** Philadelphia ---- 215 745-8100  
**ROBINSON JOSEPH J DC RAC**  
 2BalaPlaza BalaCynwyd ---- 610 617-8100  
**Robinson Joseph J Dr** Philadelphia ---- 215 671-8100

**ROGOWSKI RAYMOND P JR**  
 Please See My Ad Under Airport Chiropractic Center  
 2608 IslandRd ---- 215 365-8100

**ROXBOROUGH CHIROPRACTIC CENTER**  
 6816RidgeAv ---- 215 483-8100  
**Ruffo Vincent S** 6412GirardAv ---- 215 472-8100  
**Rush Robert Zachary DR** Family Chiropractor PC  
 13044BustletonAv ---- 215 677-8100  
**Rush Robert Zachary DR** Family Chiropractor PC  
 153FranklinMillsBlvd ---- 215 281-8100

**SARAGA WALTER K**  
 111BalaAv Bala-Cynwyd ---- 610 667-8100



# Dr. Rick Brown

**IMMEDIATE APPOINTMENTS  
AVAILABLE**

MOST INSURANCE ACCEPTED  
EVENING & WEEKEND APPOINTMENTS AVAILABLE



- Neck & Back Pain
- Disc Injuries
- Sciatica
- Muscle Spasms
- Headaches
- Shoulder & Arm Pain
- Sports Injuries
- Work & Auto Injuries

## BACK TO LIFE CHIROPRACTIC

State of the Art, Gentle Chiropractic Care

**856-933-4777**

33 West King's Hwy., Mt. Ephraim  
Located 1 Block Off The The Black Horse Pike  
and Less Than 1 Mile From Rt. 42, Rt. 295 & Rt. 30



Why wait for treatment?

24 Hr. 7 Day Week Emergency Care\* Same Day Appointment Available



# Physicians Plus, P.C.

Physical Medicine  
& Rehabilitation



**MOST INSURANCES ACCEPTED**

- Physical Therapy - Ultrasound, Muscle Stimulation, Traction
- Diagnostics - X-Ray, EKG, Nerve Conduction Studies, Lab Studies

**FAST, GENTLE PAIN RELIEF**

- Chiropractic Care
- Medical Director
- Physical Therapist
- Rehabilitation
- Auto Injuries
- Sports Injuries
- Work Injuries
- Massage Therapy

Receive Immediate Care for:

Lower Back Pain	Carpal Tunnel	Numbness
Neck Pain	Pain Down Legs	Nutritional Counseling
Shoulder Pain	Hip Pain	Headaches
Arm Pain	Dizziness	Sciatica

Bringing Chiropractic, Medical & PT Together

Vincent Blue M.D. Michael J Miranda D.C.

Angela Galasso D.C. Kris Pozega P.T. Mary Del Rossi-Bishop P.T.

**(856) 778-8996**

120 E. CAMDEN AVE. (RT. 537) MOORESTOWN

See Our Complimentary Offer Online

[www.physicians-plus.net](http://www.physicians-plus.net)



# Probe CHIROPRACTIC

740 Mantua Pike • Woodbury Heights

Plaza 38  
1509 Rt. 38  
Hainesport

Suffering  
Needlessly?

**We've Treated Over 15,000  
Patients...Just Like You!**

- Back Pain • Sciatica
- Headaches • Scoliosis
- Leg Pain • Bursitis
- Arthritis • Whiplash
- Low Back Pain
- Arm/Hand Numbness

[www.probechiropractic.com](http://www.probechiropractic.com)

**Why Settle For Less!**

The above signs & symptoms may not be amenable to Chiropractic care, only your Chiropractor can tell, so call for your appointment today!

HMO BLUE  
AMERIHEALTH  
AETNA/US HEALTHCARE  
FIRST OPTION  
Ask About Your Insurance  
NO CHARGE For Initial Consultation



Office Hours  
7 Days A Week

**856-845-4244**

**609-518-9310**

**IMMEDIATE APPOINTMENTS  
AVAILABLE:  
EMERGENCY PATIENTS WELCOME  
NO CHARGE FOR  
INITIAL CONSULTATION!**

"Quality Service By Doctors Who Really Care"

# C.M. CHIROPRACTIC

CHIROPRACTIC, ORTHOPEDIC & NEUROLOGIC TESTING IN A MODERN FACILITY  
WITH PHYSICAL THERAPY AND X-RAY EQUIPMENT ON PREMISES

- AUTO & WHIPLASH INJURIES
- LOW BACK & LEG PAIN
- NECK, SHOULDER & ARM PAIN
- HEADACHES
- ATHLETIC INJURIES
- DISC PROBLEMS & PAINFUL JOINTS
- NUMBNESS OF HANDS & FEET
- PINCHED NERVES & MUSCLE SPASMS
- SCOLIOSIS
- REHABILITATION & HYDROMASSAGE THERAPY\*

\*Any Of The Above Signs Also May Result From Conditions Which May Not Be Amenable To Chiropractic Care.  
Referrals To Appropriate Physicians When Indicated



DR. CYNTHIA MATHIS D.C.

Convenient Morning & Evening  
Hours Available

Most Insurance Coverage Accepted  
As Full Or Partial Payment

**772-6300**

[www.cmchiro.com](http://www.cmchiro.com)

VOORHEES • 1 BRITTON PLACE  
(ECHELON PROFESSIONAL CTR. - SUITE 10)  
NEXT TO ECHELON MALL - ACROSS FROM Y.M.C.A.



# Lafferty Family

CHIROPRACTIC

**"Quality Effective Treatment For:"**

- Auto, Home & Work Related Injuries
- Sports Injuries
- Neck & Shoulder Pain
- Low Back Pain
- Disc Bulges & Disc Herniation
- Carpal Tunnel Syndrome



115 Rt 73 North  
**BERLIN**  
(On Berlin Circle)

Most Insurance Accepted Including  
Amerihealth PC/HMO-US Healthcare  
Aetna/Blue Cross Blue Shield PA & NJ  
Medicare

**(856) 768-7737**

**Emergency Care Provided  
No Appointment Necessary  
Morning & Evening Hours Available  
Mention This Ad For  
Free Initial Consultation & Exam**

Dr Anthony Lafferty DC  
Dr Edward Lafferty DC

**Chiropractors D.C. (Cont'd)**

- Barry Edwin F  
181 White Horse Pike Cmntr ----- 435-737
- BAUMGARDNER KATHLEEN  
DC DACBSP**  
Diplomate In Sports Injuries  
Call For Information Packet  
151 W Greentree Rd Mrtn ----- 983-542
- Bellmawr Chiropractic  
1018 W Browning Rd Blmwr ----- 933-704
- BENEFELD MELISSA DC**  
208 White Horse Pike Bamgtn ----- 546-123
- BENNETT GEORGE T**  
2193 Riverton Rd Cmnstr ----- 786-222
- BERLIN CHIROPRACTIC  
CENTER**  
Dr. Patricia Spiegel DC  
262 S White Horse Pike Berlin ----- 768-436
- BICKEL TOM DR**  
See Ad-Audubon Back Aid  
246 White Horse Pike Aud ----- 547-777
- BIDWELL CHIROPRACTIC  
CENTER**  
Immediate Appointments Available  
Most Major Insurances Accepted  
703 E Main Mrstn ----- 273-155
- BIGGIANI GREGORY DC**  
504 Sicklerville Rd Sickvl ----- 875-151
- BILIC JOHN A DC**  
Cherry Hill Area ----- 429-407
- BILL E STEFANOU DC**  
111 Church Rd Mrtn ----- 983-821

Shopping Verizon's  
SuperPages is easy. And  
that's the whole idea.

## COURIER-POST

# Best of South Jersey

Voted Best Chiropractor in 2002

- EFFECTIVE HOLISTIC CARE
- HIGH TECH THERAPIES
- 15 YEARS OF EXPERIENCE
- 9AM - 7PM & SAT. HOURS
- WEB SITE: www.drlyden.com

**LYDEN  
CHIROPRACTIC**  
EAGLE PLAZA IN VOORHEES  
(Next To Office Depot)

Call **(856) 784-0676**



**Dr. Christopher Lyden**

IGNORED BY YOUR HMO? THEN CALL US...

## BARRY CHIROPRACTIC CENTER



Edwin Barry D.C.

181 WHITE HORSE PIKE • CLEMENTON

Experienced pain relief  
you can feel good about  
With my experience in auto accidents,  
Workers' Comp. injuries, and muscle  
pain, people have come to rely on me  
when they have to get rid of their pain.

**SAME-DAY APPOINTMENTS AVAILABLE**

- Relief for:
- Low back pain
  - Neck pain & stiffness
  - Chronic headaches
  - Radiating pain in limbs
  - Sports Injuries

- Plus many conveniences:
- Evening & Saturday hours
  - New Patients Welcome
  - Insurance accepted & filed



Courtesy Initial Consultation

"OVER 7000 PATIENTS HAVE RELIED ON  
ME FOR BACK AND NECK PAIN RELIEF."

**435-7377**

## PETER C. DIANA, D.C.

GMS MEDICAL INC.



**COMPREHENSIVE CARE INCLUDING  
MANIPULATION & REHABILITATION  
FOR TREATMENT OF...**

- Low Back Pain
- Neck Pain
- Pain/Numbsness Of  
The Legs And Arms

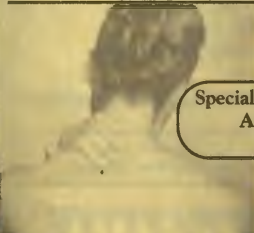
- Headaches
- Personal Injuries/  
Auto Accidents
- Job Related Injuries

**795-4925**

"MOST MAJOR INSURANCE PLANS ACCEPTED"

Suite 206 • Echelon Medical Center  
600 Somerdale Rd, Voorhees NJ  
HOURS BY APPT.

## NMS CHIROPRACTIC, P.C. SINCE 1986



STEVEN G. SCHRAM, D.C.  
LU ANN MORROW, D.C., C.C.R.D.  
Board Certified In Pain Management And Rehabilitation

Specializing In Trigger Point Therapy and Myofascial Release  
An Alternative Way To Relieve Pain By Doctors  
You Can Trust

- Gentle, effective treatment for neck  
and lower back pain
- Auto Accidents • Sports Medicine

• EMERGENCY CASES ACCEPTED • New Patients Welcome  
Most Major Insurance Plans • Blue Cross Plans • Ameri-Health  
Aetna • US Healthcare • Medicare



**856-429-4202**

Office Hours  
Mon Wed Fri 9-1 & 3-8  
Thurs 3-8  
Sat by Appointment

1916 Old Cuthbert Road, A1-A2 • Cherry Hill

FEEL HEALTHY AGAIN!

## Health First

## CHIROPRACTIC CENTER

- ♦ MASSAGE THERAPY
- ♦ SPORTS INJURIES
- ♦ AUTO ACCIDENTS
- ♦ LOW BACK PAIN
- ♦ WELLNESS CARE
- ♦ HEADACHES
- ♦ MATERNITY CARE
- ♦ NON-SURGICAL  
DISC TREATMENT

SAME DAY APPOINTMENTS • MOST INSURANCE ACCEPTED  
www.livewithoutpain.com

**DR. BRYAN C. RUSSELL, D.C.**

**354-9099**

1432 ROUTE 70,  
CHERRY HILL



**218-2677**

444 HURFFVILLE - CROSS KEYS ROAD  
(ACROSS FROM KENNEDY HOSPITAL)





**The Back & Neck Care Center  
GLOUCESTER TWP.**  
Blackwood - Clementon & Laurel Rds. across from Shop-Rite  
**Convenient Day, Evening and Saturday Hours**  
• Low Back/Neck Pain • Headaches • Leg/Arm Pain • Auto/Work Injury  
**Most Insurance/HMO's Accepted including:**  
**782-9500** Aetna/UShealthcare, Amerihealth, Cigna  
Medicare, Horizon, Personal Choice

LEAVE YOUR PAIN WITH US **MAIN** BACK & NECK PAIN • SPORTS INJURIES  
HEADACHES • WEIGHT LOSS

**CHIROPRACTIC Center**  
www.familychiropracticwellness.com  
**856-482-1626**

201 E Main St Maple Shade **DR. A. SCOTT LAKERNICK** Chiropractic Neurologist

**MOST INSURANCES**  
ASK ABOUT OUR COMPLEMENTARY CONSULTATION

**SOUTH JERSEY Health and Wellness CENTER**

Emergency Care & Same-Day Appointments Available  
Early Morning and Evening Hours  
**856-761-8100**  
1990 East Route 70, Village Walk Plaza  
Suite 7, Cherry Hill, NJ 08003

**CHIROPRACTIC HEALTHCARE**  
Extra Gentle Care for Apprehensive Patients

**Dr. Anthony C. Carabasi**

**Safe & Effective, Drug-Free, Non-Surgical Approach For:**  
• AUTO • WORK • SPORTS RELATED INJURIES  
• Back & Neck Pain • Numbness in Arms • Hip and Leg Pain • Difficulty Breathing  
• Nutritional Counseling • Carpal Tunnel Syndrome • Jaw Problems (TMJ) • Stress  
Related Conditions • Disc Herniations • Arthritis

**MOST HEALTH INSURANCE ACCEPTED**

**STRATFORD PINE CENTER**  
At The Arthritis Center of South Jersey

Dr. Robert J. O'Brien, D.C.  
Dr. Patricia Dickerson-O'Brien, D.C.

• LOW BACK PAIN • NECK PAIN • LEG PAIN • ATHLETIC INJURIES • PINCHED NERVES  
• HEADACHES • DISC • CARPAL TUNNEL • FIBROMYALGIA • AUTO & WORK RELATED INJURIES

Most Insurance Plans Accepted

**856-782-7500**

EMERGENCY CARE Babysitting Provided 215 E. Laurel Road, Stratford

**NATURAL HEALTH CHIROPRACTIC CENTER**  
DR. MICHAEL WEISKOPF, D.C.

FAMILY CARE FOR CHILDREN THROUGH ADULTS  
HIGH TECH DIAGNOSTIC • ADJUSTMENTS • PREVENTIVE CARE  
HOLISTIC CARE • HEADACHE • NECK & BACK PAIN  
FIBROMYALGIA / CHRONIC FATIGUE SYNDROME • AUTO & WORK RELATED INJURIES

www.alighttime.com  
**795-6555**  
(Located Next To Vito's Pizza)  
102 Browning Lane Bldg C Suite 4 Cherry Hill

SAME DAY APPTS • SATURDAY HOURS  
MOST INSURANCES ACCEPTED

**Cillo Family Chiropractic**  
Gentle Chiropractic Care for the Entire Family

**10 WOODLANE DRIVE BLACKWOOD**

Relief For Headaches • TMJ Problems • Neck Pain • Fatigue  
Shoulder Pain • Arm Pain • Carpal Tunnel • Mid Back Pain • Rib pain  
Low Back Pain • Hip Pain • Buttock Pain • Thigh, Knee Pain • Leg Pain

www.blackwoodchiropractic.com **228-0019** Veterinary Orthopedic Manipulation

Emergency Care and Same Day Appointments Available • Most Insurance Plans Accepted

**Advanced Family Health & Wellness Center L.L.C.**

• Work Hardening Joseph J. Clements DC Robert M. Reich DC PT John A. Quattrochi DC  
• Hand Therapy Marvin S. Wallach, D.O. **CHIROPRACTIC - PHYSICAL THERAPY - MEDICAL**  
• TMJ Programs  
• Back & Neck Programs  
• Orthopedic & Pediatric Therapies  
• Work, Sports & Auto Injuries

3 Convenient Locations

429 WHITE HORSE PIKE ATCO, NJ (LOCATED IN HEALING ARTS CENTER) 111 WINE ST. HAMMONTON, NJ 750 WHITE HORSE PIKE HAMMONTON, NJ (LOCATED AT KELLY'S CORNER)

**856-753-1111 609-704-7007 609-567-4700**

**PERFORMANCE CHIROPRACTIC**  
Dr. John Krisciunas Jr.  
CERTIFIED CHIROPRACTIC SPORTS PHYSICIAN  
LOWER BACK PAIN • NECK & SHOULDER PAIN • HEADACHES • STRESS  
DISC PROBLEMS • JOINT & MUSCLE PAIN • STIFFNESS/NUMBNESS  
SPORTS INJURIES • AUTO ACCIDENTS  
TRADITIONAL / GENTLE TECHNIQUES • PHYSIO THERAPY  
**FRIENDLY ATMOSPHERE** MOST INSURANCES ACCEPTED  
**401-9550** (Route 168 Suite 405) 901 Black Horse Pike Turnersville

**Audubon Back Aid Center**

Minimize Pain - Maximize Function

• Neck • Shoulder • Low Back  
• Headaches • Extremities

Most insurances accepted

Family Chiropractic Care

Dr. Pat Carcaise, D.C.  
Dr. Tom Bickel, D.C.

**547-7722**  
246 South White Horse Pike Audubon

**THE BACK DR. COMMUNITY CHIROPRACTIC CENTER**

**GLOUCESTER CITY**  
DR. ANDREW E. HERMAN

MOST INSURANCES ACCEPTED  
Across From Gloucester High School  
One Block Off Rt. 130 @ Market St.  
Market St. and Greenwood Ave.

TRANSPORTATION AVAILABLE  
**742-0584**

**NOVAK CHIROPRACTIC**  
Board Certified Chiropractic Physician

Family Wellness • Neck & Back Pain • Arm & Leg Pain • Headache Relief  
Sciatica • Sports Injuries • Auto Accidents • Workers Comp

(I-295 Exit 32 Towards Haddonfield, 1/4 mile on left)  
1001 Haddonfield Berlin Rd (Rt 561) Cherry Hill

**795-7950** SAME DAY APPTS Most Insurances Accepted  
www.novakchiropractic.com

**Chiropractors D.C. (Cont'd)**

**BLACK HORSE CHIROPRACTIC**  
WASHINGTON TOWNSHIP  
PAIN RELIEF FOR  
HEADACHES • NECK & ARM PAIN  
LOWER BACK & LEG PAIN  
DISC PROBLEMS  
CARPAL TUNNEL SYNDROME  
REHAB EQUIPMENT ON-SITE  
JOSEPH A. MIDILI, D.C.  
133GantownRd Turnrvl- **228-6366**

**Chiropractors D.C. (Cont'd)**

**BLACK HORSE PIKE CHIROPRACTIC**  
511 N BlackHorsePike Runemd- **939-6196**  
See Our Display Ad Page 192

**BLACKWOOD CHIROPRACTIC ASSOCIATES**  
Harold K Doe Jr DC-Director  
55 E Church Blckwd- **227-5422**

**BOLINGER MARK**  
1416BraceRd CherHI- **795-2424**

2999EveshamRd Vorhes- **751-7176**

**BOWERS JASON DC**  
904 S BurntMillRd VorhesTwp- **429-3200**

**Busy People Save Time  
They Buy with the  
Verizon SuperPages**

**Verizon SuperPages - help you  
need to shop the way you want.**

SuperPages.com from Verizon makes online shopping fast and easy. CONTINUED NEXT LISTING PAGE



# SULLIVAN CHIROPRACTIC

**Dr. Brian Sullivan**

*Affordable Chiropractic  
Care & Rehabilitation*

- **AUTO**
- **WORK**
- **SPORTS  
INJURIES**

*Monday Morning Free Spinal Screening  
Call For More Information*

**Emergencies &  
New Patients Welcome**

*Most Insurances Accepted*

**617-464-0900**

377 W Broadway, South Boston

**978-921-4440**

142 Rantoul St., Beverly



# West Roxbury Chiropractic

## End Your Back & Neck Pain

*Proven Techniques to End Your Pain*

- Sports & Auto Injuries • Personal Injuries
- Low Back Pain • Neck & Whiplash Pain
- Headaches • Radiating Pain in Extremities
- X-Ray for Precise Injury Detection

*Accommodating Your Budget & Busy Schedule*

- Walk-Ins Welcome
- Convenient Morning, Early Evening & Sat. Appts.
- Emergencies Seen the Same Day
- Credit Cards Welcome
- Payment Plans, Insurance & Medicare Accepted



*Noś Falamos Portugues  
Se Habla Español*

**Dr. Michael Thomas Costa**

Member of American Chiropractic Association and  
Massachusetts Chiropractic Society

**For Your Free Consultation**



# 617.323.5040

**2101 CENTRE STREET • WEST ROXBURY**

*(Located Diagonally Across From St. Theresa's)*

**E-mail: westroxdoc@aol.com**



A  
B  
C  
D  
E  
F  
G  
H  
I  
J  
K  
L  
M  
N  
O  
P  
Q  
R  
S  
T  
U  
V  
W  
X  
Y  
Z





**BACK AND NECK**  
**PAIN ASSOCIATES**  
 of Revere. PC

***Isn't It Time You Saw An Expert To  
 Relieve Your Neck And Back Pain?***

*"Using progressive methods combined with advanced diagnostic and treatment equipment, Dr. Gerald Nastasia has helped thousands of patients find relief from:"*

- AUTO/WORK-RELATED INJURY
- SPORTS INJURIES
- NECK PAIN & STIFFNESS
- ARM OR LEG PAIN
- LOW BACK PAIN
- CHRONIC HEADACHES

*"We'll help with your immediate needs and work with you to prevent future problems. For your convenience, we're open 'til 7pm and Saturdays and we have flexible payment options. Most insurance is accepted and filed including:"*

- Aetna/US Healthcare
- Auto/Work Injury Plans
- Admar Network
- Affordable/First Health
- America's Health Plan
- BC/BS Plans
- Cigna Health Care
- Commonwealth PPO
- Choice One
- Cost Care/Unicare Network
- Fallon Health Plans
- Harvard Pilgrim Health Plans
- HealthCare Value Management Ntwk
- Healthflex Blue & Blue Care Elect
- Health Management Center Inc.
- Health Plans Inc.
- Health Source Network
- HMO Blue & Blue Choice
- John Hancock
- Medicare
- Mutual Alliance Plan
- One Health Plan
- PHCS Network
- PruCare HMO/Plus
- Tufts Health Plans
- Tufts Secure Horizons
- United Healthcare/MetraHealth

**Dr. Gerald Nastasia, Jr.**  
*Diplomate, American Board  
 of Chiropractic Orthopedists*

**- 24 HR EMERGENCY -**

*New Patients Seen Same Day*

**781 289-6117**

Member:

American Chiropractic Association  
 ACA Council on Chiropractic Orthopedics  
 Massachusetts Chiropractic Society

385 Broadway, Revere 02151 (Citizen's Bank Building)



# Burlington Chiropractic

**O**ver 90% of the people under our care were referred to our practice by current and previous patients. We feel our patients recommend us so highly, not only for the positive results they achieve, but our policy of accepting only those people we truly believe can benefit from care. To find out if Burlington Chiropractic could help you, call for a:



Dr. Matthew C. Guy, Jr.

**❁ COMPLIMENTARY CONSULTATION ❁**

**(781) 229-9505**

*Established 1989*

Emergencies Seen Immediately • Phone Calls & Questions Welcome • Morning, Lunch and Evening Appts.

Preferred Provider For BC/BS, Tufts, Aetna, Cost Care, UniCare, PHCS, Fallon, Oxford, Harvard Pilgrim & Other Plans.

165 Bedford Street • Rte 62 • Burlington 01803 • Just Off Middlesex Turnpike





Since 1985

# CAMBRIDGE HYDE PARK

Auto Injuries • Sports Injuries • Workers' Comp

**Specializing In Back and Neck Pain  
Exercise and Rehabilitation  
Free Parking • Evening Hours**

TUFTS, HMO BLUE  
And Most Other  
Insurances Accepted

**617-361-5353**

- HYDE PARK -

## BROMBERG CHIROPRACTIC CENTER

**617-494-1166**

- CAMBRIDGE -



Multi-Lingual Office: Creole, French, Spanish, Chinese, Portuguese

### THE PAIN STOPS HERE

## Broadway Family Chiropractic

- A Complete Family Health Care Facility

- Most Insurances Accepted
- Evenings By Appointment
- On-Site Parking

**Now Offering  
THERAPEUTIC MASSAGE**

**NEW PATIENTS SEEN  
THE SAME DAY**

**Dr. Thomas E. Abate**  
Certified in Spinal Trauma

### Board Member of North Shore & Mass Chiropractic Society

- Gentle Effective Full Spine & Extremity Adjusting
- Work, Auto & Sports Injuries
- Headaches, Neck & Low Back Pain
- Holistic Preventive Healthcare For Adults & Children

**DON'T SUFFER NEEDLESSLY!!**

85 Broadway • Revere (Intersection of Broadway & Route 16)

**781 289-9223**

### • CHIROPRACTORS (CONT'D)

- Alternative Paths To Health  
1611 Cambridge St  
Cambridge ..... 617-661-529
- Amato Ronald V  
107 William St Stoneham .... 781-438-575
- American Wholehealth Centers  
180 Massachusetts Av  
Arltn ..... 781-641-190
- Amethyst Chiropractic  
259 Elm St Smrville ..... 617-591-920
- Anderson & Anderson  
25 Curtis St Medford ..... 781-395-594
- Anderson Arthur H  
21 Brooks Park Medford ..... 781-396-444
- Andreason Paul W  
479 Main St Wobrn ..... 781-933-243

### ARBIT CHIROPRACTIC

#### HYDE PARK

- Commitment To Excellence
- Same Day Emergency Appointments
- Evenings & Saturdays
- El Doctor Habla Español

1148 River St Hyde Park 02136 . 617 364-1994

### ARCHAMBAULT N RICHARD & ASSOC

9 Chestnut Street  
Arltn 02474 ..... 781-646-840  
See Ad Page 277

Arlington Chiropractic Office  
406 Massachusetts Av  
Arltn ..... 781-648-400

### ARLINGTON HEIGHTS CHIROPRACTIC OFFICE

1289 Massachusetts Ave  
Arltn 02476 ..... 781-646-127  
See Ad Page 280

(Continued Next Page)



● CHIROPRACTORS (CONT'D)

**ARPANO CHIROPRACTIC**

278 Centre Street  
Quincy 02169 ..... **617-773-3200**  
See Ad Page 275

Arpano John DC  
278 Ctr St Quincy ..... 617-773-3200  
Arsenal Street Chiropractic  
440 Arsenal St Watertown ... 617-972-8500  
Ashmont Chiropractic Center  
Peabody Sq Drchstr ..... 617-265-2900  
Atlantic Chiropractic  
200 Main St Stoneham ..... 781-438-4278

**AUST CHIROPRACTIC**

192 Worcester Rd  
Natk 01760 ..... **508-652-9901**  
See Ad Page 280

Back In Action Chiropractic  
603 Tremont St Boston ..... 617-267-2225  
Back In Line Chiropractic Inc  
51 Commercial St Malden ... 781-397-8880

**BACK & NECK PAIN**

**ASSOCIATES**  
385 Broadway  
Revere 02151 ..... **781-289-6117**  
See Ad Page 271

Back & Neck Treatment Center  
948 Bennington E Boston .... 617-569-7700  
Back Plus  
1815 Massachusetts Av Cambridge  
Toll Free Dial 1 ..... 888-222-5976  
Back Plus Corp  
278 Ctr Quincy ..... 617-479-6611

**BACKWORKS**

34 Batterymarch Street  
Boston 02110 ..... **617-451-2225**  
34 Batterymarch St  
Boston Toll Free Dia ... **888-222-5967**  
See Ad Page 277

Baer Family Chiropractic  
220 Concord Av  
Cambridge ..... 617-354-4555  
Barron Chiropractic & Rehabilitation PC  
315 Ctr St Jamaica Plain ..... 617-524-6325  
1520 Blue Hill Av Mattapan . 617-298-6325  
Beach Chiropractic  
300 Ocean Av Revere ..... 781-284-6652  
Beacon Chiropractic  
1842 Beacon St Brkln ..... 617-232-7566  
Beacon Hill Chiropractic  
83 Charles St Boston ..... 617-720-1992  
Belmont Family Chiropractic  
767 Belmont St Blmnt ..... 617-489-4455

**BENESKI JOHN P**

Alternative Paths To Health  
**POST OFFICE  
SQUARE**

Conveniently Located In The Financial District  
• 2 1/2 Blocks from State St.  
• Early Morning & Evening Hours  
• Auto • Work Related Injuries  
• Most Insurance Accepted

**NEW PATIENTS WELCOME**

• All Major Credit Cards

147 Milk St Boston 02109 . . . **617 338-8780**

Beneski John P  
35 Main Saugus ..... 781-233-2016

**BENKERT MARY C**

**Lexington - Bedford**

- 19 Years Experience
- BCBS / Tufts Provider
- Free Initial Consultation
- Same Day Emergency Care

235 Bedford Rd Lxngtn 02420 . . **781 862-7411**

(Continued Next Page)



*"Serving The Community  
Since 1988"*

**GAIL HEPBURN  
CHIROPRACTIC**



**MOST INSURANCE ACCEPTED**

**BACK PAIN • HEADACHES • NECK PAIN • ALLERGIES  
MENSTRUAL CRAMPS • PREGNANCY**

Auto & Work Related Injuries • By Appointment Only  
Natural Health Care For Children & Entire Family

**GAIL HEPBURN**

**(617) 247-2541**

**1 (800) 235-2400**

428 MASS. AVE., BOSTON 02118 • VALIDATED PARKING

Convenient to Public Transportation: Green Line - Symphony Station  
Orange Line - Mass. Ave. Station Orange Line - Ruggles Station

**BOSTON CORNER OF MASS. & COLUMBUS AVE. • SE HABLA ESPANOL**



**Kantorosinski**

**CHIROPRACTIC OFFICES**

*Proven Effective Full Spine  
Extremity Adjusting*

**Special Attention Given To:**

- Work & Auto Injuries
- Headaches
- Neck & Arm Pain
- Posture Care - Scoliosis
- Sports Injuries
- Emergency Service
- Chronic & Difficult Cases
- Holistic Preventive Health Care
- Physical, Nutritional & Exercise Therapy Utilized
- Family Health Care
- Children & Infants

Hablamos español  
Mówimy po polsku

Palmer College of Chiropractic Graduate

*New Patients Are Seen The Same Day*

**Most Insurances  
Accepted -  
Forms are  
Completed For You**

**SALEM**

407 Essex St  
Salem, MA 01970

**Tel (978) 741-3477**

Fax (978) 744-7757



Dr. Peter McManus  
Dr. Kristian McCoy  
Dr. Patrick Conlin

American Chiropractic Association  
Massachusetts Chiropractic Association  
North Shore Chiropractic Society

Dr. Mike Kantorosinski

Certified Chiropractic Sports Physician  
Certified Senior Disability Analyst and Diplomate  
Chiropractic Certification in Spinal Trauma  
Board Qualified Chiropractic Orthopedist  
Certified in Chiropractic Peer Review



**AUTO ACCIDENTS**  
**• SPORTS INJURIES • WORK INJURIES**

# WHIPLASH

Whiplash is a serious injury to the neck and/or spine caused by a sudden forward or backward jerk of the head. It is damaging and requires immediate treatment. If you feel you've suffered a WHIPLASH INJURY, please call Revere Chiropractic & Rehabilitation for a FREE CONSULTATION. Our staff understands the pain and specific problems associated with whiplash and can help relieve your suffering TODAY.

**We provide the right treatment for:**

- Headaches
- Numbness
- Pinched Nerves
- Low Back Pain
- Leg Pain
- Shoulder Pain
- Neck Pain
- Muscle Spasms
- Neck & Low Back Rehabilitation



## Revere Chiropractic & Rehabilitation

**Dr. Joseph Kornfeld**

• BOARD CERTIFIED IN NEUROLOGY

EVENING HOURS AVAILABLE

385 Broadway, Revere (Citizens Bank Bldg)

**Most Medical Insurance Accepted and Billed**

**Auto Accident & Workers' Comp. Insurance Usually Pays 100%**

**TOLL FREE**

**1-888-482-8028**

**• CHIROPRACTORS (CONT'D)**

Berg Bonnie  
 314 Main St Medford ..... 781-396-1070  
 Bill Frank  
 269 Middlesex Av Medford . 781-395-5559  
 Blumback Family Chiropractic Center  
 195 Mount Auburn St  
 Watertown .....817-924-0500

**BOGART CHIROPRACTOR**

**OFFICE**  
 6 Bow St  
 Walthm 02452 ..... **781-891-9734**  
*See Ad Page 280*

Boston Benevolent Chiropractic Clinic  
 14 Beacon St Boston .....617-523-1400

**BOSTON CHIROPRACTIC ASSOCIATES**

100 Boylston Street Suite 850  
 Boston 02116 ..... **617-451-1111**  
*See Ad Page 278*

Boston Community Chiropractic  
 190 Dudley St Roxbury .....617-442-8600  
 Boston Copley Square Chiropractic  
 Office 304 Columbus Av Boston  
 Toll Free Dial 1 .....800-649-7956

Boston Spine Clinics  
 67 Broadway Smrville ..... 617-666-1767  
 15 N Beacon St Allston .....617-783-1776  
 500 River St Mattapan ..... 617-298-1776  
 560 Columbia Rd Drchstr .... 617-929-1776

Boston Sports Chiropractic & Rehabilitation  
 653 Summer S Boston ..... 617-268-0333  
 11 Bartlett Rd Winthrop ..... 617-846-3502  
 441 Stuart St Boston ..... 617-247-2300

**BOULOGNE ANDRE**

167 Corey Road  
 Brkln 02445 ..... **617-731-5000**  
*See Ad Page 280*

Brighton Sports Medicine And Rehabilitation  
 556 Cambridge St Brighton .617-787-8700

**BROADWAY FAMILY CHIROPRACTIC**

85 Broadway  
 Revere 02151 ..... **781-289-9223**  
*See Ad Page 272*

Bromberg Steven  
 201 Broadway Cambridge .. 617-494-1166

**BROOKLINE FAMILY CHIROPRACTIC CENTER**

209 Harvard St Suite 503  
 Brkln 02446 ..... **617-735-9656**  
*See Ad Page 275*

Brown Chiropractic Center  
 40 Willard St Quincy ..... 617-328-0839  
 Brown Steven I  
 129 Mount Auburn St  
 Cambridge ..... 617-492-0009

Burke Julie A  
 345 Boylston St Newtn .....817-964-3332

**BURLINGTON CHIROPRACTIC**

165 Bedford Street  
 Brlghtn 01803 ..... **781-229-9505**  
*See Ad Page 271*

Byer Debra L  
 259 Elm St Smrville .....617-591-9200

**CAMBRIDGE/SOMERVILLE FAMILY CHIROPRACTORS**

2067 Massachusetts Ave  
 Cambridge 02140 ..... **617-491-3888**  
*See Ad Page 278*

**CANCRO CHIROPRACTIC DR. JOANNE CANCRO**

- Pain Relief & Preventive Rehabilitation
- Ayurvedic & Nutritional Counseling
- Evening & Weekend Hours
- Emergency Appointments Available
- For Individualized, Quality Care, Call Today  
 56 Winchester St Newton 02464  
 ..... **617 244-3330**

Caro Wendy F  
 19 Belmont St Cambridge ... 617-868-2225  
 (Continued Next Page)

## Thinking About Chiropractic Treatment?

Call For Free Phone Consultation With One of Our Doctors



### Milton Chiropractic & Rehabilitation, Inc.

**ON-SITE PHYSICAL THERAPY REHABILITATION FACILITY  
 NUTRITIONAL COUNSELING & EXERCISE PROGRAMS**

**EFFECTIVE TREATMENT OF:**

- Lower Back Pain
- Neck, Shoulder & Arm Pain
- Headaches & Migraines
- Work, Auto & Sport Injuries
- Sciatica & Disc Conditions
- Whiplash Injuries
- Muscular Therapist on Staff
- Arthritic Pain • TMJ
- Carpal Tunnel Syndrome
- Running Injuries

**MOST INSURANCE ACCEPTED - INCLUDING: HMO BLUE • TUFTS • HARVARD-PILGRIM • SAT & EVENINGS BY APPOINTMENT • ON-SITE PARKING**



**Dr. Steven M. Windwer**  
 Chiropractor/Physical Therapist  
 President of South Shore Chiropractors Society  
 Clinical Instructor - Boston University  
 Official Chiropractor - Northeastern University



**Dr. David W. Smith**  
 Chiropractor

**617-282-1200**

526 GALLIVAN BLVD, DORCHESTER

www.miltonchiropractic.com

**617-471-4491**

111 WILLARD ST. (Suite GA)

QUINCY

**SAME DAY EMERGENCY CARE**



# ARE YOU SUFFERING FROM...

- ☑ Low Back Pain
- ☑ Headaches
- ☑ Shoulder & Arm Pain
- ☑ Auto Accidents
- ☑ Neck Pain
- ☑ Hip & Leg Pain
- ☑ Stiffness Upon Rising
- ☑ Work Related Injuries

## Call Our Office Today and Receive:

- A Private Consultation
- A Chiropractic Spinal Examination
- X-Rays On Premises (If Needed)
- A Confidential Report of Your Condition
- An Explanation Of Our Treatment Procedures
- Referral To The Proper Specialist As Needed

**Same Day Emergency  
Appointments...Call**

**Dr. Glenn L. Dodes**  
CHIROPRACTOR

**Dr. Scott Chapman**  
CHIROPRACTOR

**781-575-0100**

500 Chapman St., Canton MA. 02021  
(Behind the Canton-Junction Station/Near Rt. 95)

# INJURED?

## ARPANO CHIROPRACTIC



J.M. Arpano D.C. P.C.

### SERVICES

- Chiropractic • Rehabilitation
- Physiotherapy • Diagnostic Testing
- X-Rays on site

### SPECIALIZING IN

- Auto Injuries (covered 100%)
- Lower Back Pain • Neck Pain • Headaches
- Sports Injuries • Work Related Injuries

*Over 14 Years in Service - Thousands Treated*

SAME DAY APPOINTMENTS • FREE INITIAL CONSULTATION

**617-773-3200**

<http://backhealth.net/doc97/default.htm>

278 CENTRE ST. • QUINCY • near Quincy Adams FREE PARKING

Most Insurance Accepted (Auto, Workers Comp., Medicare & Medicaid, HCVM)  
We'll Take Care of All Your Insurance Paperwork

## You Deserve To Feel Good WHY NOT START TODAY?

### WE OFFER NATURAL SOLUTIONS FOR:

- ◆ Back & Neck Pain
- ◆ Joint & Muscle Pain ---
- ◆ Headaches
- ◆ Allergies
- ◆ Stress
- ◆ Sports Injuries
- ◆ Carpel Tunnel Syndrome
- ◆ Work & Auto Related Injuries
- ◆ MASSAGE THERAPY
- ◆ REHABILITATION THERAPY
- ◆ NUTRITIONAL & WEIGHT LOSS COUNSELING
- ◆ EARLY MORNING, EVENINGS AND EMERGENCY CARE HOURS AVAILABLE
- ◆ WE ACCEPT MOST INSURANCE PLANS AND CREDIT CARDS

**Don't delay getting your  
comprehensive Pain Relief  
Consultation**

Treat yourself to pain RELIEF. Discover how chiropractic can help you shed pain and discomfort for the rest of your life. You'll receive a comprehensive neurological, orthopedic, physical and chiropractic examination.

Your Satisfaction Is Guaranteed!  
If you are unhappy for any reason with the results of your test and do not feel that chiropractic will help you, your consultation fee will be cheerfully refunded. You have absolutely nothing to lose...but your pain and discomfort.

**Call us today at  
(800) 457-9211**

or see us on the web at  
[www.commchiro.com](http://www.commchiro.com)  
(Fill out patient form online)



COMMONWEALTH CHIROPRACTIC  
*It's your future...be there healthy.*

We are proud to offer an effective and all natural approach to healthcare.



1216 Commonwealth Avenue Boston, MA 02134-4638  
237 Highland Ave. Needham, MA 02494

Dr. Asher Leeder

## RELIEF IS JUST AROUND COOLIDGE CORNER



*Wayne Ze'ev London, D.C.*

- Thirteen Years In Practice.
- Headaches, Neck & Back Pain.
- Personalized Exercise Rehabilitation.
- Sports Injuries.
- Preventative Care.
- Nutritional Counseling.
- Massage Therapy.
- Emergencies Seen Same Day.

## BROOKLINE FAMILY CHIROPRACTIC CENTER

VISA

**617 735-9656**

MasterCard

209 Harvard St., Brookline, MA Suite 503  
(Harvard Street Professional Bldg.)

Parking Available

Two blocks south of Brookline Coolidge Corner



# DEDHAM FAMILY CHIROPRACTOR

**SPECIALIZING IN CHRONIC & DIFFICULT CASES**

- HEADACHES
- NERVOUSNESS
- PAINFUL JOINTS
- LOSS OF SLEEP
- NECK, SHOULDER & ARM PAIN
- NUMBNESS IN HANDS OR ARMS
- PAIN BETWEEN SHOULDERS
- LOW BACK & LEG PAIN

**WE ACCEPT INSURANCE ...AND WE DO THE PAPERWORK**

- Auto Accident & Whiplash
- Union Insurances • Workers' Comp.
- On-the-Job Injuries • Blue Cross
- Master Medical Plans • Medicare • Etc.

**IN CASE OF ACCIDENT OR EMERGENCY ON WEEKENDS OR EVENINGS CALL 781-329-6725**

PHONE (781) **326-8100**

219 BRIDGE ST (RTE 109) DEDHAM NEAR MOSLEY'S



DR. RAUCH

## ● CHIROPRACTORS (CONT'D)

- Carten Kathleen M  
745 High St Westwood ..... 781-329-6061  
Centre Chiropractic  
1765 Ctr St W Rxbry ..... 617-327-8552  
Champion Spine Center  
612A Blue Hill Av Drchstr .... 617-825-0300  
547 Columbia Rd Drchstr .... 617-474-7870  
6 Roxbury St Roxbury ..... 617-541-3220

### CHAPMAN SCOTT

- 500 Chapman Street  
Canton 02021 ..... **781-575-0100**  
*See Ad Page 275*

- Charles Chiropractic Office  
620 Massachusetts Av  
Cambridge ..... 617-876-9055  
Charles St Family Chiropractic  
83 Charles St Boston ..... 617-720-1992  
Charlestown Chiropractics  
303 Main St Charlestown ..... 617-241-7309  
Chartoff Michael E  
100 Boylston St Boston ..... 617-451-1111

### CHELSEA CHIROPRACTIC

- OFFICE  
Gulf Bldg-90 Everett Ave  
Chelsea 02150 ..... **617-887-2730**  
*See Ad Page 279*

### CHESTNUT HILL CHIROPRACTIC

- Dr. Robert Gensler*  
Specializing in Gentle Adjustments  
Directional Non-Force Technique  
Personalized Posture &  
Exercise Instruction  
Route 9, Chestnut Hill  
824 Boylston St Brkln 02445... **617 566-5660**

- Chiacchi Mark S  
132 Main St Stoneham ..... 781-438-4158  
Chiro-Care Plus  
1038 Beacon St Brkln ..... 617-731-9155  
Chiropractic Health Center  
26 Brighton St Blmnt ..... 617-489-1220  
1445 Tremont St Roxbury .... 617-541-5470  
Chiropractic Offices Of Hyde Park  
891 Hyde Park Av  
Hyde Park ..... 617-364-5656  
Chiropractic Offices Of Waltham  
88 Maple St Walthm ..... 781-891-8388  
Ciccione Guy  
12 Salem St Lynfld ..... 781-224-0202  
Circle Chiropractic  
19 Belmont St Cambridge ... 617-868-2225  
City Chiropractic  
1645 Blue Hill Av Mattapan . 617-298-1500  
653 Columbia Rd Drchstr .... 617-825-9100  
1045 Tremont St Boston ..... 617-445-7600

### CLARK CHIROPRACTIC

- 40 Willard St  
Quincy 02169 ..... **617-479-2400**  
*See Ad Page 279*

- Clarke Chiropractic  
676 Truman Hwy  
Hyde Park ..... 617-361-8200  
Coates Andrea  
1038 Beacon St Brkln ..... 617-731-9155  
Codman Square Chiropractic Office  
503 Washington St Drchstr .. 617-825-5323  
Cohen Donald L  
440 Arsenal St Watertown ... 617-972-8500  
Cohen Family Chiropractic  
75 Newbury St Boston ..... 617-867-0760  
Columbia Chiropractic Group  
653 Columbia Rd Drchstr .... 617-825-4770

### COMMONWEALTH CHIROPRACTIC

- 1216 Commonwealth Ave  
Boston 02134 ..... **800-457-9211**  
*See Ad Page 275*

- Conway Laura A  
653 Summer S Boston ..... 617-268-0333  
Copland Caryl  
148 Linden St Wisly ..... 781-235-7391  
Copley Health Alliance  
651 Boylston St Boston ..... 617-859-9500  
Copley Square Chiropractic Office  
304 Columbus Av Boston .... 617-536-9119

## ● CHIROPRACTORS (CONT'D)

### CORDIMA CHIROPRACTIC CENTER

- Dr. Christopher T. Cordima**  
• Auto Injuries  
• Work Related Injuries  
• Exercise Rehabilitation Equipment  
• Credit Cards Accepted  
690 Brdwy Somerville 02144 . . . **617 629-2600**

- Cordima Thomas A  
49 Mystic Av Medford ..... 781-393-0055  
Costa Michael T  
2101 Ctr W Rxbry ..... 617-323-5040

### COURT SQUARE CHIROPRACTIC

- Downtown Boston**  
• Sports & Work Related Injuries  
• Auto Accident Injuries  
**Located Between STATE ST & GOVT CTR T Stops**  
Ask About Parking  
Emergency Care  
**Dr. Carlo L. Zelano**  
15 Court Sq Boston 02108 . . . . . **617 742-5555**

### CRESCENT CHIROPRACTIC

- Specializing In Relieving Pain Family Chiropractic Care**  
**DR. CHERYL HASSAN**  
On Call Emergency Service  
36 Crescent St  
Wakefield 01880 . . . . . **781 246-2711**

- Cristiani Chiropractic  
10 Crescent St Quincy  
Toll Free Dial 1 ..... 800-272-3330  
Cristiani Chiropractic  
10 Crescent Quincy ..... 617-479-5070  
Cronin James G  
125 Newbury St Boston ..... 617-236-0370

### DALY CHIROPRACTIC

- 138 Washington Street  
Quincy 02169 ..... **617-479-1434**  
*See Ad Page 279*

- Danchik John J  
26 Brighton St Blmnt ..... 617-489-1220  
**DANIELS CHIROPRACTIC OFFICE**  
363 Massachusetts Ave (Lower Level) Lxngtn 02420 ... **781-676-0008**  
*See Ad Page 281*

- Daniels Mary Beth  
891 Hyde Park Av  
Hyde Park ..... 617-364-5656  
88 Maple St Walthm ..... 781-891-8388  
Davis Sq Family Chiropractic Office  
49 Holland St Smrville ..... 617-625-8707

### DEDHAM FAMILY CHIROPRACTOR

- 219 Bridge St  
Dedham 02026 ..... **781-326-8100**  
*See Ad This Page*

- Defilippo John P  
406 Massachusetts Av  
Arlt ..... 781-648-4000  
Demarco Chiropractic  
166 Winthrop Av Revere ..... 781-289-7008  
Revere ..... 617-539-3200  
Dembrowski Gerald C  
42 Wyman Wobrn ..... 781-933-9584  
Diamond Chiropractic  
224 Clarendon St Boston ..... 617-262-2225  
Difonzo Chiropractic Office  
564 Main St Walthm ..... 781-894-8880

### DOGGETT ANN M

- 110 W Squantum St  
Quincy 02171 ..... **617-328-6300**  
Doherty Edward A  
1208 Vfw Pkwy W Rxbry ..... 617-325-3030  
Doherty Family Chiropractic  
35 Main Saugus ..... 781-233-1946  
Dolan Jas DC  
300 Chestnut St Ndhm ..... 781-449-7888

## Canton Chiropractor Village Mall

**Relief...Correction...Prevention You've Found The Right Place!!!**

### CONVENIENCE

- Location: The Village Mall
- Day, Evening & Saturday Hours
- Appointments Seen On Time
- Preferred Provider For Most Insurance Plans Including BCBS, Pilgrim, Medicare & Mass Health
- Massage Therapy On Site

### SERVICE

- Experienced & Friendly Staff
- Serving The Community Since 1986
- Comfortable Office Environment
- Insurance Assignment Accepted As Full Or Partial Payment
- Programs Of Care Designed To Suit Your Needs

**RAUCH CHIROPRACTIC OFFICE**  
**781-821-4440**

Canton, MA 02021



(Continued Next Column)

(Continued Next Page)



**• CHIROPRACTORS (CONT'D)**

Donovan Family Chiropractic  
22-24 Woburn St Reading ... 781-944-1600  
Dorchester Chiropractic Inc  
1506 Dorchester Av  
Drchstr ..... 617-436-5454

**DOWNTOWN CHIROPRACTIC**  
8 Newbury St  
Boston 02116 ..... **617-247-7090**  
*See Ad This Page*

Dubin Chiropractic  
1250 Hancock St Quincy ..... 617-471-2444  
Duffy John C  
1005 Boylston St Newtn ..... 617-965-7711  
East Boston Chiropractic & Rehabilitation  
36-38 Maverick Sq  
E Boston ..... 617-569-3868  
Edmonds Steven D  
8 Newbury St Boston ..... 617-247-7090  
Espy Rene Dr  
800 W Cummings Park  
Wobrn ..... 781-933-8400  
Esty Rene  
400 W Cummings Park  
Wobrn ..... 781-933-8400

**EVERETT OFFICE OF CHIROPRACTIC**  
107 Ferry St  
Everett 02149 ..... **617-389-6951**  
*See Ad This Page*

Ezrin Family Chiropractic  
10 Langley Rd Newtn ..... 617-969-0166  
Fagan Chiropractic  
75 Dorchester Av S Boston . 617-464-2227

**FAMILY PRACTICE OF CHIROPRACTIC PC**  
112 McGrath Highway  
Quincy 02169 ..... **617-472-4220**  
*See Ad Page 281*

Feel Well Physical Therapy  
1575 Blue Hill Av Mattapan . 617-298-9200  
Feinbloom Deborah  
437 Boylston St Boston ..... 617-266-3735

Feiring William P  
1844 Massachusetts Av  
Lxngtn ..... 781-862-4911

Ferrell Randall  
89 Massachusetts Av Arltn .. 781-646-0120  
Field Rita L  
669 Somerville Av Smrville .. 617-628-1400

Fields Corner Chiropractic  
1437 Dorchester Av  
Drchstr ..... 617-474-0388

First Spine & Rehab  
837 Dorchester Av Drchstr .. 617-282-2828  
1212 Hancock St Quincy .... 617-745-0555  
Call Medford ..... 781-393-7955

Flammer Maureen  
872 Massachusetts Av  
Cambridge ..... 617-864-1197

Freedman Barry G  
112 Mc Grath Hwy Quincy .. 617-472-4220  
Freedman Gabrielle  
112 McGrath Hwy Quincy .... 617-472-4220

French J Shashi  
345 Boylston St Newtn ..... 617-964-3332

Frustaci Michael  
173 Worcester Wlsly ..... 781-416-0990

Fuller Chiropractic  
576 Main St Wobrn ..... 781-933-3332

Gabrille Freedman  
112 McGrath Hwy Quincy .... 617-472-4220  
Gale Peter PC  
1410 Highland Av Ndhm ..... 781-449-5722

Gambale Anthony  
200 Walnut Saugus ..... 781-233-7110  
Gardiner Family Chiropractic  
45 Newbury St Boston ..... 617-867-0006

Genzler Robert Ofc  
824 Boylston Brkin ..... 617-566-5660  
Giampa Frederick  
948 Bennington E Boston .... 617-569-7700

Girardi Chiropractic Health Center  
394 Lowell St Lxngtn ..... 781-863-5252  
Girouard William W  
92 High St Medford ..... 781-396-4226

Giuliano Patricia A  
1446 High Wstwd ..... 781-769-2500  
Gordon Stephen  
301 N Harvard St Allston .... 617-254-8422

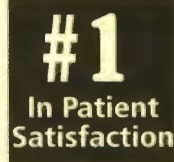
Gorman Thomas H  
440 Arsenal St Watertown ... 617-926-0202

(Continued Next Page)

**BACK/NECK PAIN? WE CAN HELP!!!**

*"The Very Best In Chiropractic Care Since 1979"*

Our friendly staff understands your need for fast pain relief and is dedicated to helping you regain your health as quickly as possible.



Specialized Care For:

- Neck Pain
- Pinched Nerves
- Low Back Pain
- Disc Conditions
- Headaches
- Sports Injuries

FREE INITIAL CONSULTATION

CALL TODAY

**781-646-8400**

Dr. N. Richard Archambault & Assoc.  
Chiropractic Physician  
"Over 20 Years of Community Service"

Past President: Greater Boston Chiropractic Society  
Member: American Chiropractic Assoc. Mass. Chiropractic Society

**9 Chestnut Street, Arlington, MA • (Across From St. Agnes Church)**



Caring Professional Services

**BACKWORKS**

We specialize in: Auto/Work Related Injuries

- Low Back Pain
- Neck & Shoulder Pain
- Sports Injuries
- Stress Reduction
- Headaches/Migraines
- Hip & Leg Pain
- Computer Injuries
- Chronic/Acute Pain
- Arthritis Pain

Same Day Appointments / FREE Initial Consultation

Back Care / Stress Reduction Seminars Given

**Financial District, Boston**

**34 Battery March Street Boston MA 02110**

**OPEN 6 days 8 a.m. - 8 p.m.**

email: backworks@banet.net

**617-451-BACK(2225) 617-728-PAIN(7246)**

**Auto/Workers' Comp. Insurances Accepted - Se habla español**

1995, 96, 97, 98 WEEKLY TAB  
**#1 CHOICE**  
READERS' CHOICE AWARD

**BEST OF BOSTON 1993 1997**



www.backworks.baweb.com

**DOWNTOWN CHIROPRACTIC**

**SERVING BACK BAY, BEACON HILL, & THEATRE DISTRICT**

**617 247-7090**

**8 Newbury Street Boston 02116**

**Parking Validated Near The Arlington T Stop**

**STEVEN D EDMONDS D.C.**

**PAIN RELIEF AND PREVENTIVE REHABILITATION FOR AUTO • SPORTS • WORK INJURIES • HEADACHES • LOWER BACK & LEG PAIN**

**POSTURAL PAIN RELATED TO WORK & RECREATIONAL ACTIVITIES**

**VISIT OUR WEBSITE AT - www.dwntownchiropractic.com**



**"We're Dedicated To Our Patients...Let Us Show You"**

**EVERETT OFFICE OF CHIROPRACTIC Dr. Brian Leahy**



**"Because of Dr. Leahy I am able to do my work as an electrician again."**  
J.M., E. Boston

**"I've always enjoyed the caring atmosphere Dr. Leahy and his staff provide."**  
T.D., Everett

**FOR THE PREVENTION & TREATMENT OF SPINAL INJURIES**

- Family Practice
- Personal Injury
- Hours Mon-Sat By Appointment
- Emergency Care
- Workmen's Compensation
- Sports Injuries
- Most Insurance Accepted
- Available 7 Days A Week

107 FERRY ST. EVERETT (Off Revere Beach PKWY/Rte 16)

OFF STREET PARKING

**617-389-6951**





# NECK OR BACK PAIN?

## Mael Chiropractic at Brighton Sports Medicine & Rehab

**Specializing In**

- Auto, Work & Sports Injuries • Sciatica
- Shoulder, Arm, Hip, and Leg Pain • Headaches
- Numbness and Tingling • Urgent Care



**We Offer**

- Chiropractic
- Physical Therapy
- Orthopedic Surgeon

**New Patients Welcome • Most Major Insurance Accepted**

**617-787-8700**

556 Cambridge St., Brighton,  
1/4 Mile From St. Elizabeth's Hospital

**Dr. Charles Mael**  
Chiropractor

### • CHIROPRACTORS (CONT'D)

**GORMLEY MAUREEN E**

DR. MAUREEN E. GORMLEY  
CERTIFIED IN SPORTS INJURIES  
AUTO/INDUSTRIAL INJURIES  
FAMILY PRACTICE  
MASSAGE THERAPIST ON STAFF  
GENTLE, INDIVIDUALIZED CARE  
FOR ALL AGES

Emergency Care Available  
1250 Mass Ave Arlington 02476 • **781 643-9433**

- Gottlieb Roy  
125 Newbury St Boston ..... 617-266-8294
- GOULET CARMEN F  
1289 Massachusetts Ave  
Arltn 02476 ..... 781-646-1277
- Gregg Kevin  
214 Market St Brighton ..... 617-277-3373
- Gregg Kevin  
214 Market St Brighton ..... 617-787-2199
- Grey Family Chiropractic  
1141 Beacon St Brkln ..... 617-738-7428
- Gurvitz Katrina  
1038 Beacon St Brkln ..... 617-731-9155
- Haberstroh John  
67 Broadway Smrville ..... 617-666-1767

**HACKETT ERNEST G**

564 Main St  
Walthm 02452 ..... **781-894-8880**

- Halligan Chiropractic  
979 Main St Wakefield ..... 781-246-2223
- Hancock Street Chiropractic  
1245 Hancock Quincy ..... 617-773-5400

**HANDS-ON HEALTH ASSOCIATES**

1815 Massachusetts Ave  
Cambridge 02140 ..... **617-497-9474**  
See Ad Page 281

- Harmony Holistic Health  
669 Somerville Av Smrville .. 617-628-1400

**HARVARD VANGUARD MEDICAL ASSOCIATES**

1611 Cambridge St  
Cambridge 02139 ..... **617-661-5291**  
See Ad Page 281

- Hassan Cheryl  
36 Crescent St Wakefield .... 781-246-2711
- Healing Ways Chiropractic  
7 Harris Av Jamaica Plain .... 617-522-9800
- Health Roads Co  
637 Washington St Brkln .... 617-975-0023
- Hecht Steven  
124 Harvard Brkln ..... 617-739-0940

**HEPBURN GAIL CHIROPRACTIC**

428 Mass Ave  
Boston 02118 ..... **617-247-2541**  
See Ad Page 273

- Herrmann Rebecca Dc  
240B Elm St Smrville ..... 617-666-3232
- Heyert Holley M  
305 Newbury St Boston ..... 617-437-6775
- Hill Chiropractic  
142 Willard St Quincy ..... 617-471-0646
- Hill Peter G  
304 Columbus Av Boston .... 617-536-9119

(Continued Next Page)

## QUINCY CHIROPRACTIC ASSOCIATES, P.C.

Serving South Shore Over 20 Years  
Mary Truex, D.C. Thomas Sullivan, D.C.



**FURNACE BROOK MEDICAL BUILDING: AT EXPRESSWAY EXIT 8, BUS #215**

**daily emergency walk-in service: call starting at 6am for details**

*"You and your staff are to be congratulated for the successful implementation and ongoing operation of a high quality facility"*

**Kathleen Goonan, MD BC/BS, Inc.**  
1261 Furnace Brook Parkway, West Quincy  
Tufts, Harvard Pilgrim Advantage, Blues, billed

**617-471-3650**

## STOUGHTON FAMILY CHIROPRACTIC

*Caring... "I encourage my patients to ask questions...to fully understand everything concerning their healthcare. The personal attention I give and your satisfaction is the most important part of my care."*

Dr. David Ruvich

**CONVENIENCE**

*Our treatments are so gentle we take care of 2 day old babies and 96 year old grandparents and everyone in between*

- Minimal Waiting Time
- Day, Evening and Saturday Hours
- No Cash Outlay For Work Or Auto Injuries
- Most Insurance Accepted

*Please Call Now To Speak Directly With Dr. Ruvich Or To Make An Appointment*

**(781) 341-3117**

1214 Washington Street, Stoughton MA 02072 On Route 138, 1 Mile South of Stoughton Center



Neck Pain • Back Pain • Headaches  
Sciatica • Cold/Flu • Fatigue  
Auto/Work/Sports Injury

If these symptoms sound familiar...  
you will benefit from our help.

Chiropractic can help reduce the frequency, intensity and duration of all these conditions.

**DR. MICHAEL CHARTOFF**

Evening Appointments Available - Most Insurances Accepted

**24 HOUR EMERGENCY CARE**

**617 451-1111**

100 Boylston Street, Suite 850, Boston, MA 02116  
(On The Boston Common Boylston Ⓡ Stop Green Line)

E-mail: boston-chiro@mindspring.com



*Gentle Chiropractic Care at a Sensible Cost*

- Insurance Accepted
- Workers' Compensation
- Auto-related Injury
- Sports Injuries
- Open Evenings
- Massage Therapy



**Cambridge/Somerville Family Chiropractors**

**617-491-3888**

2047 Massachusetts Av 02140/Free Parking/Porter Square T-Red Line



# Why Suffer Needlessly!

FREE CONSULTATION & EXAMINATION

If You are Experiencing Any of these  
Please Call Us Today

- |  |  |
|--|--|
| <input type="checkbox"/> Headaches           | <input type="checkbox"/> Neck Pain             |
| <input type="checkbox"/> Back Pain           | <input type="checkbox"/> Shoulder or Arm Pain  |
| <input type="checkbox"/> Slipped Discs       | <input type="checkbox"/> Arthritis or Bursitis |
| <input type="checkbox"/> Pinched Nerves      | <input type="checkbox"/> Sports Injuries       |
| <input type="checkbox"/> Muscle Spasms       | <input type="checkbox"/> Jaw & TMJ Pain        |
| <input type="checkbox"/> Hip and/or Leg Pain | <input type="checkbox"/> Stiffness in Joints   |

Most Insurance Plans Cover Chiropractic

**DR. HENRY LASHOTO**  
12 Years of Private  
Practice  
Palmer & Holy Cross  
College Graduate  
Member of Massachusetts and  
American Chiropractic Societies

## LASHOTO CHIROPRACTIC OFFICE

Specializing in Problem Lower Back and Leg Pain Treatment

- Auto Accidents and Whiplash
- Workers' Compensation • Blue Cross/Blue Shield
- Medicare • Managed Care Plans • State plans, Etc.

Call us to verify your coverage today

**781-899-5431**

114 Harrington Road, Waltham, MA 02452  
1/2 Mile from Intersection of Forest St. & Trapelo Rd.  
Near Bentley College • Easy Access Off Rt 128

## CHELSEA CHIROPRACTIC OFFICE



MOST HEALTH INSURANCES ACCEPTED

- WORKERS' COMPENSATION
- AUTO ACCIDENTS
- SPORTS INJURIES
- SAME DAY APPOINTMENTS

SE HABLA ESPAÑOL

**617 887-2730**

GULF BLDG • 90 EVERETT AVE CHELSEA

## LUSTGARTEN CHIROPRACTIC HEALTH CARE

ALWAYS A COMPLIMENTARY CONSULTATION

Auto, Work & Sports Related Injuries  
Early AM/Evenings/Saturday Hours Available  
Most Insurance Plans Accepted • Se Habla Espanol  
Medicare & Mass Health Provider

1693 Beacon Street • Suite 1A • Brookline, MA 02245  
Tappan St (T) Stop On Brookline C Line



**617-232-5552 • 800-407-0444**

**EMERGENCY CARE AVAILABLE**  
WALK-IN PATIENTS WELCOME

## Helping Correct the Cause of Your Pain!

Relief of Symptoms → Health → Wellness



## Clark Chiropractic

Dr. Robert J. Clark  
Same Day Appointment  
Available.

- ◆ Back Pain, Disc Problems
- ◆ Neck Pain, Migraines
- ◆ Sciatica, Leg & Hip Pain
- ◆ Auto, Work & Sports Injuries

Provider for: Blue Cross/Blue Shield, Tufts, Medicare, Harvard Pilgrim, Fallon, United Health Care, Mass. State Carpenters & Others

Call: 617-479-2400 (Quincy) & 617-361-8200 (Hyde Park)  
40 Willard St Quincy, MA. 02169

## DR. MARY MEDWAR

"Where Chiropractic Care Means Having The Very Best"

### CHIROPRACTOR

- Family Health Oriented
- Sports Injuries
- Workers' Compensation
- Auto/Personal Injury
- Spinal Screening Available
- Most Insurance Accepted



Call For Your Appointment To Better Health:

**781-324-2330**

599 MAIN STREET MALDEN, MA.

## AUTO & WORK RELATED INJURIES

GENTLE NECK & BACK CARE

### Daly Chiropractic Dr. Kevin Daly

- Neck & Back Pain • Headaches
- Arm & Leg Pain • Whiplash

Blue Cross & Most Insurances Accepted

We File All Insurance Claims For Patient Convenience



Certified Chiropractic  
Insurance Consultant

**617-479-1434**

Quincy

138 Washington Street • On Bus Line

## ROSENBERG CHIROPRACTIC at Newton Corner

Specializing in the Treatment of

- Low Back and Leg Pain • Sciatica
- Neck, Shoulder and Arm Pain
- Auto and Work Injuries • Muscle Spasms
- Sports Injuries • Headaches • Whiplash
- Arthritis & Bursitis • Disc Problems

291 Centre Street  
Newton MA 02458

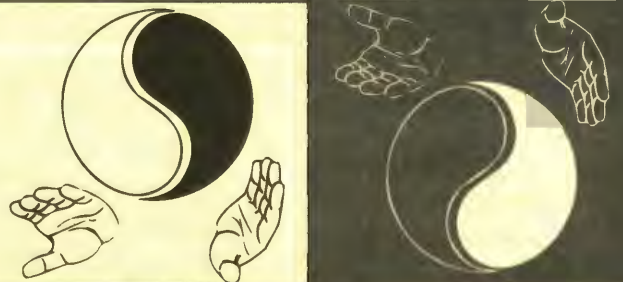
Serving the Community Since 1977

New Facility • Free Parking  
Located off Exit 17 on Mass Pike

Most Insurance Accepted  
Same Day Emergency Care  
Evening Hours  
Thorough Evaluation  
Physiotherapy • X-ray on Premises  
Therapeutic Exercise Programs

**617-969-4999**

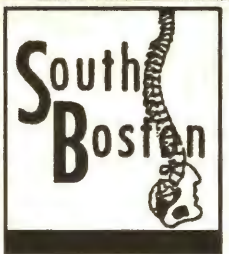
## Hingham Family Chiropractic & Wellness Center



50 South Street Hingham Ma. 02043

**781 740-1194**





THOMAS E. PIERCE, D.C.  
Chiropractic Physician

**NECK & BACK PAIN RELIEF**

Effective Treatment Of:

- Low Back Pain
- Neck/Shoulder/Arm Pain
- Headaches • Disc Conditions
- Sports Injuries
- Auto/Work Related Injuries

HMO/PPO PROVIDER • CONVENIENT HOURS

**617-269-4606**

746 EAST BROADWAY • SOUTH BOSTON

**BROOKLINE**

Same Day Appointments

**Stein Chiropractic Office**

Dr. Jonathan D. Stein Since 1980

Gentle chiropractic care for the entire family at affordable fees.

**617 232-7200**

375 Harvard St., Brookline



- Headaches
- Neck & Back Injuries
- Non-Surgical Treatment of Slipped Discs
- Pregnancy & Pediatric Care
- Most Health Insurance Accepted
- No Charge for Consultation
- Evenings & Saturdays

**Dr. Carmen F. Goulet**

Active Member:  
American Chiropractic Association  
Massachusetts Chiropractic Society  
Board Certified

Treating:  
• Back and Neck Pain  
• Shoulder, Arm and Leg Pain  
• Auto, Work and Sports Related Injuries  
• X-Ray On Premises

Quality Health Care For:  
Infants, Children  
and Adults

Direct Access  
No Referral Required

Dr. Goulet is a preferred provider for most  
P.P.O.'s and H.M.O.'s

Arlington Heights Chiropractic Office  
1289 MASS. AVE. (Arlington Heights)  
**(781) 646-1277**

Call For Appointment • Evening Hours Available

**• CHIROPRACTORS (CONT'D)**

**HINGHAM FAMILY CHIROPRACTIC AND WELLNESS CENTER**  
50 South St  
Hingham 02043 ..... **781-740-1194**  
See Ad Page 279

Hirsch Bruce Chiropractic And  
Acupuncture Practice  
1280 Ctr St Newtn ..... 617-641-9995

Hirsey Eurydice  
1330 Beacon St Brkln ..... 617-738-9393

Holmberg Chiropractic Center  
1037 Beacon St Brkln ..... 617-277-7703

**AUST CHIROPRACTIC**

CONVENIENT APPOINTMENT HOURS

**DR. STEPHEN AUST**

- OVER 20 YEARS EXPERIENCE
- HIGHEST QUALITY, AFFORDABLE, GENTLE FAMILY CARE
- EASY ACCESS - RT. 9/OAK ST. ROTARY NEXT TO SCRUB-A-DUB CAR WASH
- ASK ABOUT OUR MONEY BACK GUARANTEE

**NATICK**  
**(508) 652-9901**  
192 WORCESTER RD • NATICK, MA

**INDEK CHIROPRACTIC PC**

**Dr. Bruce Indek**

**Official Chiropractor For The Boston Marathon**

On The Parkway Quincy Center  
71 Parkway Quincy 02169 . . **617 472-0661**

**INTERNATIONAL WELLNESS CENTER**

669 Somerville Ave  
Smrville 02143 ..... **617-623-5055**  
See Ad Page 281

Jaehnig Chiropractic Office  
110 Billings Rd Quincy ..... 617-773-4400

Jamaica Plain Chiropractic Office  
512 Ctr St Jamaica Plain ..... 617-522-0546

Johnson Britt A  
563 Broadway St Everett ..... 617-389-0013

Jones Rodney L  
236 Main St Stoneham ..... 781-438-2252

Kagan Wendy  
316 Washington Wisly ..... 781-235-8785

Kamhi Beth L  
7 Bow N Reading ..... 978-664-6888

**STONEHAM CHIROPRACTIC**

**DR. RONALD V. AMATO CHIROPRACTOR**

**FAMILY CHIROPRACTIC CARE**

OFFICE HOURS BY APPOINTMENT

- AUTOMOBILE & INDUSTRIAL ACCIDENTS
- MOST INSURANCES ACCEPTED

107 WILLIAMS ST.  
STONEHAM, MA 02180

**781-438-5755**

**BOGART CHIROPRACTOR OFFICE**

**DR. PETER A. BOGART**

Gentle Painless Care

- 18 Years Experience
- Most Insurance Accepted
- Medicare/Auto & Work Injuries
- Same Day/Evenings/Saturdays

**781 891-9734**

On Trapelo Rd.  
6 Bow Street Waltham

**KANTOROSINSKI CHIROPRACTIC OFFICES**

407 Essex St  
Salem 01970 ..... **978-741-3477**  
See Ad Page 273

Karg Margaret  
26 Brighton St Blmnt ..... 617-489-1220

Kay Noelle J  
176 Broadway Smrville ..... 617-776-7576

Keehn Andrew  
314 Main St Medford ..... 781-396-1070

Kendall Laurence H DC PC  
25 Bennington St Revere ..... 781-289-4050

Kennis Jeffrey  
205 Commercial St Boston .. 617-720-2329

Kevoorkian Peter J  
1446 High Wstwd ..... 781-769-2500

Khalsa Chiropractic Office  
1137 Washington St  
Drchstr ..... 617-298-1664

Khalsa Chirpractic Office  
1718 Massachusetts Av  
Cambridge ..... 617-492-5438

**WINCHESTER HOSPITAL CHIROPRACTIC CENTER**

**CHIROPRACTIC PHYSICIANS**

Dr. Gary Kane  
Dr. Lee Zohn

Located At  
Exit 35 Off Route I-95  
Baldwin Park I,  
12 Alfred Street, Woburn 01801  
**Call (781) 756-4706**  
For an Appointment Today

**WELLBEING CHIROPRACTIC**

**Dr. Andre Boulogne**

- MAKE CHIROPRACTIC YOUR FIRST CHOICE
- WELLNESS CARE FOR THE ENTIRE FAMILY
- PREGNANCY & PEDIATRIC CARE

SAME DAY APPOINTMENTS  
EVENING HOURS  
FREE INITIAL CONSULTATION

**617-731-5000**

167 Corey Road Brookline  
(Behind Bread & Circus)

**KHOURY CHIROPRACTIC**

704 Washington St  
Dedham 02026 ..... **781-329-3344**  
See Ad Page 281

Kiehn Desiree P  
651 Boylston St Boston ..... 617-859-9500

King Jos L  
11 Lakeside Office Pk  
Wakefield ..... 781-246-4433

Knight Timothy  
90 Lowell St Arltn ..... 781-641-2510

Kolarik Kare  
851 Beacon St Newtn ..... 617-332-9000

Korisky Cynthia  
126 Harvard Brkln ..... 617-739-85

**KORNFELD JOSEPH**

385 Broadway  
Revere 02151 ..... **888-482**  
See Ad Page 274

Kornfeld Joseph Dr  
385 Broadway Revere ..... 781-7



● CHIROPRACTORS (CONT'D)

**KROHN CHIROPRACTIC OFFICE**

2 Bennett Street  
Woburn 01801 ..... **781-933-7665**  
See Ad This Page

LaGana Gregory P  
1051 Beacon St Brkln ..... 617-277-6505  
Langer Chiropractic Group  
179 Elm St Smrville ..... 617-625-5350

**LASHOTO HENRY DR**

114 Harrington Rd  
Waltham 02452 ..... **781-899-5431**  
See Ad Page 279

Leahy Brian  
107 Ferry St Everett ..... 617-389-6951  
Leader Asher  
1216 Commonwealth Av  
Allston ..... 617-739-0046

Levine Seth L  
209 Harvard Brkln ..... 617-232-7744  
Lexington Chiropractic Office  
235 Bedford St Lxngtn ..... 781-861-6334

Lexington Family Chiropractic  
120 School St Lxngtn ..... 781-861-8499  
Liberti Chiropractic  
320 Central Saugus ..... 781-233-4122

Life Chiropractic  
176 Broadway Smrville ..... 617-776-7576  
LONDON WAYNE ZE'EV  
209 Harvard St Suite 503  
Brkln 02446 ..... 617-735-9656

Lotus Chiropractic Center  
240 Elm St Smrville ..... 617-628-2827  
Loughlin Kevin J  
414 Commercial St Boston .. 617-742-5797

Lowe Ken  
851 Beacon St Newtn ..... 617-332-9080  
Lubin Cheryl R  
1842 Beacon St Brkln ..... 617-232-7566

**LUSTGARTEN CHIROPRACTIC**  
**HEALTH CARE**  
1693 Beacon Street Suite 1A  
Brkln 02445 ..... **617-232-5552**  
Or ..... **800-407-0444**  
See Ad Page 279

Luzzi Kim  
572 Washington Wisly ..... 781-263-9800  
MacPhee Family Chiropractic  
237 Highland Av Ndhm ..... 781-444-2450

Maddalo Chiropractic  
257 Cambridge St  
Cambridge ..... 617-547-4444

**MAEL CHIROPRACTIC**  
556 Cambridge St  
Brighton 02134 ..... **617-787-8700**  
See Ad Page 278

Malden Chiropractic Offices  
223A Ctr St Malden ..... 781-388-9229  
Mallen Matthew J  
1214 Bennington St  
E Boston ..... 617-569-6607

Maplewood Chiropractic  
671 Salem St Malden ..... 781-324-1110  
Margil Family Chiropractic  
1116 Great Plain Av Ndhm .. 781-449-4044

Marini David A  
1 Mountain Rd Brighn ..... 781-229-6333  
Marks Chiropractics Of Malden  
410 Highland Av Malden ..... 781-321-7870

Marks Randy A  
458 Pleasant St Malden ..... 781-321-7870  
Marlboro Chiropractic Assoc  
425 River St Walthm ..... 781-894-4270

**MARY MEDWAR**  
599 Main St  
Malden 02148 ..... **781-324-2330**  
See Ad Page 279

Massage Therapy  
800 W Cummings Park  
Woburn ..... 781-932-1150

Masters Chiropractic  
889 Worcester Wisly ..... 781-237-4441  
Masters Sandra  
889 Worcester Rd Wisly ..... 781-237-4441

Medford Chiropractic Center  
314 Main St Medford ..... 781-396-1070  
Medical Chiropractic Neurological  
Offices  
88 Maple St Walthm ..... 781-891-8388

Medwar Mary  
599 Main St Malden ..... 781-324-2330

Message Therapy  
800 W Cummings Park  
Woburn ..... 781-932-1150

Masters Chiropractic  
889 Worcester Wisly ..... 781-237-4441  
Masters Sandra  
889 Worcester Rd Wisly ..... 781-237-4441

Medford Chiropractic Center  
314 Main St Medford ..... 781-396-1070  
Medical Chiropractic Neurological  
Offices  
88 Maple St Walthm ..... 781-891-8388

Medwar Mary  
599 Main St Malden ..... 781-324-2330

Message Therapy  
800 W Cummings Park  
Woburn ..... 781-932-1150

Masters Chiropractic  
889 Worcester Wisly ..... 781-237-4441  
Masters Sandra  
889 Worcester Rd Wisly ..... 781-237-4441

Medford Chiropractic Center  
314 Main St Medford ..... 781-396-1070  
Medical Chiropractic Neurological  
Offices  
88 Maple St Walthm ..... 781-891-8388

Medwar Mary  
599 Main St Malden ..... 781-324-2330

(Continued Next Page)

Pain Relief and Preventive Care  
For The Whole Family



Established 1989  
**NEWTON  
HIGHLANDS  
CHIROPRACTIC**

**Dr. Robert N. Staulo**

Emergency Care Available  
Acupuncture Available

WE ACCEPT INSURANCE

**Tel: 617.527.2887**

Green Line • 1157 Walnut Street, Newton Highlands

**NEWTON-WELLESLEY  
CHIROPRACTIC**

1005 Boylston St., Newton  
Located on RT. 9 At Elliot St.

**Dr. John Duffy**

- Headaches • Auto Accidents
- Neck Pain • Back Pain
- Work Related Injuries

**617-965-7711**



Specializing In Pain Relief

**NORTH END  
CHIROPRACTIC**

**Dr. Kevin J. Loughlin - Chiropractor**

Specializing In  
Pain/Injury  
Management  
And Family  
Maintenance  
Care.

Auto, Work  
And Most  
Health Insurance  
Accepted.

**617 742-5797**

414 Commercial St. Boston  
Located Minutes - From Downtown

**AFFORDABLE & EFFECTIVE  
PAIN RELIEF**

**PERSONAL CARE  
CHIROPRACTIC**

**SATURDAYS  
By Appt.**

Flexible  
Appointments  
Emergency  
Care Available

**Dr. Nicholas Stamoulos**

**781-641-4482**

99 Massachusetts Ave. Arlington 02474  
(3 Blocks From Route 16 & 2)



**Acupuncture  
Chiropractic  
Therapeutic Massage**

669 Somerville Ave.  
Somerville, MA 02143

Phone: **617-623-5055**

Fax: **617-623-5077**

Email: **IWC669@aol.com**

**SERVING GREATER BOSTON  
KHOURY  
CHIROPRACTIC**

Professional, Caring Doctors

WALTER G. KHOURY, DC  
Sports and Extremity Specialist  
DAWN SULLIVAN-KHOURY, DC, DICCP  
Pediatric & Prenatal Specialist  
in addition to  
**GENTLE QUALITY CARE for  
BACK and NECK PAIN**

704 Washington Street, Dedham  
Convenient Hours  
Most Insurance Accepted

**781-329-3344**

**KROHN  
CHIROPRACTIC OFFICE**

**Dr. Marsha I. Krohn  
CHIROPRACTIC PHYSICIAN**

- COMPLETE SPINAL CARE
- AUTO/INDUSTRIAL ACCIDENTS
- SPORTS INJURIES

Total Holistic Healthcare  
Manual & Non Force Techniques  
Applied Kinesiology  
Most Insurances Accepted  
Day & Evening Appointments

**781-933-7665**

2 Bennett Street Woburn Adjacent to Court House

**Moro Chiropractic  
Offices**

**DR. ROBERT P. MORO**

Gentle, Effective Treatment For:  
The "TOTAL PERSON"  
Concept of Health

Covered By Most Insurances  
Medicare, HMO's, PPO's  
Workers' Comp.

24 Hour Phone By Appointment Only

**781 324-2600**

554 PLEASANT STREET, ROUTE 60 MALDEN

**Daniels Chiropractic  
Office**

- Complimentary Consultation
- Office hours by appointment
- Available evenings and weekends



Dr. B.F. Daniel

**Low back and neck pain,  
extremity disorders  
and headaches**

**781-676-0008**

363 Massachusetts Ave.  
Lower Level  
Lexington, MA 02420



REAR

Conveniently located one half mile from the  
Lexington/Arlington Border  
<http://hometown.aol.com/danielchir/>



**FAMILY PRACTICE  
OF CHIROPRACTIC P.C.**

**IMMEDIATE APPOINTMENTS  
AVAILABLE**

**POST DOCTORAL DEGREE IN  
NUTRITION**

**GABRIELLE S. FREEDMAN DC  
BARRY G. FREEDMAN, M.S., D.C.**

Past President Greater Boston Chiropractic Society  
Past President Massachusetts Chiropractic Society

112 McGRATH HIGHWAY QUINCY MA 02169

**617 472-4220**

**You Hurt ... We Help**

**Jonathan D. Simon, D.C.**

- Chiropractic • CranioSacral
- Massage • Sports Medicine
- Acupuncture • Stress Reduction

**Hands-On  
Health Associates**

We Specialize In:

- ◆ Back Pain & Tightness
- ◆ Auto & Work Injuries
- ◆ Joint & Limb Pain
- ◆ Headache/Fatigue/Stress



Porter Exchange Bldg. ♦ 1815 Mass. Ave., Cambridge 0214  
Free Parking ♦ Right on Red Line/Commuter Rail  
Most Insurance Accepted ♦ Many PPO's Served

Student/Senior Discounts • Evening Hours Available

**617-497-9474**

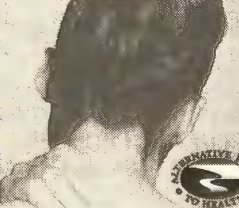
email: [hohealth@aol.com](mailto:hohealth@aol.com)

**CHIROPRACTIC**



**Harvard  
Vanguard**  
Medical Associates

The  
Best  
of  
Both  
Worlds



**617 661-5291**

1611 Cambridge St. • Cambridge • 0213



*Low Back Pain  
Same Day Care*

- Auto - Work Sport
- Most Insurances Accepted



**New Patients Welcome**

**Dr. Mark C. Jaehnig**

**QUINCY CHIROPRACTIC**  
 617-773-4400  
 110 Billings Rd Quincy

● CHIROPRACTORS (CONT'D)

Moramarco Chiropractic Office  
 800 W Cummings Park  
 Wobrn ..... 781-938-8558

**MORO CHIROPRACTIC OFFICES**

554 Pleasant St Rt 60  
 Malden 02148 ..... **781-324-2600**  
*See Ad Page 281*

Moro Robt P  
 554 Pleasant St Malden ..... 781-324-2600  
 Moy Jonathan  
 124 Harvard Brkln ..... 617-566-0934  
 Mulhern Kevin J  
 891 Hyde Park Av  
 Hyde Park ..... 617-364-5656  
 88 Maple St Walthm ..... 781-891-8388  
 Nastasia Gerald  
 385 Broadway Revere ..... 781-289-6117  
 Needham Chiropractic Associates PC  
 1410 Highland Av Nohm ..... 781-449-5722  
 Needham Family Chiropractic  
 214R Chestnut St Nohm ..... 781-444-3772  
 Neivert Stuart  
 332 Washington Wisly ..... 781-235-0721  
 Network Chiropractic Of Boston  
 1093 Beacon St Brkln ..... 617-738-0900  
 Newton Center Chiropractic  
 851 Beacon St Newtn ..... 617-332-9080  
 Newton Chiropractic Centre  
 345 Boylston St Newtn ..... 617-964-3332

**NEWTON CORNER CHIROPRACTIC**  
 DR. MICHAEL A. BIBLYK  
 I CARE ABOUT YOU & YOUR  
 ENTIRE FAMILY'S HEALTH NEEDS  
 268 Centre Street Nwtn 02458 . **617 527-4255**

Newton David A  
 148 Linden St Wisly ..... 781-235-5962

**NEWTON HIGHLANDS CHIROPRACTIC**

1157 Walnut St  
 Newton Highlands  
 02461 ..... **617-527-2887**  
*See Ad Page 281*

**NEWTON WELLESLEY CHIROPRACTIC**

1005 Boylston Street  
 Newtn 02461 ..... **617-965-7711**  
*See Ad Page 281*

Newton Wellness Center Chiropractic  
 And Acupuncture Practice  
 1280 Ctr St Newtn ..... 617-641-9999

**NORTH END CHIROPRACTIC**

414 Commercial St  
 Boston 02109 ..... **617-742-5797**  
*See Ad Page 281*

North Shore Chiropractic  
 32 Central Av Chelsea ..... 617-889-3399  
 Northeast Chiropractic  
 127 Cambridge St Brlghtn ..... 781-221-7111  
 Northeast Chiropractic Group  
 374 Ctr St Jamaica Plain ..... 617-524-8100  
 Orient Heights Chiropractic Office  
 1214 Bennington St  
 E Boston ..... 617-569-6607

Owens Linda Papoula  
 408 Granite Av Miltn ..... 617-698-0022  
 Pace Brian J  
 558 Lincoln Av Saugus ..... 781-231-3492

Pain & Injury Rehab PC  
 122 Maple St Malden ..... 781-322-3091  
 Palombo Ralph  
 36 Washington Lynn ..... 781-593-0180

Patient First Chiropractic  
 200 Providence Hwy  
 Dedham ..... 781-326-0904

**PATIENT FIRST CHIROPRACTIC AND PHYSICAL THERAPY**

Licensed Physical Therapist &  
 Doctor Of Chiropractic  
 Dr. Ernest G Hackett D.C., P. T.

Multidiscipline Approach To Health Care  
 (20 Years Of Clinical Experience)  
 Formerly Difonzo Chiropractic

564 Main St Ste 209 Wal 02452. **781 894-8880**

● CHIROPRACTORS (CONT'D)

Performance Chiropractic & Sports Injury  
 Inc 162 Broadway Chelsea . 617-889-2310

**PERSONAL CARE CHIROPRACTIC**

99 Massachusetts Ave  
 Arltn 02474 ..... **781-641-4482**  
*See Ad Page 281*

Pierce Thomas E  
 746 E Broadway S Boston ... 617-269-4606

Potter Mark R DC  
 American Wholehealth Centers  
 180 Massachusetts Av  
 Arltn ..... 781-641-1901

Powers Ann K  
 32 Central Av Chelsea ..... 617-889-3399  
 Powers Mary Jo  
 41 Montvale Av Stoneham ... 781-438-4252

Quigley Christopher J  
 83 Charles St Boston ..... 617-720-1992

**QUINCY CHIROPRACTIC**  
 110 Billings Rd  
 Quincy 02171 ..... **617-773-4400**  
*See Ad This Page*

**QUINCY CHIROPRACTIC ASSOCIATES PC**

1261 Furnace Brook Parkway  
 West Quincy 02169 .... **617-471-3650**  
*See Ad Page 278*

Ralston Karen  
 304 Somerville Av Smrville .. 617-776-9400

Ramsey Deborah  
 1842 Beacon St Brkln ..... 617-232-7566

**RAUCH CHIROPRACTIC OFFICE**  
 Village Mall  
 Canton 02021 ..... **781-821-4440**  
*See Ad Page 276*

Rauch Zelayna R Dgn Chirprctr  
 219 Bridge St Dedham ..... 781-326-8100  
 Reading Family Chiropractors PC  
 18-20R Woburn St Reading . 781-670-9993

**RECUPERO MICHAEL J**  
 110 W Squantum St  
 Quincy 02171 ..... **617-328-6300**

Reimer Shelley  
 875 Massachusetts Av  
 Cambridge ..... 617-354-4492

Rice Family Chiropractic  
 95 Main St Walthm ..... 781-899-0808

Rieur Harlan  
 1038 Beacon St Brkln ..... 617-731-9155

Rigby Chiropractic  
 22 Billings Rd Quincy ..... 617-328-3399

Rising Jan  
 19 Belmont St Cambridge ... 617-868-2225

Rosen Martin G  
 471 Washington St Wisly .... 781-237-6673

**ROSENBERG CHIROPRACTIC AT NEWTON CORNER**  
 291 Centre St  
 Newtn 02458 ..... **617-969-4999**  
*See Ad Page 279*

Rosenburg Chiropractic At Newton  
 Corner 291 Ctr St Newtn ..... 617-969-4999

Rosenthal Family Chiropractic  
 125 Newbury St Boston ..... 617-859-3910

Roslindale Chiropractic  
 26 Cummins Hwy Rslndale .. 617-325-2224

Rupley Thomas M  
 235 Bedford St Lxngtn ..... 781-861-6334

Rupley Thomas M  
 220 Swanton Wnchstr ..... 781-932-0802

Russell Hill Chiropractic  
 955 Main St Wnchstr ..... 781-729-4799

Rutman David G  
 Jamaica Plain ..... 617-323-5022

S Huntington Chiropractic  
 406 S Huntington Av  
 Jamaica Plain ..... 617-983-8100

Shilts Chiropractic Offices  
 1129 Beacon St Brkln ..... 617-277-1344

● CHIROPRACTORS (CONT'D)

Somerville Chiropractic Office  
 304 Somerville Av Smrville .. 617-776-9400

**SOUTH BAY CHIROPRACTIC**

110 W Squantum St  
 Quincy 02171 ..... **617-328-6300**  
*See Ad This Page*

**SOUTH BOSTON NECK & BACK PAIN RELIEF**

746 East Broadway  
 S Boston 02127 ..... **617-269-4606**  
*See Ad Page 280*

Spine Center Of Quincy  
 526 Gallivan Blvd Drchstr ... 617-282-8131

Squires Linda S  
 259 Elm St Smrville ..... 617-591-9200

Stack Chiropractic Ofc  
 7 Prospect Hill Av Walthm ... 781-891-1722

Stamoulos Nicholas  
 99 Massachusetts Av Arltn .. 781-641-4482

State Street Chiropractic  
 147 Milk St Boston ..... 617-723-2711

Staulo Robert  
 1157 Walnut St Newtn ..... 617-527-2887

**STEIN JONATHAN D**  
 375 Harvard St  
 Brkln 02446 ..... **617-232-7200**  
*See Ad Page 280*

**STEVEN BROMBERG DC**  
 201 Broadway St  
 Cambridge 02139 ..... **617-494-1166**  
*See Ad Page 272*

**STONEHAM CHIROPRACTIC**  
 107 Williams St  
 Stoneham 02180 ..... **781-438-5755**  
*See Ad Page 280*

**STOUGHTON FAMILY CHIROPRACTIC**  
 1214 Washington Street  
 Stoughton 02072 ..... **781-341-3117**  
*See Ad Page 278*

Stranger Howard D  
 214 Commercial St Malden . 781-397-6830

Sturges Julia  
 148 Linden St Wisly ..... 781-416-1988

**SULLIVAN CHIROPRACTIC**  
 377 W Broadway  
 S Boston 02127 ..... **617-464-0900**  
*See Ad Page 269*

Surette Joseph W  
 671 Salem St Malden ..... 781-324-1110

Tardano Phillip A  
 792 S Artery Quincy ..... 617-479-7231

Thayer Chiropractic Center  
 253 Swanton St Wnchstr ..... 781-729-3870

Theresa Mitchell  
 71 Newbury St Boston ..... 617-262-1313

Theriault Norman J  
 33 Yale Av Wakefield ..... 781-245-2266

Tierney Mark  
 301 Main St Reading ..... 781-942-3660

Trevns Specific Chiropractic  
 3 Main St Watertown ..... 617-926-2884

Tyrala Glenn  
 1693 Beacon St Brkln ..... 617-731-0970

Village Chiropractor The  
 7 Bow N Reading ..... 978-664-6888

Wakefield Chiropractic  
 11 Lakeside Office Park  
 Wakefield ..... 781-246-4433

Waltham Family Chiropractic  
 32 S St Walthm ..... 781-891-9894

Washington Chiropractic  
 114 Washington St Drchstr .. 617-282-6600

Waterfront Chiropractic  
 205 Commercial St Boston .. 617-720-2329

Watertown Back Care  
 440 Arsenal St Watertown ... 617-926-0202

● CHIROPRACTORS (CONT'D)

Melman Jonathan  
 581 Boylston St Boston ..... 617-421-1881

Melrose Family Chiropractic And Sports  
 Injury Centre  
 40 W Foster St Mlrs ..... 781-665-1497

Mercurio Thos J  
 512 Ctr St Jamaica Plain .... 617-522-0546

Michaud Chiropractic Center  
 517 Washington St Newtn ... 617-969-2225

Middlesex Chiropractic  
 269 Middlesex Av Medford . 781-395-5559

**MILTON CHIROPRACTIC & REHABILITATION INC**  
 111 Willard Street Suite GA  
 Quincy 02169 ..... **617-471-4491**  
*See Ad Page 274*

Moody Street Chiropractic  
 515 Moody St Walthm ..... 781-647-5550

(Continued Next Column)

(Continued Next Column)

(Continued Next Column)

(Continued Next Page)



# BACK AND NECK PAIN RELIEF THROUGH SPINAL CORRECTION

- Back and Neck Pain
- Pinched Nerves
- Arm and Shoulder Pain
- Leg Pain
- Numbness
- Hip Pain
- Tailbone Pain
- Chest Pain
- Headaches
- Dizziness
- Depression
- Constipation

**Better Health, Better Living  
Through Chiropractic Spinal Correction**



## NEWTOWN CHIROPRACTIC AND NATUROPATHIC CLINIC, INC

Validated Parking - Ground Floor - No Stairs

Call Now **487-9999**

AIEA - PEARL CITY, 98-1247 KAAHUMANU ST., SUITE 113

Appointments Available • Fax 487-2492 • [www.drkitts.e-siteworks.com](http://www.drkitts.e-siteworks.com)



**CHILD GUIDANCE**

See *Mental Health Services; Parents Guidance Instruction; Psychologists; Social Workers*

**CHILD GUIDANCE CONSULTANTS**

Kids Hurt Too  
www.grievingyouth.org  
PO Box 11260 Honolulu-96828 ..... 735-2989

**CHILD SAFETY PRODUCTS & SERVICES**

Keiki Injury Prevention ..... 537-9200  
**PROTECT-A-CHILD SAFETY FENCING**  
• High Quality Fencing  
• Easily Removable & Maintenance Free  
• Free Estimates  
Also for Driveways, Patios, Animal Fence  
www.protectachild.com  
**753-2844**

**CHILDBIRTH EDUCATION**

Castle Medical Center ..... 263-5400  
Childbirth Education.  
Hawaii Childbirth Education Association Inc-Doula  
Network Of Hawaii ..... 623-3771

**HAWAII MOTHERS' MILK INC**  
Breastfeeding Info & Pump Rental/  
Sales ..... **949-1723**

**CHILDBIRTH PREPARATION**

See *Educational Consultants; Health Service*

**CHILDREN AFTER SCHOOL PROGRAMS**

Nanakuli Boys & Girls Club  
89-188 Farrington Hwy ..... 668-9399

**CHILDREN'S & INFANTS' WEAR-RETAIL**

Butterflies & Bullfrogs  
7192 Kalamianaoale Hwy Ste D104 ..... 395-5999  
Carter's Retail Inc  
94-792 Lumiaina St Suite 206 ..... 678-9287  
Children's Place The  
Ala Moana Cntr ..... 947-0003  
Pearlridge Cntr Uptown ..... 487-6740  
Waikale Premium Outlet ..... 671-9566  
Growing Keiki The  
66-051 Kamehameha Hwy ..... 637-4544  
Kids World Corp 1 Aloha Twr Dr Shop 277 ..... 529-8899  
Little People Hawaii  
2335 Kalakaua Av Suite 117 ..... 922-1772  
2169 Kalia Rd ..... 926-1772  
Little People Hawaii  
1050 Ala Moana Blvd Suite C3 ..... 593-1772  
Mill Mill  
334 Seaside Av Suite 804 ..... 924-7766  
Ward Warehouse The  
Tej Clubhouse Inc ..... 592-1900

Do You Need To Find A Local Product Or Service? Turn To The Yellow Pages For All Of Your Shopping Needs.

**CHINA & CRYSTAL-RETAIL**

Doe Fang Aina Haina Shopping Cntr ..... 373-3402  
Royal Selections  
131 Kalulani Av ..... 926-0257

**CHINESE FOOD PRODUCTS**

See Also *Food Products*

Alea Chop Suey  
99-115 Alea Hts Dr ..... 488-9119  
Bo Wah Trading Co  
1037 Maunakea Grnd Fl Warehouse ..... 537-2017  
845-4499  
Dim Sum House Inc  
1111 Bishop St Room 2 ..... 524-8328  
Fanny's Chinese Food 464 Ena Rd ..... 941-8155  
Far East Chop Suey  
94-300 Farrington Hwy ..... 671-7233  
Hee Hing Restaurant  
449 Kapahulu Av ..... 734-8474  
House Of Dragon Seafood Restaurant  
Pearl City Shopping Ctr ..... 455-8322  
Kirin Restaurant Inc  
2518 S Beretania ..... 942-1888  
Lale Chop Suey Lale VII Shopping Cntr ..... 293-8022  
Lam's Garden Chinese Restaurant Inc  
4210 Waialae Av ..... 735-4050  
Lung Fung Chinese Restaurant  
Or Call ..... 377-5566  
Nam Fong Restaurant 1029 Maunakea ..... 599-5244  
New Mui Kwai Chop Suey  
Kaliua II 132 Oneawa ..... 262-7800  
Or ..... 262-7928  
Honolulu III 1632 Liihua St ..... 537-3210  
Pah Ke's Chinese Restaurant  
46-018 Kamehameha Hwy ..... 235-4505  
**PAUOA CHOP SUEY**  
1997 Pauoa Rd ..... **536-4204**  
Royal Kitchen  
Call ..... 524-2843  
Tasty Chop Suey  
1806 Gulick Av ..... 841-9090  
Yen Yen Chinese Cuisine  
Enchanted Lake Shopping Cntr ..... 262-2218

**CHINESE GOODS**

See *Oriental Goods*

**CHINESE MEDICINE PRACTITIONERS**

Anna Li Clinic Of Chinese Medicine & Acupuncture  
1121 Nuuanu Av Rm 104 ..... 537-1133  
Eastern Clinic Inc  
1150 S King Rm 408 ..... 529-2255

**CHIROPRACTORS-DC**

**A ABLE HEALTH CENTER**  
1717 Kalakaua Av Suite 1 ..... 946-1134  
**A Aina Haina Chiropractic**  
277 Ohua Av Suite H101 ..... 738-8825  
**A New Life Family Chiropractic Inc**  
803 Kamehameha Hwy ..... 456-2300  
**A Tsutsui Chiropractic**  
66-560B Kamehameha Hwy Haleiwa ..... 637-9752  
**A A'A Alea Pain Relief Chiropractic & Shiatsu Clinic**  
99-128 Alea Hts Dr Suite 202 ..... 486-8585  
**A A'A AIEA PAIN RELIEF CHIROPRACTIC & SHIATSU CLINIC**  
**AIEA • PEARL CITY • HALAWA SALT LAKE • LEEWARD**  
Auto • Work • Personal Insurances Accepted  
99-128 Alea Hts Dr 202 ..... **486-8888**  
1717 Kalakaua Av Suite 1 ..... **946-1134**

From 'Ahi to Poi-- You Can Find Everything You Need In The Official Hawaiian Telcom Yellow Pages!

**AAA CHIROPRACTIC CLINIC**



**BACK & NECK PAIN RELIEF**

**THROUGH SPINAL CORRECTION**

**Dr. Eugene Kitts, D.C., N.D., B.A.**  
30 Years Experience  
**NEWTOWN CHIROPRACTIC**  
See Our Display Ad  
**EMERGENCIES WELCOME**  
**487-9999**  
MC • VISA • AMEX • DISC  
98-1247 Kaahumanu Suite 113 ..... **487-9999**

**ABC CHIROPRACTIC CLINIC**

**Dr. George E. Raquel, D.C. - WAIPAHU**  
• Workers' Comp • Massage Therapy  
• Automobile Accidents • Emergency Service  
• Pain Relief • Most Insurances Accepted  
**676-1717**  
94-216 Farrington Hwy 81-3 ..... **676-1717**

**A&C WELLNESS & HEALING THERAPY CLINIC**

**ONE OF THE FINEST TREATMENTS FOR PAIN & STRESS RELIEF**

Gentle Chiropractic

Care Whole Body Wellness & Healing

www.AandCWellness.com

Specializing in Workman's Comp. Auto, No Fault, Personal Injury & Other Insurances.

Also: Acupuncture, Massage Therapy, Hypnotherapy, Chiropractic Wellness Programs Stop Smoking - Achieve Optimum Weight  
3514 Waialae Avenue ..... **739-1111**

**A H C**

Free Telephone Consultations  
**395-8825**  
Personalized Care That Works For You  
**RELIEF**  
• Back Pain • Whiplash  
• Shoulder, Neck & Arm Pain  
**THERAPEUTIC MASSAGE**  
FULL COVERAGE FOR Auto & Job Injuries  
"No Waiting" "Free Parking"  
**DR. PAUL KIMO PESTANA, D.C.**  
Certified Disability Evaluator  
Certified National Board of Chiropractic  
**RELIEF CALL TODAY**  
277 Ohua Av Suite H101 ..... **738-8825**

**ABBADESSA BERNARD CHIP DC**

**WINDWARD**

Spinal Correction

Emergency / Weekends Available

Use Our Coupon For Discounts

**\$35 Spinal Exam Special**

drchipabbadessa.com

Castle Professional Center  
46-001 Kamehameha Hwy  
Suite 420 ..... **234-5535**

Airport Center Chiropractic Clinic ..... 834-8662

**AKAMAI FAMILY CHIROPRACTIC**

46-001 Kamehameha Hwy Suite 310 ..... **247-7997**  
Fax ..... 247-8660

Search HTYellowPages.com  
For all of your local shopping needs.  
You can search by island or  
By category. Find it easy and find it fast  
On Hawaiian Telcom's official Web site.

**AKO JUSTIN H DC**

**KAHALA**

• Sports Rehabilitation  
• Massage Therapy

**JUSTIN H AKO DC**

**SABRINA SAYEGH AKO DC**

Most Insurance Plans Accepted, Including  
MEDICARE, HMAA, CHIROPPLAN,  
HMSA, KAISER, UHA  
All State & City Employees Covered  
Work Comp, Auto, Personal Injury  
**732-2244**  
4747 Kilauea Av Suite 107 ..... **732-2244**

Ala Moana Chiropractic Clinic  
1441 Kapiolani Blvd Suite 1401 ..... 944-2808

**ALOHA CHIROPRACTIC**

www.alohachiro.biz  
2930 E Manoa Rd Suite C5 ..... 988-5532

Aloha Family Chiropractic Center  
Dennis D Ell DC 1744 Liihua St ..... 538-7796

Aloha Family Chiropractic  
- 1221 Kapiolani Blvd Suite 201 ..... 596-4800

**AWAKUNI FAMILY CHIROPRACTIC**

615 Piikoi St Suite 0305 ..... **589-1433**  
Fax Line ..... 589-2413

**BELL GARY M DC**

Spinal Dynamics Hawaii Inc  
2875 S King St Suite 205 ..... **942-1144**

Better Health Chiropractic Center Inc ..... 262-5555  
Bigbee Beverly Dr DC  
1221 Kapiolani Blvd Suite 643 ..... 591-8426

Body & Mind Massage Institute Inc  
31 S Beretania St Honolulu ..... 524-8588

**BREWER CHIROPRACTIC**  
1150 S King St Suite 604 ..... 593-0313

Brewer Consulting Services  
1150 S King St Suite 604 ..... 593-0313  
Fax Line ..... 589-2032

**BROAD JENNIFER DC**

803 Kamehameha Hwy Ste 309 ..... **456-5553**

**BUI THERESA THUY DC**

1712 Liliha St Suite 202 ..... **528-4484**

Ching Donna-Lynn Dr DC LLC  
1109 12th Av Suite 201 ..... 732-2662

**CHIROPPLAN HAWAII INC**

711 Kilani Av Rm 4 ..... **621-4774**  
(See Advertisement Page 420)

**CHIROPRACTIC CARE CENTER**  
1314 S King St Suite 502 ..... 589-2611

Chiropractic & Chi Kung Center Of Hawaii Inc  
1481 S King St Suite 321 ..... 946-4459

**CHIROPRACTIC FAMILY HEALTH CENTER**

Alea Shopping Center Suite 260 ..... **486-6696**  
(See Advertisement Page 418)

Chiropractic Helpline ..... 593-9919

**CHIROPRACTIC REFERRAL SERVICE**



**FREE INFORMATION & REFERRAL SERVICE TO QUALIFIED**

Chiropractors In Your Area

**CHIROPRACTIC REFERRAL SERVICE**  
**591-9343**

**591-9343**

Chiropractic USA  
1347 Kapiolani Blvd 3rd Floor ..... 943-2872

Chun Rodney C Y Dr DC Inc  
1717 Kalakaua Ave Suite 1 ..... 946-1134

Chun Ted Dr DC  
95-720 Lanikuhana Av Suite 240 ..... 625-0098

Coleman Anapuni DC  
1300 Pall Hwy Suite 206 ..... 586-0773

(This Classification Continues)

Shop with us here first.



**CHIROPRACTORS-DC  
(CONT'D)**

ISLAND FAMILY CHIROPRACTIC INC  
1150 S King Suite 905.....596-0599

IWASHITA THOMAS DC  
46-001 Kamehameha Hwy Suite 310... 247-7997

**KAHALA CHIROPRACTIC  
HEALTH CLINIC**  
Pearson Alan R DC  
Dr Alan R Pearson DC  
4747 Kilauea Av Suite 115..... 735-3502

Kailua Chiropractic 9 Maluniu Ave .....263-0705  
**KAIMUKI CHIROPRACTIC CENTER**  
1144 10th Av Suite 201..... 732-2355

**KAPALAMA  
CHIROPRACTIC  
CENTER**  
Dr Mitchell T Shimamura  
..... 847-8087

**KAPOLEI CHIROPRACTIC**

KAPOLEI

- Over 15 Years Experience
- Emergencies Welcome
- Saturday & Evening Appointments

674-0090

Russell L. Young, DC

Kapolei Jack / Shell Center  
91-579 Farrington Hwy Suite 202. 674-0090

Katayama Family Chiropractic Hawaii  
3221 Waiatae Ave Honolulu .....734-5059

**KATO CHIROPRACTIC  
LLC**  
99-128 Alea Hts Dr Suite 205 ..... 488-3957

**KATO STEPHEN S DC**  
99-128 Alea Hts Dr Suite 205 ..... 488-3957  
Kennedy Chiropractic 59-106 Paumalu Pl. . 638-0018  
Koolau Chiro 45-1048 Kam Hwy ..... 247-4842  
Kroll Douglas E DC 320 Uluniu St Suite 2... 261-8181

**KURIBAYASHI LLOYD T DC**



OF  
PORTNER  
ORTHOPEDIC  
REHABILITATION  
INCORPORATED

ORTHOPEDIC • SPORTS MEDICINE  
CHIROPRACTIC • PHYSICAL THERAPY

NON-SURGICAL TREATMENT OF  
BACK, NECK, ARM AND LEG PAIN

593-8800

Fax: 596-7305

www.portnerorthopedic.com

615 Piikoi St Suite 1210..... 593-8800

**LEE BRAD K DC**..... 596-8090  
**LEE JEFFREY F DC**..... 593-8100

Luke Bryan Dr DC 1314 S King Suite 425... 591-2400

**MANOA CHIROPRACTIC AND  
THERAPEUTIC MASSAGE**

Manoa Marketplace ..... 988-6113  
Mar Stephen J DC 1123 11th Ave Suite 301. 798-5512

**MASTERS BACK & NECK PAIN  
RELIEF CENTER**  
www.DrMastersDC.com  
1010 S King St Suite 213..... 591-0099

# Pain is a message from your body that something isn't right



## Reduce Physical, Emotional & Chemical Stress...

Remember:

Ask Not What Your  
Health Can Do For You

But Ask What You

Can Do For Your Health!

- Vertebral Subluxations •
- Decompression of Disc Herniation •  
(Reduce Neck & Back Pain)
- Headaches •
- Shoulder Pain •
- Leg & Arm Pain •
- Muscle Spasms •
- Carpel Tunnel •

596-0220

1221 Kapiolani Blvd. • Suite #1046

HOPAKA ST.

Original Pancake House

TANAKA

CHIROPRACTIC OFFICE

Former Blackfield Bldg.

KAPIOLANI BLVD.

PARKING VALIDATED

PIIKOI

PENSACOLA

Auto Accidents  
Workers' Comp  
Sports Injuries • No Fault  
Most Insurance Accepted  
**NO SURGERY or DRUGS**

Roy Tanaka, D.C. [www.tanakachiro.com](http://www.tanakachiro.com)

C





**ChiroPlan**  
HAWAII INC

**Why Pay Hundreds Or Even Thousands of Dollars For Chiropractic Care?**

- Plan Members pay as little as a \$12 co-pay
- Over 70 Credentialed Chiropractors Statewide
- State & County Workers
- UHA Members
- Safeway Workers
- Masons Trust Fund
- Summerlin Life & Health

***We're Specialists In You!***

**621-4774**

Visit [www.chiropplanhawaii.com](http://www.chiropplanhawaii.com) to find the ChiroPlan Doctor near you.

1-800-414-8845 • Neighbor Islands

**Downtown**



- Automobile Accidents
- Slip & Fall Injuries
- Sports Injuries
- Headaches
- Neck Pain
- Workman's Comp
- Back Pain

Most insurances & Medicare are welcome

**Pressure Point Therapy      Restrengthening Programs      Posture Correction**

Alleviating, Reducing & Eliminating Pain Through Low Impact Manipulation

Official Chiropractic Doctor of World Championship DECA Triathlon, 2004

UH Manoa and Palmer Graduate

**Zen Chiropractic Center**

**599-2700**

[www.zenchiro.com](http://www.zenchiro.com)

**CENTURY SQUARE (DOWNTOWN HONOLULU) 1188 Bishop Street, Suite 712**

**CHIROPRACTORS-DC (CONT'D)**

- Matsukawa Andrew J DC  
661 Auahi St Suite 203 ..... 536-3767
- Matsumoto Tracy C Dr DC  
Kilani Chiropractic Centre  
703 Kilani Av. .... 621-6299

**MCCULLY CHIROPRACTIC**

**William K. Watanabe**  
DC, LMT

**597-9160**

ChiroPlan Provider

**McCully • Moilili • Makiki  
Waikiki • Ala Moana**

Massage Therapy LIC 1792

Auto & Work Injuries

Most Insurance Accepted

1145A S King St. .... **597-9160**

- Millani Back Care Center  
Town Center Of Milliani The  
95-720 Lanikuhana Av Suite 240 ..... 625-0098  
(See Advertisement Page 422)

*(This Classification Continues)*

Komo mai (Come in) to the Official Hawaiian Telcom Yellow Pages! Advertising In The Yellow Pages Puts Your Product And Service In The Hands Of Willing Buyers. Why Wouldn't You Want To Place An Ad In The Yellow Pages?



**CHIROPRACTORS-DC  
(CONT'D)**

MODGLIN WILLIAM H JR DC

**AINA HAINA**

Palmer Graduate

*"Get Well, Stay Healthy"*

850 West Hind Drive Suite 102.....**395-0811**

**MOMYER CHIROPRACTIC OFFICES**

1314 S King St Suite 1564.....**591-9339**  
(See Advertisement Page 421)

**MORLEY JAMES DC**

328 Uluniu St .....262-2458

**Nakasone Richard Y DC**

1314 S King St Suite 960.....596-2273

**NEWTOWN CHIROPRACTIC AND  
NATUROPATHIC CLINIC**



**BACK & NECK  
PAIN RELIEF  
THROUGH SPINAL  
CORRECTION**

Dr. Eugene Kitts, D.C., N.D., B.A.

+30 Years Experience

**NEWTOWN CHIROPRACTIC**

**EMERGENCIES WELCOME**

[www.drkitts.com](http://www.drkitts.com)

MC • VISA • AMEX • DISC

(See Advertisement Pages 416 And 417)

98-1247 Kaahumanu Suite 113

**487-9999**

**NIMOTO REX K DC**

98-211 Pali Momi Suite 506 .....**488-7751**

**NOWICKI CHRIS DC**

803 Kamehameha Hwy Ste 309 .....**456-5553**

**OPIE NICHOLAS G DC INC**

Where your health and  
well being come first!

**261-5100**

[www.opiechiropractic.com](http://www.opiechiropractic.com)

Kailua

354 Uluniu Suite 201 .....**261-5100**

**Panganiban Maude I DC**

354A Uluniu Suite 201.....263-7799

**PAREDES LLOYD DC**

Peak Performance Chiropractic  
3427 Wai'alaie Ave Suite C.....737-5433

**PEARL CITY CHIROPRACTIC LLC**

803 Kamehameha Hwy Suite 309 .....**456-5553**  
(See Advertisement Page 422)

**PEARLRIDGE CHIROPRACTIC CENTER**

**Neck & Back Pain/Pinched Nerves**

• Auto Injuries • Workers' Comp

• Military Discount

• Most Insurance Accepted

[www.pearlridgechiropractic.com](http://www.pearlridgechiropractic.com)

98-211 Pali Momi Suite 506.....**488-7751**

Pellegrino Rand Dr DC 9 Malunui Ave.....261-2207

Piianaia Ohana Chiropractic.....262-6900

Piianaia Ohana Chiropractic.....735-8749

The Easiest And Quickest Way  
To Find Out Who Has What You  
Want When You Want It Is To  
Look In The Yellow Pages.  
Introducing the Official Hawaiian  
Telcom Yellow Pages

Partner Orthopedic Rehabilitation Incorporated

615 Piikoi Suite 1210.....593-8800

**REDMOND LAWRENCE A DC**

1144 10th Av Suite 201

Kaimuki Chiropractic Center.....**732-2355**

**RHATIGAN DENNIS G DR DC**

Call.....**841-3456**

**RODRIGUES DAN DC**

615 Piikoi St Suite 1601.....593-1601

**SAITO GARY DC**

**HONOLULU-ALA MOANA**

HMSA, Kaiser, Medicare, HMAA

UHA, many private insurances

Work and auto injuries

1314 S King St Suite 1562.....**593-9992**

**Sato Chad H DC**

2930 E Manoa Rd Suite C5.....988-5532

Sato Chiropractic Inc.....955-3396

Sauer Chris DC 45-1029 Kam Hwy.....234-1371

**SHIBUYA RANDALL DC**

3615 Harding Av Suite 202.....**737-8677**

Shiraki Reed S DC 1633 Kahal St.....841-2929

**SHIU CHIROPRACTIC KINESIOLOGY**

Hawaii Kai HI.....341-2623

Smith Bart DC.....596-7748

**Spinal Dynamics Hawaii Inc**

2875 S King St Suite 205.....942-1144

Sullivan Patrick J MA DC.....236-3131

**SUZUKI DAVID DC**

1221 Kapiolani Bl Suite 245.....591-8852

Tamura Keith I DC 1449A S Beretania St.....952-9355

**TANAKA AND ASSOCIATES CHIROPRACTIC  
& MASSAGE**

Pearl City/Ala

• Auto/Work Injuries

• Most Insurances Accepted

[www.tanakaandassociates.com](http://www.tanakaandassociates.com)

98-1258 Kaahumanu Suite 6.....**487-2273**

**TANAKA CHIROPRACTIC OFFICE**

Visit Us At [www.tanakachiro.com](http://www.tanakachiro.com)

1221 Kapiolani Bl Suite 1046.....**596-0220**

(See Advertisement Page 419)

Tang Howard DC 31 S Beretania.....524-8813

**TANJI TERUO DR DC INC**

**OPPOSITE WAHIAWA**

**GENERAL HOSPITAL**

**CALL FOR**

**APPOINTMENT**

**621-9081**

**Drugless Practitioner**

834 Kilani Av Suite 104.....**621-9081**

Residence Call.....**621-6889**

**TERAOKA DOUGLAS T DR DC**

Honolulu Location

Chiroplan &

Other Insurance Accepted

Health & Wellness Programs

See Ad for Momyer Chiropractic

[www.momyerchiropractic.com](http://www.momyerchiropractic.com)

1314 So King St 15th Fl

Momyer Chiropractic Offices.....**591-9339**

Thurlow Paul DC DABCO.....261-4040

**TOYOOKA MICHAEL DC**

3221 Wai'alaie Ave Suite 330.....**732-4626**  
(See Advertisement Page 422)

**12th Ave Chiropractic Center**

1126 12th Ave Suite 102.....739-0704

**Waipahu Chiropractic Clinic**

94-050 Farrington Hwy Suite E1-1B.....671-2685

**WAIPAHU CHIROPRACTIC CLINIC**

Waipahu • Ewa • Leeward

**Dr. Joseph Morelli DC**

94-050 Farrington Hwy

Suite E1-1B.....**671-2685**

**HONOLULU**



**Momyer Chiropractic**

**Dr. Dennis Momyer, DC**

**Dr. Douglas Teraoka, DC**

**Palmer College Graduates**

[www.momyerchiropractic.com](http://www.momyerchiropractic.com)

**Over 30 Years Experience**

**OPEN 7 DAYS**

**591-9339**

**INTERSTATE BUILDING • 1314 S. KING STREET**

**15<sup>TH</sup> FLOOR • NEAR KEEAUMOKU**

Mon-Fri 8:30am-6pm

Sat 8:30-1pm

Sun By. Appt



**Diamond Head Chiropractic & Massage**



Same Day  
Appointments  
Saturday Appointments  
Available

**YOUR PERFORMANCE CARE PROVIDER**  
Active Release Techniques® Provider

**Dr. Jesse Cracknell**  
Sports & Wellness  
Chiropractor

- ✓ Muscle/Soft Tissue Specialist
- ✓ Whole Body Care
- ✓ Sports Injury Treatment & Prevention
- Sports & Deep Tissue Massage Therapy
- Full Spine & Extremity Adjustments
- Palmer Graduate
- Massage Therapy
- Fast, Effective Relief

**MOST INSURANCE ACCEPTED**

**737-4325**  
(HEAL)

[www.diamondheadchiropractic.com](http://www.diamondheadchiropractic.com)

3427 Wai'alaie Ave., Suite C • Kaimuki



**Kaimuki • Waikiki • Kahala • Kapiolani**

*Progressive curvature in your spine can lead to pinched spinal nerves, scoliosis, spinal joint and disc degeneration and other serious disorders.*

- AUTO INJURIES
- WORKER'S COMP CASES
- FAMILY DISCOUNT PLANS
- COMPLIMENTARY CONSULTATION
- PAIN MANAGEMENT
- PROVIDER OF - HMAA, SUMMERLIN, HMA, CARPENTERS & LABORS UNION, HMSA 65C+
- INQUIRE ABOUT OTHER PRIVATE INSURANCE

"No year long contracts"

GENTLE, ADVANCED  
STATE-OF-THE-ART TREATMENT

By Appointment Only  
**732-4626**



Michael T. Toyooka, DC

FREE PARKING • 10 Minutes from Waikiki • Easy Freeway Access  
Located Above Longs Kaimuki • 3221 Waiialae Ave, Suite 330

**ZEN CHIROPRACTIC CENTER**



**Alleviating, Reducing & Eliminating Pain Through Gentle Manipulation**

- Automobile Accidents
- Work-Related Conditions
- Stress & Repetitive Motions
- Slip & Fall Injuries
- Sports Injuries

**599-2700**

(See Advertisement Page 420)  
1188 Bishop St Unit 712..... **599-2700**

**CHIROPRACTORS' EQUIPMENT & SUPPLIES**

MEDIC DISTRIBUTOR INC  
PO Box 25913 Honolulu 96825 ..... 396-8884

**CHIROPRACTORS INFORMATION & REFERRAL SERVICE**

Brewer Consulting Services  
1150 S King St Suite 604..... 593-0313  
**HAWAII STATE CHIROPRACTIC ASSOCIATION**  
PO Box 22668 Honolulu 96823 ..... **926-8883**  
Fax Line ..... 926-8884

**CHLORINATORS**

Hawaiian Water & Chlorination Inc  
2464 St Louis Dr..... 734-3562  
Pural Water Specialty Co  
99-1135 Iwaena St..... 488-8434  
Winchester's Chlorination  
1051 Hemolele Pl..... 595-6649

**CHOCOLATE & COCOA**

Chocolate By Padovani LLC  
841 Bishop St Suite 151 ..... 536-4567  
2424 Kalakaua Ave Suite 119 ..... 922-4440  
Chocolate Gecko Espresso  
66-470 Kam Hwy ..... 637-9104  
Chocolate Sushi  
Enchanted Lake Cntr ..... 263-7678  
**COCOA OUTLET**  
Visit Us at [www.cocoaoutlet.com](http://www.cocoaoutlet.com)  
79-7500 Mamalaha Hwy Bay 7..... 324-6100  
Hawaiian Vintage Chocolate Co ..... 735-8494  
Malie Kai Chocolates ..... 599-8600  
Nestle USA 3375 Koapaka St Suite F220..... 836-0057  
Sweet Cheeks Chocolate Sushi PO Box 37984 Oahu  
Toll Free Dial 1 & Then ..... 888 807-8744

**CHIROPRACTORS-DC (CONT'D)**

Walton Thomas Dr DC ..... 281-1515  
Watanabe William K DC 1145A S King St..... 597-9160  
Wedgwood Thomas DC LMT..... 955-3349  
Welsbecker Daniel DC  
94-1036 Waipio Uka St Suite 103B ..... 671-7887  
Wellife Chiropractic 4510 Salt Lake Blvd ..... 487-7900  
Windhorse Healthcare  
970-N Kalaheo Ave Ste C315 ..... 254-5577  
Yamauchi Chiropractic Inc  
1221 Kapiolani Bl Suite 525 ..... 593-9941  
Y'm Kathleen W H DC 30 Aulike Suite 302 ..... 263-3322  
Young Russell L DC  
91-579 Farrington Hwy Suite 202..... 674-0090  
**YOZA CHIROPRACTIC**  
Raymond K Yoza DC  
99-080 Kauhale Suite C1..... **488-6330**  
99-080 Kauhale Suite C1 Alea..... **696-7755**

**CHOP SUEY**

See Chinese Food Products

**CHRISTIAN SCIENCE PRACTITIONERS**

Grant Seaward B CS  
1188 Bishop Suite 1603 ..... 521-7729

You can find *kaukau* (food)  
In the Restaurant Guide Located In The  
Official Hawaiian Telcom Yellow Pages!



RANDY COLLINS, D.C.  
Board Certified  
Chiropractic Orthopedist

Weekdays to 6pm  
Thur. & Sat to Noon

**MAPUNAPUNA**

*Caring For You Since 1979*

- Auto Accidents/No-Fault Insurance
- Worker's Compensation Cases
- Sports Injuries
- Most Private Insurance
- Payment Plans Available
- PGA & Champions Tour Sports Medicine Staff
- Injury Prevention & Back Exercises
- Physical Therapy Modalities

Preferred Provider:  
ChiroPlan, HMAA, UHA



AIRPORT AREA

**839-7474**

**EMERGENCIES SEEN SAME DAY**

2810 PAA ST., SUITE 4 (Between Ben Franklin & Bob's Big Boy) - FREE PARKING

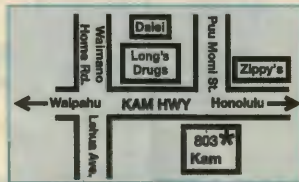
**PEARL CITY CHIROPRACTIC LLC**

*Warm & Friendly Family Practice*

**Dr. Chris Nowicki, D.C. ~ Dr. Jennifer Broad, D.C.**

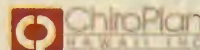
Board Certified  
Chiropractic Orthopedist

- WORKER'S COMPENSATION
- AUTO ACCIDENTS
- KAISER, HMSA, ETC.



**456-5553**

**803 KAM HWY, SUITE 309**



Ted Chun D.C., DABCO

**MILILANI BACK CARE CENTER**

- Palmer Graduate
- Over 20 Years Experience
- Saturday Appointments Available
- Open Until 7 pm Weekdays

MILILANI

**625-0098**

The Town Center of Mililani • 95-720 Lanikuhana Ave. #240  
Located above Central Pacific Bank



Preferred Provider:  
Chiroplan, HMAA, UHA