

# The body repairs itself, given the right nutrients.

## Patient Success:

*"I have **bulging discs** and suffer from sciatica. I rated my pain level as 10+. I couldn't stand for more than 5-6 minutes without having to lie on my back. I suffered from the same problem a few years ago and was seeing another chiropractor for over a year with no results. Dr. Goldstein evaluated me and found that my kidney's and bladder were my "hot spots"; after two months I was pain free."*

**Lydia R.**

*I had **back pain** between my shoulder blades for many years. I started nutrition with Dr. Goldstein and chiropractic adjustments. He was the first to tell me I had a gall bladder problem. The nutritional program he put me on helped. My back pain was gone. Nutrition is great, I feel more energized, healthy, and have regular bowel movements.*

**Tanya C.**

*"Since age 17, I suffered from Arthritis, by 40 my hips were replaced, my back hurt, my knee was swollen, and my **Rheumatoid Arthritis** was at its peak. In three days I started to notice a difference. Three months later I went to my rheumatologist and had my blood taken. According to my Rheumatologist, I have officially no arthritis (inflammation factors measurable in the blood). I have much more energy, less pain and overall, feel stronger. I would recommend these treatments to anyone!"*

**Eva O.**

**Acupuncture Services Available**

## Events & Lectures:

Dr. Goldstein teaches nutrition benefits to others and shares his knowledge with the community. Contact us to schedule a lecture, customize an event or partner with Dr. Goldstein.

## Where to find us:

130 West 42<sup>nd</sup> Street,  
Suite 604  
New York, NY 10036  
Between 6<sup>th</sup> Ave. & Broadway  
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### Office Hours

**Mon/ Wed/ Fri**  
8:35am-6pm  
**Tues/ Thurs**  
4pm-6pm

# Clinical Nutrition & Chiropractic Care



**Dr. Barry Goldstein**

Whole Food Nutrition...  
**What is it?**  
Will it work?

**"Food is Medicine"**

Practicing for over 20 years to deliver true healing by treating the actual source of health problems NOT the symptoms. Dr. Goldstein teaches fellow practitioners.

Given the chance, the body has a tremendous potential to be healthy.

## What is Clinical Nutrition?

Natural food designed by nature to enable the body to repair itself and become healthier. Through Dr. Goldstein's analysis, you will receive a personalized nutrition program derived from information your body provides. Most programs include dietary suggestions and whole food supplements to aid your body in healing itself.

## "Whole Food supplements" are...

Derived from specific whole foods, organically grown and prepared in such a way that preserves their vital enzymes and vitamins; making them the optimum vitamin-mineral products.

In concentrated form, your body can get complete nutrition from this small tablet! By restoring the nutrition on which your body was founded, it is possible to enable your body to heal itself...just as Nature intended.

Example of what the FDA considers a "natural" Vitamin C supplement when in fact it is synthetic:

Cornstarch is refined to sugar

Sugar is hydrated to Sorbitol

Sorbitol is fermented into Sorbose

Sorbooses are mixed with Acetone to react to Sulfuric Acid

Yielding 2 Keto L Glytonic Acid which is then washed in an alcohol bath creating Ascorbic Acid

**Ascorbic Acid = Vitamin C**

**Does this sound "natural"?**

## nu-tri-tion (n.)

1. The process of nourishing or being nourished, especially the process by which a living organism assimilates food and uses it for growth and for replacement of tissues.

## I thought I ate healthy!

Several factors contribute to deficiencies however many may be contained in your daily food, as there has been a decline in the quality of food over the past 70years—resulting in sick people dependant on pharmaceutical drugs. Current food conditions make it difficult to get all the nutritional components your body requires to heal and/or maintain resiliency.

Typical factors of the "food" commercially available in grocery stores & restaurants:

- Microwaving
- Food Coloring
- Flash Freezing
- Preservatives
- Genetic Engineering
- Synthetic Additives
- Hormones & antibiotics (in meat, chicken, etc)
- Produce grown in soil robbed of nutrients
- Harmful chemicals and metals (pcb's & mercury in some fish)

## Nutritional Testing is...

A non-invasive, holistic system of analyzing the body to determine the underlying causes of ill or non-optimum health.

**Watch us on: [youtube.com/DoctorBarry](https://www.youtube.com/DoctorBarry)**

## What is Chiropractic Care?

The integration of Eastern and Western medicines by helping your body restore good architectural integrity and nerve flow, chiropractic allows you to function properly.

In my experience, if your condition is truly musculo-skeletal it will respond within four visits and you will know if chiropractic care is actually for you. Initially your body will shut down the alarm (acute pain); this is only the first step.

### "Healing takes time."

This usually takes approximately 8 weeks. Thereafter, I usually encourage patients to integrate monthly chiropractic visits to maintain good health.

It is easier to stay well than to get well.

### "Good health is a road well traveled."

Be patient, health is something you do daily to better ones self. If you do not respond to chiropractic care within four visits we must look inwardly to help manage your health. Remember that organs reflect pain outwardly. For instance, your heart can cause pain in your left arm, chest, mid back and mid arm. Your stomach organs are three-dimensional and can cause pain in your side and back not only in the front. This is where nutritional evaluations are important.