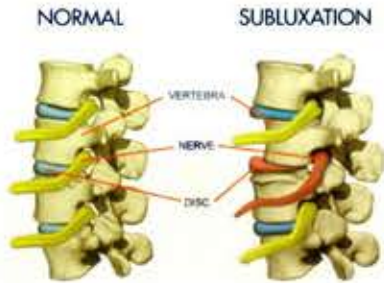


Chiropractic Care

Currently, aches and pains are so common that we begin to believe that this is just a normal part of life. As you know, living in pain can severely affect your ability to lead a normal life and can affect your career, family, enjoyment of leisure activities and even personal finances. Many aches and pains are caused by misaligned spinal bones called 'subluxations'.



Subluxations can lead to nerve impingement, disc swelling, muscle spasm, limited motion, and, over time, to spinal arthritis.

Chiropractors apply gentle pressure with their hands or an instrument to the spinal bones to realign them. This effective treatment greatly reduces or eliminates your pain.

Dr. Goldman is an expert in many advanced chiropractic techniques, such as Applied Kinesiology, Flexion Distraction and Activator Method (gentle, low force).

As a new patient, you are given a computerized spinal scan (Thermography and Surface EMG) to detect the precise location of your nerve interference. Then, a comprehensive treatment plan is discussed with you, so you fully understand the plan before any work begins.

Nutrition Response TestingSM

Nutrition Response Testing is a system that uses your body's own reflexes to determine which of your organs are under stress and the exact nutritional deficiencies that may be the cause.

On your first visit, we will do a full body analysis using Nutrition Response Testing to properly assess each of your organ reflexes. In addition, a computerized Heart Rate Variability Monitor Test will be performed.



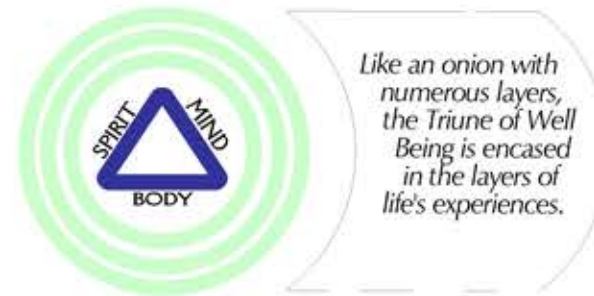
Then a specific program of nutritional supplementation, along with individualized dietary counseling, is developed for you to achieve the best results possible. Following your consultation, you will be given the results in a simple, concise way that you can clearly understand.

You will be personally guided every step of the way to assist you to attain the maximum possible health benefits and finally get your real underlying health issues handled!

Natural Force Healing[®]

You might think that health is just about what happens in your body. In reality, your health is a combination of your physical, mental and spiritual well being. For you to achieve optimal health, all of these aspects must be in harmony.

With Natural Force Healing (NFH), the doctor uses a hand position on a specific point on your body which acts as an 'antenna', receiving the specific, desired universal vibrations (frequencies) required to perform the specific, needed treatment.



When someone experiences an NFH treatment, a layer of the 'onion' is peeled away, allowing the individual to move one step closer to having complete balance.

After an NFH session, you may experience a release of emotional wounds, a feeling of deep comfort, feelings of peace, improvements in intuitive awareness and spiritual development.

Our Workshops

Our FREE seminars are all presented at our Pomona office on weekday nights.

See our website, WholeHealthRockland.com for a detailed description of all workshops as well as dates and times, and call 845-354-2100 to reserve a seat.

Nutrition Response Testing Workshop
Learn about NRT and how it can help you!

Healthy Eating Workshop
Learn how to eat for great health!

Spinal Health Orientation
Learn how to take care of your spine!

Natural Force Healing Presentation
Learn how NFH can help you feel better!



Conditions Treated

- Neck pain
- TMJ
- Headaches
- Leg and knee pain
- Expectant mothers
- Sciatica
- Weight Control
- Back pain
- Muscle spasms
- Shoulder pain
- Arthritis pain
- Disc problems
- Fibromyalgia
- Osteoporosis

Whole Health Care

Whole Health Care, by definition, looks at the whole person, not just the condition itself. In our office we focus on healing by addressing three different aspects of the whole person.

- Structural (Chiropractic Care)
- Nutritional (Nutrition Response Testing™)
- Emotional (Natural Force Healing®).



As a new patient, you will be evaluated as to which one, or more, of the above therapies would be best for you so that you may begin your healing program.

Whole Health Care is what health care should have become years ago - with a doctor who is knowledgeable in numerous modalities and able to educate and guide patients, rather than suggesting only one approach. Dr. Goldman has been studying Whole Health Care since 1980 and is well-equipped to provide the needed treatments or to refer you to another practitioner, if necessary.

Meet Our Staff

Dr. Eric Goldman completed his pre-chiropractic education at SUNY Brockport and at UMASS Amherst. He then began his studies at New York Chiropractic College (NYCC) on Long Island, NY. After graduating in 1983, Dr. Goldman began practicing in Queens, NY with Dr. Arlene Kahn and relocated to Pomona, NY in 1989.



Dr. Eric Goldman

Beginning in 2000, Dr. Goldman added Natural Force Healing® to his practice. Utilizing this energy based technique allows him to focus on helping patients achieve optimal health through the integration of mind, body, and spirit. (See inside panel.)

In 2008, Dr. Goldman introduced Nutrition Response Testing to his practice. This technique utilizes nutritional supplements and dietary counseling to address many health conditions. (See inside panel.)

Dr. Eric and Dr. Arlene met in chiropractic college and they have been together as a couple since 1982. They live together with their cats in a beautiful country setting in Rockland County.

Dr. Eric enjoys hiking, photography, reading and playing hand drums.

Ever since the untimely passing of her brother at age 18 from a hereditary health condition, Arlene has vowed to dedicate her life to helping others lead healthier, more vital and longer lives. She has extensively studied many natural approaches to health care with a particular emphasis on diet and nutrition.



Arlene H. Kahn

As a former chiropractor, she works alongside Dr. Eric to bring the most comprehensive chiropractic experience to all the patients of Whole Health Rockland. As the nutritional Patient Advocate, Arlene brings her knowledge of diet as taught by the Weston A. Price foundation to help our patients naturally transition into this healthful way of eating.

In addition, Arlene is a Certified Communication and Relationship Coach as well as a certified Addiction Recovery Coach.

In her spare time, Arlene loves nature, animals and connecting with friends.

Testimonials

"Chiropractic care is a way of life for my family. We have a healthier lifestyle because of regular chiropractic adjustments!"



Patricia C.
New City, NY

"Natural Force Healing has helped me stay relaxed, focused and centered on my goal, which is to connect with my higher power. After 2 years, I have seen the benefits in every aspect of my life- body, mind and spirit."



Jeanette T.
Suffern, NY

"Using Nutrition Response Testing, in a mere four months, I feel like a brand new person. Twenty four pounds are now gone, I have more energy, I've been sleeping better and my life is so much easier. I may only be twelve years old, but this program has changed my life for the better."



Cassie G.
Pomona, NY

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Whole Health Rockland

Chiropractic Nutrition Energy Work

Dr. Eric Goldman
Chiropractor & Nutritionist

Arlene H. Kahn
Patient Advocate

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*Great Health Is Your Birthright
Let Us Help You Reclaim Yours*