

broadway chiropractic and wellness nyc

Broadway Chiropractic and Wellness NYC: Your Midtown Manhattan Oasis of Relief

Are you experiencing nagging back pain, persistent headaches, or that constant stiffness that's slowing you down? Living and working in the bustling heart of NYC can take its toll on your body. Finding relief amidst the constant hustle can feel impossible. But what if I told you there's a sanctuary of wellness nestled right on Broadway, dedicated to helping you reclaim your health and vitality? This post explores Broadway Chiropractic and Wellness NYC, a leading provider of holistic chiropractic care in Midtown Manhattan, offering a comprehensive approach to pain management and overall well-being. We'll delve into their services, explain the benefits of chiropractic care, and show you why they are the perfect choice for your health journey.

Understanding the Broadway Chiropractic and Wellness NYC Approach

Broadway Chiropractic and Wellness NYC stands apart from other clinics by offering a truly holistic approach. They understand that pain isn't always isolated to one area; it's often interconnected with other aspects of your health. Their practitioners don't just treat symptoms; they identify the root cause of your discomfort. This involves a thorough examination, taking into account your lifestyle, activity levels, and overall health history. This personalized approach ensures that your treatment plan is tailored specifically to your unique needs.

A Wide Range of Services Offered at Broadway Chiropractic and Wellness NYC

Beyond traditional chiropractic adjustments, Broadway Chiropractic and Wellness NYC provides a comprehensive suite of services designed to enhance your overall health and well-being. These include:

Chiropractic Adjustments: These highly skilled manipulations restore proper spinal alignment, relieving pressure on nerves and improving joint function. This is the cornerstone of their practice, providing effective relief from back pain, neck pain, headaches, and sciatica.

Massage Therapy: Relax tense muscles, improve circulation, and reduce pain with their skilled massage therapists. Various modalities are offered, including deep tissue massage, Swedish massage, and sports massage, to cater

to individual needs.

Acupuncture: Harnessing the ancient healing art of acupuncture, Broadway Chiropractic and Wellness NYC offers this complementary therapy to address pain, reduce inflammation, and promote overall well-being. This is especially effective for chronic pain management.

Physical Therapy: Rehabilitation and strengthening exercises tailored to your specific condition help restore function, improve flexibility, and prevent future injuries. This is crucial for long-term pain management and injury prevention.

Nutritional Counseling: Understanding the vital role nutrition plays in overall health, Broadway Chiropractic and Wellness NYC offers nutritional guidance to help you optimize your diet for better health and pain management.

The Benefits of Choosing Broadway Chiropractic and Wellness NYC

Choosing Broadway Chiropractic and Wellness NYC offers several key advantages:

Convenient Location: Located on Broadway, the clinic is easily accessible for those working or living in Midtown Manhattan. This convenient location minimizes travel time and makes it easier to incorporate regular treatments into your busy schedule.

Experienced and Qualified Practitioners: The clinic boasts a team of highly experienced and licensed chiropractors, massage therapists, and other healthcare professionals dedicated to providing exceptional care. Their expertise ensures that you receive the most effective and personalized treatment.

Holistic Approach: Their holistic philosophy goes beyond addressing symptoms. By identifying the root cause of your discomfort and considering your overall well-being, they create customized treatment plans for lasting results.

State-of-the-Art Facilities: The clinic is equipped with modern facilities and technology, ensuring a comfortable and effective treatment experience.

Exceptional Patient Care: Broadway Chiropractic and Wellness NYC prioritizes providing excellent patient care. They create a welcoming and supportive environment where you feel comfortable discussing your concerns and receiving the best possible care.

Addressing Common Concerns About Chiropractic Care

Many individuals hesitate to seek chiropractic care due to misconceptions or

concerns. Broadway Chiropractic and Wellness NYC addresses these concerns head-on, providing transparent and informative consultations. They explain the process thoroughly, answer all questions, and ensure patients feel comfortable and confident in their treatment plan.

Reclaim Your Health and Vitality in the Heart of Manhattan

Living in New York City requires resilience. Don't let persistent pain hold you back. Broadway Chiropractic and Wellness NYC provides a haven of wellness, offering a personalized and holistic approach to pain management and overall well-being. Their convenient location, experienced practitioners, and comprehensive services make them the ideal choice for anyone seeking effective and lasting relief. Take the first step towards a healthier, happier you. Contact Broadway Chiropractic and Wellness NYC today to schedule your consultation.

Conclusion

Broadway Chiropractic and Wellness NYC offers a superior experience in holistic care for residents and workers in Midtown Manhattan. Their dedication to personalized treatment plans, coupled with a wide array of services, makes them a leading choice for those seeking pain relief and improved overall wellness. Don't hesitate to reach out and experience the difference a holistic approach can make in your life.

FAQs

1. Do I need a referral to see a chiropractor at Broadway Chiropractic and Wellness NYC? No, referrals are generally not required to see a chiropractor in New York. You can schedule an appointment directly.
1. What forms of payment do you accept? Broadway Chiropractic and Wellness NYC accepts most major credit cards, debit cards, and often works with insurance providers. It's best to call and inquire about specific insurance coverage.
1. How long are the typical appointments? Appointment lengths vary depending on the services received, but expect to allocate at least 45 minutes to an hour for your initial consultation and examination. Follow-up appointments are generally shorter.

1. What should I wear to my appointment? Comfortable, loose-fitting clothing is recommended to allow for easy movement during your examination and treatment.

1. What if I have a severe injury? If you have experienced a severe injury, it's crucial to seek immediate medical attention at an emergency room before scheduling an appointment with Broadway Chiropractic and Wellness NYC. They can provide care for many conditions, but some require immediate medical intervention.

broadway chiropractic and wellness nyc: The Earth Diet Liana Werner-Gray, 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

broadway chiropractic and wellness nyc: Quantum Paleo D. C. Willen, 2012 Quantum Paleo: Your personal leap! Quantum Paleo is not... a diet book, although if you follow the 21-day plan you will lose 6-18 pounds in the first three weeks. Quantum Paleo is not... long or complicated. This is concise by design. Most diet books are not read cover to cover. Readers typically search for what they need to know. I cut the fat. Simple works. Period. Quantum Paleo is not... a nutritional science research paper. Quantum Paleo is a result-oriented personal journey to make lasting changes in your health, mindset and waistline. Quantum Paleo is... about having a major breakthrough in the way you eat, live and take care of your body. Quantum Paleo is ... about putting the pieces in place to achieve your health and fitness dreams no matter how many times you failed at reclaiming your health and ideal body weight in the past. Quantum Paleo is... a proven path used by Dr. Doug in his NYC practice for the past 14 years. Men, women, elite athletes and dancers in Broadway shows, as well as people that have never had success with their health and bodies in their entire lives will surpass their expectations with Quantum Paleo! Quantum Paleo is... mostly about you! It challenges you to discover what you are fighting for and use that discovery to achieve your dreams! I decided to write a book that would cover the information gleaned from 100's of consultations with my patients. This is a 'what you need to know book'. The moment you take action on this information your life will

start changing fast. It takes an open mind and a quantum leap to get the most out of this material. Are you ready to 'Take the leap to your best body ever?' Dr. Doug

broadway chiropractic and wellness nyc: Performing Arts Medicine Robert Sataloff, Alice Branfonbrener, Richard Lederman, 2010-12-10

broadway chiropractic and wellness nyc: **The Myth of Normal** Gabor Maté, MD, 2022-09-13
The instant New York Times bestseller By the acclaimed author of *In the Realm of Hungry Ghosts*, a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really “normal” when it comes to health? Over four decades of clinical experience, Maté has come to recognize the prevailing understanding of “normal” as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today’s culture stresses the body, burdens the immune system, and undermines emotional balance. Now Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society—and offers a compassionate guide for health and healing. Cowritten with his son Daniel, *The Myth Of Normal* is Maté’s most ambitious and urgent book yet.

broadway chiropractic and wellness nyc: *Living Smart--New York City* Craig Wroe, 2004 (Limelight). New York City is proud of its Donald Trumps and Woody Allens, its Matthew Brodericks and Sammy Sosas, but the backbone of our great teeming metropolis is made up of teachers and sales reps, cashiers and consultants, actors and cab drivers, public defense lawyers and personal trainers. With these people in mind, actor/teacher and 20-year New York City veteran Criag Wroe pounded the pavement with notebook in hand, traveling all over the city comparison shopping. When he found stores that were giving people a fair break on price and product and service providers who understood the value of offering more for less, he wrote down their names, addresses, and details in his big book *Living Smart: New York City The Ultimate Insider's Guide for the Budget Savvy*. The book includes several listings, such as frugal living websites, important/emergency phone numbers, ways to avoid health insurance scams, inexpensive yoga and meditation classes, and much more. If you have to choose between purchasing a good haircut or a good meal, then you need this book!

broadway chiropractic and wellness nyc: **Yes, You Can Get Pregnant** Aimee E. Raupp, 2014-05-22 This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

broadway chiropractic and wellness nyc: **Holistic Aromatherapy** Marc J. Gian, 2017-11-14 Heal your body, mind, and spirit using the power of essential oils. Heal your body, mind, and spirit using the power of essential oils. Are you seeking a natural and holistic way to improve your mental, emotional, and physical well-being? And did you know that our sense of smell has the power to trigger and increase memory, change our mood, and boost our immune system? In *Holistic Aromatherapy* you will find the foundations for harnessing this power and self-healing with essential oils, including the additional benefits of practical applications based on Chinese Medicine. Discover the healing connection between aromatherapy and Chinese Medicine, and learn about key essential oils—peppermint, lavender, rose, eucalyptus, and many more—and their unique personalities and applications. Find out how to apply essential oils on acupressure points for enhanced benefits and

make an essential bath oil, scrub, spray, or steam inhalation, as well as simple massage techniques and compresses for pain relief. Whether you need relief from a common cold, have a digestive concern, or suffer from back and neck pain, or if you are looking to improve your memory or seeking relaxation and a calm mind, enter the scent-filled world of Holistic Aromatherapy for overall self-care and rejuvenation.

broadway chiropractic and wellness nyc: *Rehab Science: How to Overcome Pain and Heal from Injury* Tom Walters, Glen Cordoza, 2023-04-11 Recover from injuries and put a stop to pain with this step-by-step guide In his new book, *Rehab Science*, renowned orthopedic physical therapist Tom Walters shows you how to take back the power to heal. He explains how to understand and identify pain and injury, how to treat common issues to muscles, tendons, ligaments, and more, and how to end chronic pain for good. Our current healthcare model, with its emphasis on treating symptoms rather than addressing the root cause of those symptoms, can be frustrating, especially for people with ongoing pain. *Rehab Science* outlines a new way of thinking about pain and injury with a movement-based system that helps you treat pain and heal from injuries on your own terms. Dr. Walters delivers proven protocols that strengthen the body, improve mobility and movement quality, alleviate pain, ensure full recovery, and keep pain and injury from reoccurring in the future. This book highlights common issues like ankle sprains, tennis elbow, and low back pain and provides protocols for rehabilitating each one step by step and week by week. Find out what you can do to accelerate the phases of healing by using targeted movements and pain-relieving rehab exercises. Full-color photo sequences show how to do each exercise correctly. In *Rehab Science*, you'll learn: • How to identify and treat common pains and injuries • Which exercises can prevent pain from returning • How long you should be doing rehab exercises • Major signs and symptoms that may require medical attention • How a diagnosis can factor into recovery • What common X-ray and MRI findings mean • How to program exercises to rehab specific injuries • When you might need to consider surgery • And much, much more

broadway chiropractic and wellness nyc: *Maternal Fitness* Julie Tupler, 1996-04-10 Get Your Body Ready for the Marathon of Labor! If you're newly pregnant, you're probably watching your diet carefully, getting plenty of rest, and preparing for the arrival of your new baby. You're also thinking about the big day itself and what the experience of labor will be like. Even if you're following a regular fitness program, you'll want to do everything you can to strengthen and prepare your body for the rigors of labor. *Maternal Fitness* features clearly illustrated exercises that focus specifically on the muscle groups you'll use throughout labor, especially the transverse abdominals -- the stomach muscles that play a critical role during delivery. A powerful set of transverse abs can speed labor and delivery and make for a quick recovery. By learning how to strengthen your abdominals and relax your pelvic floor muscles, you'll be able to push more effectively. While the *Maternal Fitness* program is designed specifically for the big moment, it also has other benefits, from minimizing backache and fatigue to giving you a welcome head start on getting back into shape after childbirth. Developed by a professional trainer who is also a registered nurse and childbirth educator, the *Maternal Fitness* program is safe for you and your baby and easy to do. Once learned, it can be incorporated into any workout.

broadway chiropractic and wellness nyc: *Mind, Body, Spirit And Discovering the Purpose of life* Diane Kurtz Calabrese, 2021-09-15 The purpose of this book is offering every one of you who reads it the opportunity of having a clearer perspective of life.... God's greatest gift... Life really is a miracle in itself and it is so easy to take that for granted. You are not here by chance; I can assure you that. You are God's miracle, not by luck or chance... but by purpose. Each and every one of us are here for a divine reason. We are equally gifted by Jesus Christ our life force energy, by God. We are unique in our physical appearance as well as our spiritual essence. We have one soul that is on a journey to learn what it is like to live on the earth plane. And, this is the earth school. We are here for a very short period of time. Don't leave here not recognizing what it is you came here for.

broadway chiropractic and wellness nyc: *The Complete Herbal Guide* Stacey Chillemi,

Michael Chillemi, 2007-08-22 *The Complete Herbal Guide: A Natural Approach to Healing the Body* is essential reference book for anyone interested in maintaining optimal health and overcoming disease. The book contains concise and comprehensive listings of over 175 herbs and conditions. The book has quick and easy references to all the information you need to maintain excellent health the natural way.

broadway chiropractic and wellness nyc: *You Are the Placebo* Dr. Joe Dispenza, 2015-09-08 Is it possible to heal by thought alone—without drugs or surgery? The truth is that it happens more often than you might expect. In *You Are the Placebo*, best-selling author, international speaker, chiropractor, and renowned researcher of epigenetics, quantum physics, & neuroscience, Dr. Joe Dispenza shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a placebo. Similarly, Dr. Joe tells of how others have gotten sick and even died the victims of a hex or voodoo curse—or after being misdiagnosed with a fatal illness. Belief can be so strong that pharmaceutical companies use double- and triple-blind randomized studies to try to exclude the power of the mind over the body when evaluating new drugs. "In his paradigm-altering book, *You Are the Placebo*, Dr. Joe Dispenza catapults us beyond thinking of the placebo effect as an anomaly. Through 12 concise chapters that read like a true-life scientific thriller, Dispenza gives us rock-solid reasons to accept the game-changer of our lives: that the placebo effect is actually us, proving to ourselves the greatest possibilities of healing, miracles, and longevity! I love this book and look forward to a world where the secret of the placebo is the foundation of everyday life." — Gregg Braden, New York Times best-selling author of *Deep Truth* and *The Divine Matrix* Chapters Include: Foreward by Dawson Church, Ph.D. Part I. Is It Possible? A Brief History of the Placebo The Placebo Effect in the Brain The Placebo Effect in the Body How Thoughts Change the Brain and the Body Suggestibility Attitudes, Beliefs, and Perceptions The Quantum Mind Three Stories of Personal Transformation Information to Transformation: Proof That You Are the Placebo Part II: Transformation Meditation Preparation Changing Beliefs and Perceptions Meditation Becoming Supernatural Dr. Joe does more than simply explore the history and the physiology of the placebo effect. He asks the question: Is it possible to teach the principles of the placebo, and without relying on any external substance, produce the same internal changes in a person's health and ultimately in his or her life? Then he shares scientific evidence (including color brain scans) of amazing healings from his workshops, in which participants learn his consciousness shifting model of personal transformation, based on practical applications of the so-called placebo effect. The book ends with a how-to calming meditation for changing limiting beliefs and mental perceptions that hold us back—the first step in healing. *You Are the Placebo* combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect . . . and show how the seemingly impossible can become possible. "I discovered that if I could teach people the scientific model of transformation (bringing in a little quantum physics to help them understand the science of possibility); combine it with the latest information in neuroscience, neuroendocrinology, epigenetics, and psychoneuroimmunology; give them the right kind of instruction; and provide the opportunity to apply that information, then they would experience a transformation... This book is about: empowering you to realize that you have all the biological and neurological machinery to do exactly that. My goal is to demystify these concepts with the new science of the way things really are so that it is within the reach of more people to change their internal states in order to create positive changes in their health and in their external world." — Dr. Joe Dispenza

broadway chiropractic and wellness nyc: *The 12 Stages of Healing* Donald M. Epstein, Nathaniel Altman, 2023-02-01 *The 12 Stages of Healing* is an extraordinary new approach to healing the mind and body. Dr. Epstein, founder and creator of Network Spinal, offers fascinating insights into the complex relationship between mind, emotions, and body, and shows us how to promote greater health in our bodies and harmony in our relationships. Have you, or someone you love, experienced . . . A recurring sickness, healing crisis, or life-threatening illness? · A feeling of

emptiness and longing for no apparent reason? · A major trauma, emotional hardship, or life-changing event? · A feeling of being stuck in a pattern of self-destructive behavior? After observing thousands of people in both private practice and public seminars, Dr. Epstein discovered 12 basic rhythms, or stages of consciousness, shared by all humanity. Each stage of healing has a distinct "rite of passage" that helps us to reunite with aspects of ourselves that are traumatized, alienated, forgotten, abused, shamed, or unforgiven. Each stage also has a characteristic pattern of breath, movement, and touch that can help us to reconnect with the natural, internal rhythms of our body, and experience a greater sense of joy and well-being. "Donald Epstein is an extraordinary healer. In my 25 years of traveling the globe, I've never seen anyone who is able to produce the impact he does in such a short period of time. He opens our hearts to new possibilities for individuals and humanity." — Tony Robbins, Peak Performance Coach and best-selling author of *Unlimited Power*

broadway chiropractic and wellness nyc: Gua sha Arya Nielsen, 2014-09-05 'Sometimes called coining, spooning or scraping, Gua sha is defined as instrument-assisted unidirectional press-stroking of a lubricated area of the body surface that intentionally creates 'transitory therapeutic petechiae' representing extravasation of blood in the subcutis.' Gua sha has been used for centuries in Asia, in Asian immigrant communities and by acupuncturists and practitioners of traditional East Asian medicine worldwide. With the expansion of traditional East Asian medicine, Gua sha has been used over broad geographic areas and by millions of people. It is valuable in the treatment of pain and for functional problems with impaired movement, the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many acute or chronic disorders. Research has demonstrated Gua sha radically increases surface microperfusion that stimulates immune and anti-inflammatory responses that persist for days after treatment. The second edition expands on the history of Gua sha and similar techniques used in early Western Medicine, detailing traditional theory, purpose and application and illuminated by science that focuses its relevance to modern clinical practice as well as scholarly inquiry. This book brings the technique alive for practitioners, with clear discussion of how to do it – including correct technique, appropriate application, individualization of treatment – and when to use it, with over 50 case examples, and superb color photographs and line drawings that demonstrate the technique. NEW TO THIS EDITION • New chapter on immediate and significant Tongue changes as a direct result of Gua sha • Research and biomechanisms • Literature review from Chinese language as well as English language medical journal database • New case studies • Over 30 color photographs New chapter on immediate and significant Tongue changes as a direct result of Gua sha Research and biomechanisms Literature review from Chinese language as well as English language medical journal database New case studies Fully updated and revised throughout Over 30 colour photographs

broadway chiropractic and wellness nyc: The Miracle Ball Method, Revised Edition Elaine Petrone, 2020-09-15 Break the cycle of pain with the Miracle Ball Method. After taking just one of Elaine's ball therapy classes, I was asymptomatic for the first time in 15 years. I now recommend it to all of my patients.-- Fred Jones, D.C., Sunshine Chiropractic and Wellness, Merrick, NY The Miracle Ball Method is a revolutionary program designed to help relieve your pain, reshape your body, and reduce your stress. Using controlled breathing, two squishy balls, and simple exercises of rolling and rotating, you can learn to heal everything from a bad knee to a stressed-out back. Made out of nontoxic PVC vinyl, the balls are sized to tuck under strategic parts of your body. Like magnets, they actually draw out pain and tension. Includes: Two durable Miracle Balls 176-page illustrated book with 30 exercises Features routines for pain relief, reduced anxiety, and better sleep

broadway chiropractic and wellness nyc: The Doctor Will See You Now Tamer Seckin, William Croyle, 2016-03-01 Endometriosis materializes when the endometrium – the tissue that lines the inside of the uterus – sheds, but does not exit a woman's body during her period. Instead, it grows outside of the uterus, spreading to organs and nerves in and around the pelvic region. The resulting pain is so physically and emotionally insufferable that it can mercilessly dominate a

woman's life. The average woman with endometriosis is twenty-seven years old before she is diagnosed. It is one of the top three causes of female infertility. The pain it emits can affect a woman's career, social life, relationships, sexual activity, sleep, and diet. It is incurable, but highly treatable. Unfortunately, though, it is rarely treated in a timely manner, if at all, because of misdiagnoses and/or a lack of education among those in the medical community. This book gives hope to everyone connected to endometriosis. That includes every woman and young girl who has it, and the women and men in their lives – the mothers, fathers, husbands, children, and friends – who know something is wrong, but do not know what it is or what to do about it. This book is written at a level that everyone with ties to this disease can relate to and understand, but it is also for doctors with good intentions who lack the knowledge of how to diagnose or treat it. The Doctor Will See You Now is for women determined to let the world know their stories so that every woman with this disease – from the thirteen-year-old girl who is being told that her pain is “part of becoming a woman” to the woman who has been misdiagnosed for decades – knows she is not alone. Yes, her pain is real. No, she is not crazy. Yes, there is hope.

broadway chiropractic and wellness nyc: *10-Minute Recipes* Liana Werner-Gray, 2016-10-25 Improve your health with clean, natural foods and nutrient-rich recipes that can be made in 10 minutes or less! Liana Werner-Gray understands how hard it is to find the time to take care of yourself; to keep up with her fast-paced life, she indulged in processed convenience foods until she landed in the hospital and could no longer take her health for granted. She shared her journey to healing herself in her blog, The Earth Diet, which launched her best-selling book of the same name. Through the Earth Diet lifestyle, she has helped thousands of people with thyroid issues, eating disorders, cancer, diabetes, acne, addictions, and other afflictions. Liana kept hearing from readers and clients that their biggest obstacle was a lack of time, so she gathered together her favorite quick recipes and time-saving techniques. In 10-Minute Recipes, you will find more than 100 recipes to get into your diet more of the essential vitamins, minerals, and micronutrients your body needs—each of which can be prepared in 10 minutes or less. Whether you're a meat eater or a raw vegan, this inclusive book offers options for juices, smoothies, salads, entrees, desserts, and more that will delight any palate. Liana also delivers advice on proper nutrition; tips for shifting out of toxic habits; and guides for specific goals such as weight loss, reducing inflammation, and increasing energy.

broadway chiropractic and wellness nyc: *On Writing Well* William Knowlton Zinsser, 1994 Warns against common errors in structure, style, and diction, and explains the fundamentals of conducting interviews and writing travel, scientific, sports, critical, and humorous articles.

broadway chiropractic and wellness nyc: *Social Research and Policy in the Development Arena* Martin Doornbos, 2015-10-08 The author focuses on the research-policy nexus in development studies, highlighting reciprocal orientations and interactions between the domains of social research and of policy and politics. He looks at instances where these domains are complementary and geared towards common objectives, but also with others marked by opposing rationales.

broadway chiropractic and wellness nyc: *The Rife Handbook of Frequency Therapy and Holistic Health* Nina Silver, 2021

broadway chiropractic and wellness nyc: *Healing Back Pain* John E. Sarno, 2001-03-15 Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself-without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

broadway chiropractic and wellness nyc: *How to Start a Business in Colorado* Entrepreneur

Press, 2007-07-09 SmartStart Your Business Today! How to Start a Business in Colorado is your road map to avoiding operational, legal and financial pitfalls and breaking through the bureaucratic red tape that often entangles new entrepreneurs. This all-in-one resource goes a step beyond other business how-to books to give you a jump-start on planning for your business. It provides you with: Valuable state-specific sample forms and letters on CD-ROM Mailing addresses, telephone numbers and websites for the federal, state, local and private agencies that will help get your business up and running State population statistics, income and consumption rates, major industry trends and overall business incentives to give you a better picture of doing business in Colorado Checklists, sample forms and a complete sample business plan to assist you with numerous startup details State-specific information on issues like choosing a legal form, selecting a business name, obtaining licenses and permits, registering to pay taxes and knowing your employer responsibilities Federal and state options for financing your new venture Resources, cost information, statistics and regulations have all been updated. That, plus a new easier-to-use layout putting all the state-specific information in one block of chapters, make this your must-have guide to getting your business off the ground.

broadway chiropractic and wellness nyc: Injury-Free Running Thomas Michaud, 2013 We were not born to run. If we were, injury rates among runners wouldn't be so high. Of the 12 million runners in the United States, the annual injury rate is close to 50%. This translates into nearly 2 million stress fractures and 4 million sprains/strains. To run injury-free for decades, you have to be strong, coordinated and most of all, well informed. While various experts will give you advice based on anecdotal information (e.g., wear minimalist shoes, strike on your midfoot, and never stretch), this book reviews the scientific literature to show you how to: Develop a running form based on your alignment, prior injuries, and desired running speed. Design a personalized rehab program you can do at home by evaluating your arch height, flexibility, strength, and coordination. Choose a running shoe that is right for you. Select the best preexercise warm-up routine. Treat 25 of the most common running-related injuries with the most up-to-date, scientifically justified treatment protocols available.

broadway chiropractic and wellness nyc: The Bliss Principle Perseus, 2005-08-22 A yoga instructor and stress management counselor has created a simple but effective program to show readers that, while pressure is a fact of life, it isn't an inescapable one. Includes five ways to reduce stress and ten recipes that promote health and well being.

broadway chiropractic and wellness nyc: On Writing Well, 30th Anniversary Edition William Zinsser, 2012-09-11 On Writing Well has been praised for its sound advice, its clarity and the warmth of its style. It is a book for everybody who wants to learn how to write or who needs to do some writing to get through the day, as almost everybody does in the age of e-mail and the Internet. Whether you want to write about people or places, science and technology, business, sports, the arts or about yourself in the increasingly popular memoir genre, On Writing Well offers you fundamental principles as well as the insights of a distinguished writer and teacher. With more than a million copies sold, this volume has stood the test of time and remains a valuable resource for writers and would-be writers.

broadway chiropractic and wellness nyc: Rehabilitation of the Spine: a Patient-Centered Approach Craig Liebenson, 2019-09-02 Presents a practical overview of spinal rehabilitation combining McKenzie, Janda, Contract-Relax and Stabilization approaches into one common treatment protocol.

broadway chiropractic and wellness nyc: Your Body and the Stars Stephanie Marango, Rebecca Gordon, 2016-05-10 A fun, informative, and insightful handbook that takes you on a celestial journey to holistic wellness by unlocking the connection between your zodiac sign and your health. Most of us suffer from mental or physical ailments of one kind or another. Your Body and the Stars is a complete reference guide of the twelve zodiac signs and their relationship to healing specific body regions. By following the information in this book, you can identify your birth or sun sign to aid in the healing of various maladies including neck pain, back pain, stomach issues, and

more, or work backwards by learning what regions of the body each sign represents. Each chapter integrates a self-directed program and holistic approach to optimal health whether it be both your physical, emotional, or mental well-being. Practical end-of-chapter tips, questions, and illustrated step-by-step exercises are individualized by astrological sign and include a mix of yoga, Pilates, and stretching and strengthening movements for all wishing to improve their health and become more active. Your Body and the Stars brings together a medically trained, holistic physician, Dr. Stephanie Marango, and a talented astrologist, Rebecca Gordon, whose horoscopes have appeared in Elle and on Epicurious.com. Combining their individual expertise to bring the twelve zodiac signs to physical life, Your Body and the Stars provides a lifelong guide that can both prevent and self-heal, illuminating your head-to-toe healing connection to the cosmos.

broadway chiropractic and wellness nyc: Learning to Thrive in a Toxic World Lisa Everett Andersen, 2020-08

broadway chiropractic and wellness nyc: Instant Relief Peggy Brill, Susan Suffes, 2007-12-18 A renowned physical therapist helps you get rid of your pain in just 10 seconds. In this one-of-a-kind book, Peggy Brill, acclaimed author of The Core Program, shows you how to find relief from chronic and everyday aches and pains as well as all those stress-related pains that can attack so suddenly—whether you're at work, in a car or a plane, at home with your kids, recovering from surgery, or relaxing in bed. Instant Relief provides 100 clearly illustrated, easy-to-do 10-second exercises that provide immediate therapy for every part of your body—from your head to your toes. • Does your upper body ache after hours of hunching over a report due by the end of the day? Try doing the Brill Chicken. For extra relief, there's the Dead Brill Chicken. • Desperate to get rid of that tension headache? Try the Tongue Press, the Ear Tug, the Cheek Release, or the Scalp Glide. • Is your lower back killing you? Do the Pelvic Rock or the Pelvic Clock. • Feel those calves cramping up again? Do the Ankle Pump. • Need something to relieve your aching feet? Try the Foot Dome, the Toe Lift, or a simple self-massage. • Does your knee hurt when you walk downstairs? Do the Squeeze and Step.

broadway chiropractic and wellness nyc: Crooked Cathryn Jakobson Ramin, 2017-05-09 The acclaimed author of Carved in Sand—a veteran investigative journalist who endured persistent back pain for decades—delivers the definitive book on the subject: an essential examination of all facets of the back pain industry, exploring what works, what doesn't, what may cause harm, and how to get on the road to recovery. In her effort to manage her chronic back pain, investigative reporter Cathryn Jakobson Ramin spent years and a small fortune on a panoply of treatments. But her discomfort only intensified, leaving her feeling frustrated and perplexed. As she searched for better solutions, she exposed a much bigger problem. Costing roughly \$100 billion a year, spine medicine—often ineffective and sometimes harmful—exemplified the worst aspects of the U.S. health care system. The result of six years of intensive investigation, Crooked offers a startling look at the poorly identified risks of spine medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, physical medicine and rehabilitation physicians, exercise physiologists, physical therapists, chiropractors, specialized bodywork practitioners. She met with many patients whose pain and desperation led them to make life-altering decisions, and with others who triumphed over their limitations. The result is a brilliant and comprehensive book that is not only important but essential to millions of back pain sufferers, and all types of health care professionals. Ramin shatters assumptions about surgery, chiropractic methods, physical therapy, spinal injections and painkillers, and addresses evidence-based rehabilitation options—showing, in detail, how to avoid therapeutic dead ends, while saving money, time, and considerable anguish. With Crooked, she reveals what it takes to outwit the back pain industry and get on the road to recovery.

broadway chiropractic and wellness nyc: Sports Neurology, 2018-12-19 Sports Neurology is designed to be a comprehensive overview of neurology within the context of sports medicine. This definitive text addresses the history of sports neurology, including its unique role within sports medicine, and provides a detailed assessment of central and peripheral nervous system injuries and

illnesses in athletes. Sports Neurology is a critical companion for all sports medicine clinicians and for neurologists who manage athletes.

broadway chiropractic and wellness nyc: Pathokinesiology , 1986-01-01

broadway chiropractic and wellness nyc: New York Practice David D. Siegel, Patrick M. Connors, 2018

broadway chiropractic and wellness nyc: Proceedings of the Seventh International Congress of Accountants, 1957 Various, 2022-02-15 This book, first published in 1988, contains the complete account of the Seventh International Congress of Accountants in 1957. Featuring analysis of the modernisation of accounting, public accountants and internal auditing, among others, this is a valuable research book on the development of the profession.

broadway chiropractic and wellness nyc: Integral Astrology Armand M. Diaz, 2012-04 A new paradigm is emerging in Western civilization, led by transpersonal psychology, chaos and complexity theories, general evolution theory, and the human potential movement. Leading developmental researchers are extending psychology upwards, linking it with mystical states to embrace spirituality. Coordinating fields of information both new and old, integral theorists are creating a truly holistic approach to the many ways of knowing that are part of the human experience. Astrology should have its place among these disciplines: through the Dark Age when materialism reigned in Western culture astrology held aloft a light, reminding us that we do not live in a meaningless, mechanistic universe but within a meaningful, conscious cosmos. Yet for astrology to be fully recognized, astrologers need to have understanding about their field: where it has been, where it is, and where we might take it. In Integral Astrology, Armand M. Diaz, Ph.D., offers an exciting new way for astrologers to approach their ancient and diverse discipline. He emphasizes that there is not one astrology, but a number of astrologies, each of which expresses a particular place on the cultural landscape, an inner or outer orientation, and a stage of consciousness evolution. He shows how these diverse perspectives create a dynamic mosaic of astrological knowledge, and presents a model for a truly inclusive, integral astrology that honors both its traditions and innovations while also building bridges to other disciplines and ways of thinking.

broadway chiropractic and wellness nyc: Keep Calm and Love Dogs Country Publishing, 2018-09-09 DOG JOURNAL WITH QUOTES! The perfect dog journal notebook to use every day and a wonderful reminder of how much love our canine friends bring to our lives. Convenient 6 x 9 size Beautiful soft cover Inspiring quotes about dogs Lightly lined for notes, lists, ideas Makes a Great Gift for Dog Lovers, Dog Owners, Dog Mom, Dog Walker or simply anyone who loves dogs!

broadway chiropractic and wellness nyc: Gayellow Pages , 2006

broadway chiropractic and wellness nyc: New York , 2007

broadway chiropractic and wellness nyc: Who's who in the West , 2004

broadway chiropractic and wellness nyc: Who's who in American Education , 1992

Additional Resources

broadway chiropractic and wellness nyc

[Broadway Chiropractic And Wellness Nyc](#)

Broadway Chiropractic And Wellness Nyc

Related Articles

- [building topographic maps gizmo answer key](#)
- [business closing due to wage in portland or](#)
- [blue cross blue shield annual wellness visit form](#)

[Back to Home](#)