

Holistic Chiropractic Wellness in Roxborough

MARTIN MIRON

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Hank Finkel, DC, owner of Advanced Chiropractic Services, in Roxborough, recently appeared a guest speaker at the Empowered Light Holistic Expo in Oaks, PA and at Karmafest—The Gathering in Maryland, to talk about his unique techniques of incorporating energy medicine into traditional chiropractic care. Having graduated with honors from the University of Bridgeport College of Chiropractic in 2000, he says, “After a few years working in the mental health field and before

embarking on the chiropractic path, I found what has become my lifelong professional area of interest: mind-body health. I began training in biofeedback and applied physiology and obtained certification in 1988.”

He was drawn to take over the part-time practice of a retiring chiropractor in Roxborough, noting, “I grew up in and around the city, so it's very exciting to introduce my techniques to my friends and family in the area. The first energy-based technique I introduced into the practice was Nambudripad's Allergy Elimination Technique. This non-invasive technique combines Applied Kinesiology (an obscure chiropractic technique) with acupuncture (I use acupressure) to address all types of allergies and sensitivities that may be at the root of a vast array of chronic illnesses.” Finkel also uses Koren Specific Technique, a gentle, energy-based chiropractic technique that involves no twisting, popping or "cracking" of joints. Gentle, but highly effective tapping with an adjustment instrument is used.

He's very optimistic about his latest modality, saying, “I've come full circle and have found a way to bring mind-body training back into my practice with the introduction of BrainTap earlier this year. BrainTap is a powerful, non-chiropractic treatment for a host of conditions using guided imagery and visualization. Several types of technologies are combined to make the BrainTap sessions an effective method of coping with life's difficulties. There are programs to help one sleep better, cope with any number of illnesses and weight loss; there are programs for PTSD [post-traumatic stress disorder], both military and non-military, autism, grief, improved study habits, being a better athlete and many, many more. That list only scratches the surface of what's available.”

There are many styles, approaches and areas of expertise within the world of chiropractic, and Finkel explains, “My office focuses on overall health and wellness by incorporating a variety of holistic techniques and products. We attract patients who wish to not only become pain-free, but wish to take steps toward a more positive and healthy lifestyle. I meet each patient where they are at with regard to their current situation and assist them in taking only the steps they are ready to make towards a healthier lifestyle. I adjust people of all ages, including infants, toddlers and seniors.”

Finkel emphasizes the importance of doctor/patient bonding, observing, “I mentor each and every patient with compassion, knowledge and professionalism. I strive to help people restore their health and improve the quality of their lives. My background in psychology allows me to offer long-term solutions to stress-related challenges while providing the informed, caring support clients require. I strive to developing trusting relationships that last a lifetime.” Also a reiki master in the Japanese Usui tradition, Finkel has volunteered for the past 18 years at the Philadelphia Folk Festival, where he adjusts the other volunteers.

“Being familiar with the principles of energy medicine, guided imagery and psychotherapy, I frequently help clients draw connections with these techniques as they work through their particular life issues,”

says Finkel. He now carries a new homeopathic product that offers a host of benefits. “It’s being offered for the first time on a wide scale and promises to be very exciting,” he says.

Advanced Chiropractic Services is located at 4245 Pechin St., in Philadelphia. For appointments, call 215 483-3661. For more information, email Info@AdvancedChiroRox.com or visit AdvancedChiroRox.com.

More from Natural Awakenings



Mayor’s Office Takes Leadership Role in Coordinating Public Service

There is a sense today that we cannot simply rely upon government or industry to supply all our needs or support all the people that require assistance in society. The good will and efforts of those that volunteer with nonprofits are alive and more widespread than ever. The nature and variety of their tasks may vary in the fields of health care, environment, education and social work, but there is a place for everyone to do their part for the less fortunate. Some bring skills they have mastered in their careers, while others will be trained for specific duties, but the spirit is the same. Here in Philadelphia, we are blessed with a multitude of folks with a big heart, and our series can help them find their niche in the scheme of things.



Goat Yoga Adds a New Twist to an Ancient Practice

Philadelphia’s Water and Rock Studio, owned and operated by Japheth and Suzanne Brubaker since 2013, is currently the biggest provider of goat yoga in the area, receiving national media attention, recognition, awards and medals for what they do. “We love helping people and giving them an incredible experience,” says Suzanne.



Sharing is Caring at Philabundance

Philabundance, in operation since 1984, is the largest hunger relief organization in the Delaware Valley, with a mission to drive hunger from our communities today and end hunger forever. Philabundance serves 90,000 low-income people each week at risk of hunger, 30 percent of which are children and 16 percent are senior citizens. Other populations served include the working class, college students and single parents. Over the course of a year, Philabundance uses the services of approximately 16,000 volunteers to help their neighbors in need through a variety of volunteer opportunities.



A European Flair Energizes Design at BoConcept

BoConcept is the brand name of Denmark’s most global retail furniture chain, founded in 1952, with 265 stores in 60 countries. Terrace Daniels, the owner of the BoConcept Philadelphia franchise, was an integral component of BoConcept’s U.S. operations for more than 10 years.



The Schuykill Center For Environmental Education

This fall’s Empowered Light Holistic Expo is just around the corner, running from 5 to 9 p.m., September 28, and from 10 a.m. to 6 p.m., September 29 and 30, at the Greater Philadelphia Expo Center.