

## **A Story Of Hope**

On a Monday morning many years ago, a father awoke early with a sense of frustration. Next to him, sleeping peacefully, was his wife. In the nearby rooms lay his children. As he got dressed and walked to the kitchen to make some coffee, he passed by the room of his son who seemed to be always sick. For some unknown reason, this son of his had a poor immune system and caught everything under the sun.

The father soon left the house to head to his job as a welder. While he made the tough steel yield to his will that day, his sick son was constantly on his mind, a situation where he felt powerless. He had taken his son to doctor after doctor, where tests could not provide a diagnosis and medicines did not help. His son missed so much school because he was sick that he had to repeat the first grade. Needless to say, the welder was doing everything he could to get his son well again.

Then fate intervened...a friend recommended that the father take his sick son to a chiropractor. Hoping beyond hope, the father took his son to the chiropractor. During the initial exam the chiropractor took x-rays of the son's neck, and there it was! The chiropractor could clearly see that the son was the victim of a high forceps delivery, which misaligned the top two vertebrae in his neck. This misalignment was causing his immune system to be very weak and his body susceptible to sickness.

The chiropractor gently adjusted the misaligned bones, and then recommended the welder bring his son back for regular chiropractic treatment. Gradually, over the next six months his son began to gain weight and started looking and feeling healthier. Soon the boy was full of life, running and playing as young boys should, no longer sick!

It was then that this welder had a revelation: he would go to school and become a chiropractor so that he could help people just like the chiropractor had done for his son. He would give people hope...hope that there is relief from pain and that living a long, healthy life is possible! This welder-turned-chiropractor completely changed the trajectory of his life and opened his own chiropractic office late in his life. For more than ten years, his gentle yet strong hands helped relieve pain and bring healthy living to many people.

This welder was not the only person whose destiny was changed in this story. The welder's son was so impacted by his chiropractic experience as a young boy that he knew before graduating high school he would become a chiropractor. He was so motivated that he went to chiropractic school while attending college, receiving his Doctor of Chiropractic degree before his Bachelors degree.

After graduating chiropractic school at the age of 20, the son joined his father's practice and worked alongside him for two years before taking over his father's office. For the next 40 years, thousands of people experienced pain relief and rejuvenated health under the watchful care of this second generation chiropractor.

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**Downtown Broadway Chiropractic**  
A Family Heritage Of Neck & Back Pain Relief - Since 1955

You might be wondering and may have even guessed who this welder-turned-chiropractor and his son are. They are my grandfather and my father, and their story is quite amazing! You also might think that it was a no-brainer for me to follow in their footsteps to become a chiropractor, but that wasn't the case.

I was in fact a history major for my first two years of college. During vacation time, I often would help my father out at the family office in Flushing. As I found myself busy with the grunt work of the office, I began to notice people come in, all hunched over, their faces twisted in pain. The office receptionist would call them in for their adjustment, and a few minutes later these same individuals who moments before were clearly in pain would walk out standing up straight, a smile on their face... happy!

It did not take long for me to decide that is exactly what I wanted to do with my life: to free people from their pain and bring a bit of happiness into their lives. I graduated from New York Chiropractic College in 1997 and worked side-side-by-side with my father in the family business. In 2008 I took over my father's practice and opened our Manhattan office.

I have a family tradition of providing neck and back pain relief for the people of New York City, and I intend to continue walking in my father and grandfather's footsteps as I serve this city in the years ahead of us!



**Details About Dr. Allen**

Graduate of New York Chiropractic College in 1997

Doctor of Chiropractic degree

Practicing chiropractic for over 12 years

Licensed to practice chiropractic in the State of New York

Over 5000 patients treated

Two offices – one in downtown Manhattan and one in Flushing, Queens

Continual education to provide the highest quality patient care

Family: I am married to the most amazing woman and we have two beautiful daughters and one son together

Sports: I'm a huge Jets fan and enjoy playing tennis to keep in shape

Favorite Vacation Spot: Relaxing on the beaches of the Caribbean

## **Frequently Asked Questions**

### **How does chiropractic care work?**

Chiropractic helps to remove postural imbalances and structural misalignments that can accumulate in our bodies over time. Our spines change and develop problems just like our teeth, eyes and heart. Left unchecked, these changes may lead to pain, stiffness or other more serious problems.

The nervous system is a key part of your body. It is the communication system between your brain and all of your body's muscles, organs and tissues. For your body to remain healthy, your nervous system must function well. For your nervous system to function well, it must be free of interference. The spine is the most common site of nervous interference because nerves travel from the spinal cord through openings on either side of the spine to get to all of your cells and organs. Each of us is born with the ability to heal and recover from illness. Our bruises heal, cuts mend and common colds are overcome. Your nervous system regulates this inborn healing ability.

Think of your brain as a central command post sending and receiving information through telephone wires (your nerves), which branch out to connect all areas of a city (your body). A short circuit in a wire cuts off communication just like misalignments in your spine can put pressure on the nerves. This pressure interferes with your nervous system, affects your ability to self-heal and may prolong injury or illness.

The customized care you receive from Dr. Allen can help to improve your posture, muscle balance and mobility. It can also restore the integrity of your nervous system and get rid of pain quickly, so you can get back to feeling good today!

### **Is chiropractic effective?**

Yes. Chiropractic care is safe and effective. Scientific evidence proving that chiropractic care works is overwhelming. Over the past 20 years, many controlled and independent research studies have shown again and again that chiropractic care is safe and effective for treating low back pain, neck pain, headaches and other conditions relating to the spine. Based on these scientific studies, the consensus is that chiropractic care is the treatment of choice for most spinal problems. The extent to which a person can benefit from care varies depending on their problem and how long it has existed.

### **Why should I see a Chiropractor?**

From professional athletes to homemakers, engineers to electricians, children to seniors, chiropractic care has been the answer to optimum health. Many people see a chiropractor for back, neck or other joint problems. Still others find that regular visits to their chiropractor keep them in peak condition. Regularly a dentist checks our teeth, an optometrist checks our eyes and a doctor checks our blood pressure and heart. Yet, we take the spine - a crucial component of our body - for granted. Call our office today because regular checkups of your spine can help you maintain better health.

### **What can I expect from my visit to see Dr. Allen?**

As a licensed practitioner, it is Dr. Allen's duty to do the following:

A thorough review of your specific problem is conducted, including relevant past history and overall health.

You will be asked to perform physical tests and movements to help identify the problem. In certain situations, an X-ray may be used to confirm the history and examination findings and to investigate for the presence of any underlying bone conditions or pathological developments.

A diagnosis is made, with treatment options for its resolution outlined. If it is, a plan of treatment is communicated. If it is not a chiropractic problem, an appropriate referral is arranged.

A prognosis is made, taking into account your general health habits, occupation, stress and activity levels.

Your response to treatment is monitored by Dr. Allen, who looks for an improvement to your specific condition, as well as for changes in your overall health. Two of the basic components of chiropractic care are wellness and prevention. Utilization of exercises, along with nutrition and lifestyle modifications may also be suggested to improve your overall well-being and promote active, patient-centered care.

### **What results can I expect from treatment?**

That depends on your condition. The length of time you have had the problem, your age and the degree of your disability all affect the length of your treatment. Dr. Allen should be able to give you an estimate of the extent of relief you should receive from the recommended treatment and how long you can expect it to last. One of the main reasons people choose chiropractic is that they often get quick results. Individual cases vary and chronic conditions obviously need more treatment. However, Workers' Compensation Board studies show that people with low back pain return to work much faster with chiropractic care.

### **Why should I come back if I'm feeling fine?**

Many times when your spine is misaligned and not functioning at its best, the symptoms you may eventually feel won't show up until degenerative damage is done. Degenerative arthritis, to name just one condition, progresses "silently" and only becomes symptomatic when you've had a fall or trauma. Then you may take much longer to recover than if you'd corrected the spinal misalignment. If you are feeling fine—that's great news. You should come back so we can check if you are in good balance or if there is something there that could cause you to get your painful symptoms back again very soon.

### **Do you adjust kids as well?**

Of course we do and we love it! Kids are so enjoyable to work with because their spines are more flexible and most often respond to treatment much faster than spines that have hardened into adulthood. Would you rather work with a new package of clay that's easy to mold into something you need or want, or try to do the same thing with a stick of clay that has been left out in the air and allowed to harden? Isn't the soft, pliable play dough found in an unopened can much more easy to work with and mold into something you want than a can whose lid has been left off and allowed to dry and harden? If you know a kid with a spinal problem, get them in here before what they are dealing with becomes much more difficult to help.