



# Lonstein Chiropractic & Acupuncture

**CHIROPRACTIC** Services Including Low-Force Chiropractic, Traditional Chiropractic, and Electrical Muscle Stimulation.

**ACUPUNCTURE** For Pain Relief, Migraines, Arthritis, Depression, Allergies, PMS, Hot Flashes, Fertility, Weight Control, Sciatica, Stress Management, Improve Sleep & Relieve Insomnia, Health Maintenance, and Addictions.

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**Dr. Herbert M. Lonstein, D.C., L.Ac.**

Diane Silverberg, L.ac ☺ Lisa Smiles, LPN ☺ Laura Bauer, L.M.T.  
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