

Nutritional Supplements

For your convenience and to provide the quality supplementation that Dr. Goldstein recommends, we carry some nutritional supplements in the office. Patients are not obligated to get any supplements from our office.



About The Doctor

David M. Goldstein, M.D. received a Bachelor's degree in Mechanical Engineering, a Master's Degree in BioEngineering and his Medical degree from the University of Michigan. He is board certified in Physical Medicine and Rehabilitation. He specializes in natural approaches to improving health and facilitating healing through the use of nutrition, natural hormones and detoxification. He is a member of the American College for the Advancement of Medicine (acam.org). He has been in practice since 1985 working with people to improve and prevent health problems.

Office Location

Our office is located off of Route 19 in Wexford Pennsylvania directly behind the Acura auto dealer.



Coming from the North

Take the Wexford exit (73) of I-79. Make a left onto Route 910. Go until you reach the stop sign. Make a right at the stop sign (Church Road). Make a right onto Route 19 south. Turn right at the fourth traffic light (Brooktree Road). The first office building on the left is ours- 2500.

Coming from the South

Take the Wexford exit (73) of I-79. Make a right onto Route 910. Go until you reach the stop sign. Make a right at the stop sign (Church Road). Make a right onto Route 19 south. Turn right at the fourth traffic light (Brooktree Road). The first office building on the left is ours- 2500.

For specific directions from your location, go to www.mapquest.com

Our building is wheelchair accessible. There is elevator and stairway access to our third floor office. Free parking is available around the building.

North Hills Natural Medicine

Holistic Medicine

- *Nutritional Therapy*
- *Bio-Identical Hormones*
- *Detoxification*
- *Physical Medicine*



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NHnaturalmedicine.com

Holistic Medicine

A holistic approach is taken at our office. This means that nutritional, hormonal, structural and psychological factors will be taken into account during your evaluation and treatment. This approach also emphasizes education and empowerment of the patient to take control of their own health. The patient's willingness to take responsibility is crucial for the success of this approach.

Our goal is to optimize health by using natural (non-drug) treatments. Evaluation includes completing a questionnaire, giving a history of your health and undergoing a physical examination. According to the needs of the individual case, further assessment by means of bloodwork, stool, saliva, hair and/or urine testing may be needed. After the necessary information is obtained a treatment plan is formulated and often consists of nutritional supplementation, dietary and lifestyle changes. Natural substances such as vitamins, minerals, essential fats and

natural hormones are utilized to provide the body with needed resources to optimize function and promote healing. The patient is seen periodically to monitor the effect of treatment and update it as needed.



Various types of toxicity can also interfere with good health. In those cases where we suspect such toxicity, we do appropriate testing. Examples of toxicity testing include: heavy metal testing (urine) for mercury, lead, arsenic, (and others) and gastrointestinal (stool) testing for digestive problems, yeast, parasite and bacterial overgrowth.

Physical Medicine

Physical Medicine is a medical specialty which includes the evaluation and (non-surgical) treatment of orthopedic and musculoskeletal problems (including myofascial (muscular) pain). The primary goal is to help individuals attain the highest level of function.

Appointments

Office visits are scheduled by appointment only. Please bring to your first appointment the completed questionnaire we send to all new patients. Please also bring any pertinent information including diagnostic test reports and records from other doctors. If you are unable to keep an appointment, please notify us at least 48 hours in advance when possible.

Office Hours

*Monday----- 9 am to 5 pm
Tuesday----- 9 am to 3 pm
Wednesday----- 9 am to 4:30 pm
Thursday----- 9 am to 6 pm
Friday----- 9 am to 3 pm*

Fees and Insurance

Anticipated charges for office visits will be reviewed with you when you make your initial appointment.

In order to provide you with the highest quality of care, we do not participate in any health insurance plans. Payment is expected at the time of service. Upon payment, you will be provided with a receipt suitable for submission to your insurance carrier. Reimbursement from your insurance carrier is not guaranteed. Please check with your insurance company regarding specific coverage.

No Worker's Compensation or active litigation cases are being seen in our office.