

## Home

### **Pleasant Hill Chiropractor Dr John Erdmann Welcomes you to the Natural Health Family Center**

If you are suffering from any physical or emotional pain Dr. John Erdmann invites you to visit him at the Natural Family Health Center for an examination. Dr. John Erdmann is a experienced chiropractor who is dedicated to healing and pain relief for a wide range of conditions and symptoms through chiropractic care so that you may enjoy a more full and healthy life. Dr. Erdmann's highly effective holistic techniques are employed to not only relieve pain but to get to the core of causes of why the pain is there so it can be effectively being removed. Dr. Erdmann's integrative treatment approach draws from various chiropractic techniques with particular emphasis on advanced applied kinesiology (muscle testing) procedures. **CALL NOW FOR A FREE CONSULTATION! 925-943-6219**

### **Why Choose Us as Your Pleasant Hill Chiropractic Center?**

Each patient is an individual with unique needs and Dr. John Erdmann is committed to bringing you better health and a better way of life by teaching and practicing the true principles of chiropractic wellness care. Dr. John Erdmann and his staff will conduct a comprehensive consultation and examination in order to create a customized wellness program that will effectively relieve your discomfort so that you feel stronger and more relaxed. We promise to give you the finest quality care with the use of modern chiropractic equipment and technology. Our goal is for you to achieve a more healthy life by good spinal alignment, a healthy diet, exercise and maintain At the Natural Family Health Center, we value your health as much as you do!

### **Meet Dr. John Erdmann**

**Dr. John Erdmann is a licensed chiropractor who has been freeing people from pain since 1998 in his clinic in Pleasant Hill, CA. Dr. Erdmann uses a natural chiropractic treatment with a holistic philosophy when taking care of his patients. He specializes in Applied Kinesiology, which integrates skillful chiropractic adjustments with muscle stability and strengthening, Acupressure/ Acupuncture, and nerve organ interference, with exercises and nutritional advice tailored to your needs.**

[Read More](#)

## Custom Chiropractic Care That You Can Count On

We are skilled at finding the key to your nervous system stress and relieving that tension with chiropractic treatment. Chiropractor Dr. Erdmann has helped patients throughout the Bay Area with a myriad of problems like:

- Spine Anatomy
- Neck Pain
- Lower Back Pain
- Herniated Disc
- Spinal Stenosis
- Lumbar Radiculopathy (Sciatica)
- Facet Syndrome
- RSD/CRPS
- Sacroiliac Dysfunction
- Diabetes
- Balance
  
- Sports Injuries
- Work Injuries
- Shoulder/Hip/Knee Problems
- Other Joint Problems
- Myofascial/Muscle Pain
- Shingles/Postherpetic Neuralgia
- Occipital Neuralgia
- Arthritis
- Post Surgical Pain
- Immune system Disorders
- Depression
  
- Fibromyalgia
- Neuropathic (Nerve) Pain
- Carpal Tunnel
- Epicondylitis(Tennis Elbow)
- De Quervain's Tenosynovitis
- Chronic Abdominal Pain
- Migraines/Headaches
- Chronic Fatigue
- Allergies
- Weight Loss
- Memory loss

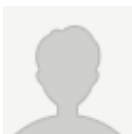
## What Our Patients Are Saying About Us

“Dr. John is not only a great healer but has become a good friend. He has approached my issues with a fresh look, I would recommend him to anyone.”



David D. David D. Pleasant Hill, Ca

“Dr. John is very knowledgeable and good at what he does. I chose him primarily because he does muscle testing, and I have not been disappointed. He takes time to be thorough and explain what needs to be done and why. He always takes the time necessary to make life better. I had a foot numb on the bottom for years. One adjustment and the foot is no longer numb.”



Patricia H. Patricia H. Concord, Ca

“Dr. John has helped me with many physical difficulties, most recently a sore and slightly swollen foot from stumbling on a little stump or twig on a walk in the woods. He is very caring and has always taken the time to address my current concern.”



Marcia P. Marcia P. Walnut Creek, Ca

Dr. John is relaxed and really helpful. The truth is chiropractic kind of freaks me out but Dr. John took the time and let me know what was happening. My upper back was sore and I had no idea why. He fixed it!! I really feel good, no more pain. A couple adjustments = well worth it.



Michael P. Michael P. Concord, Ca

“I love going to see Dr. John! He has so much knowledge and wisdom in treating any problem you may have, physical or emotional, he will get to the root- the real cause of the problem. It is always an interesting adventure and I always leave feeling taken care of. I especially love the NET technique he uses to find the emotional reason why you are holding onto pain in the body- it is so right on every time. Dr. John is very compassionate and kind- you will feel safe with him :)”



Erin W. Erin W. Concord, Ca

“Dr Erdmann is amazing! He is an incredible healer and has helped me with so many problems. He has a unique approach to chiropractic and combines applied kinesiology, nutritional counseling and neurological system support. He is very generous with his time and REALLY listens. He is also very respectful of my time and is very prompt with appointments.”



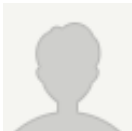
Donna P. Donna P. Danville, Ca

“Dr. Erdmann is FANTASTIC. I guess i am a skeptic at heart...and when i came in with my initial shoulder issue, i didnt come in believing he could help but i had tried everything. Dr. John helped me a TON. I have been in for back pain, neck pain, pulled muscles, diet issues, etc. He is a pro. VERY consultative and education based in his approach. I have entrusted my 3 kids with him in with various issues and he has helped EVERY TIME!! Thanks for all you do Dr. John!!”



Eric C. Eric C. Pleasant Hill, Ca

“Great Chripractor! I drove 1 and a half hours to get to his office after 8 different doctors tried to fix me. I am glad I made the trip. I feel so much better. If he can't fix it nobody can. I highly recommend his highly specialized treatment to anyone who is suffering. Thanks again”



Brian Brian