

About Us

Dr. John Erdmann



The Natural Health Family Center is a professional Pleasant Hill and Lafayette chiropractic clinic headed by chiropractor Dr. John Erdmann. John Erdmann is an experienced chiropractor who has been practicing his unique approach to chiropractic care and wellness in the communities of Pleasant Hill, Concord, Walnut Creek and Lafayette since 2005. John constantly strives for excellence in patient care by using the most modern chiropractic techniques and technology as well as providing the patient with an educational understanding of the chiropractic process. Our belief at the chiropractic care center is that both optimal health and wellness are essential for a long, happy life.

We specialize in Applied Kinesiology. I am board certified from ICAK and hold a BCT, board certified teaching credential for Applied kinesiology. At the heart of Applied kinesiology is an application to neurologically and specifically utilize and validate the chiropractic adjustment. We examine and incorporate many parameters from range of motion, blood and saliva functional medicine tests, to chiropractic tests, orthopedic and posture and gait analysis and the muscle facilitation test. We will video tape and camera your posture and look for adaptive changes. We scan and evaluate the feet arches and check the weight bearing ability. We use an ACG or Acoustic Cardio Graph to get an insider look on perhaps the most important muscle the heart. In short, we mix tradition, proven and tested science with the latest information and treatment to give you the best alternative and holistic health care.

Today, we have created an even higher standard called Professional Applied Kinesiology or PAK. As a committee member, we have trade marked this term and can enforce and safe guard its misrepresentation and use. We have a large research fund, where we are continually expanding, validating and finding the best methods for practice.

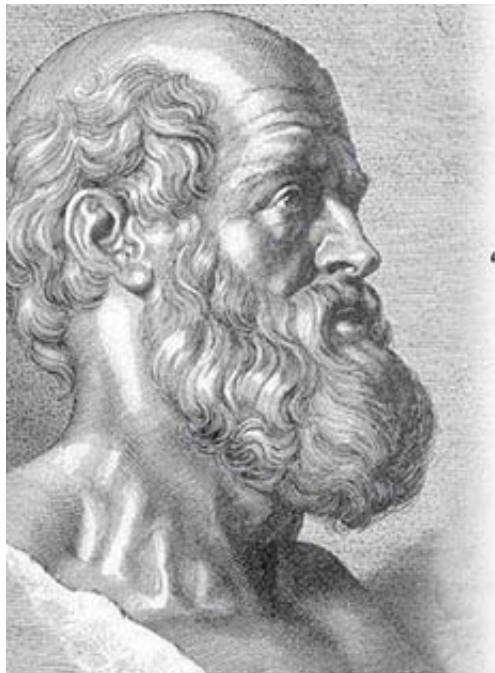
Conveniently located in Pleasant Hill, chiropractor Dr. John Erdmann is dedicated to helping you relieve your pain and achieve your wellness objectives. While under his care John is committed to providing pain relief for many symptoms and conditions so that you can have a higher quality of life,

pain free. Our approach is simple. We are dedicated to providing the patient with the highest quality of relief and wellness care.

Relief Care-Living a Pain Free Life with Natural Chiropractic Care

The majority of people seek a chiropractor for one reason, pain relief. So that's where we start! During this initial stage of intensive care, we have several obligations:

- Uncover the underlying cause of the health problem
- Suggest a care plan to produce the fastest results possible
- Offer ways patients can participate in their recovery
- Explain the value of post-symptomatic wellness care



“Look well to the spine
for the cause of disease.”
-Hippocrates

Wellness Care-Helping you to take a proactive approach toward health, stay active, and to create balance in your life

We want our patients to achieve the highest levels of health they can. We stress the importance of ongoing chiropractic care through educational resources (like this website) and local seminars. Our desire is to see our practice members abandon the prevailing sickness care model of health (waiting for symptoms and then taking action), in favor of the emerging wellness model. We value an emerging model of wellness care, one that favors the proactive support and maintenance of a

properly functioning nervous system and spine. As a chiropractor Lafayette and Pleasant we will help you take a proactive approach toward health and to create a balance in life.

