



At Gallagher Chiropractic Patients Receive Gentle, Experienced Care with the Most Advanced Chiropractic Techniques

For the past 38 years, Dr. Dean Gallagher of Gallagher Chiropractic has been a Monmouth County institution helping Middletown, Leonardo and Atlantic Highlands residents learn, understand and take care of their bodies through chiropractic techniques and methods as well as helping to train other area chiropractors. "The body has a natural ability to heal itself," said Dr. Gallagher. "What chiropractic does is enhance the body's natural healing abilities. Here at Gallagher Chiropractic our aim is to educate our patients about chiropractic and other natural solutions to common health problems in order to motivate them to take a more active and responsible role in restoring and maintaining their own health."

"Chiropractic helps to remove postural imbalances and structural misalignments that can accumulate in our bodies over time," said Dr. Gallagher. "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. By restoring spinal function with Chiropractic adjustments, nerve interference by misaligned vertebrae is removed, thus allowing optimal nervous system function and improved health. It's all interrelated."

"I started going to Dr Gallagher in July of 2007 for lower back and neck pain. During the first visit while Dr Gallagher was going over my assessment I told him I had been struggling with infertility for four years. He informed me that he could not only help me with the back and neck pain but possibly the infertility too. He explained to me that the part of my lower spine where I was having the problem, supplies the nerve to my reproductive organs. While working on my back to relieve the pain we would strengthen my reproductive system. I have to say, I wasn't sure what to think about what he was saying but I figured I had nothing to lose. In about three weeks time my back and neck pain was greatly relieved. I am thrilled to say that three months later in October of 2007 I found myself pregnant! No one can tell me that this could have happened without chiropractic care. I am now a true believer. I

tell whoever will listen about the benefits of a good chiropractor. I am still going for weekly treatments to keep me in the best possible health during my pregnancy".
--Tracy F

Originally born and raised in Jersey City, Dr. Gallagher came to Middletown after graduating from the Columbia Institute of Chiropractic in New York in 1971. "I had visited a relative who lived here and I really liked the area so I opened my practice on Route 35," said Dr. Gallagher. "I had just missed making the Middletown phone book so I lectured to senior citizens and really hit the streets to attract patients." In 1976, Dr. Gallagher moved his practice to its current location on Route 36 which used to be an antique store with the owners living upstairs.

"Our office is very comfortable and has a homey atmosphere, and our staff is friendly and welcoming," said Dr. Gallagher. "We think it goes a long way to relaxing patients even before I meet with them." Dr. Gallagher takes a very personal, hands on approach with his patients, and is comfortable working with anyone from infants to the very elderly; from athletes to special needs patients like children with autism.

"Two months ago I was using a cane when walking,(very limited) and in pain. After MRI's the orthopedist recommended hip replacement, which I did not want to consider. I came to Dr. Gallagher's office with my daughter. It is now one month later. NO CANE! NO WALKER! Pain free and so grateful for Dr. Gallagher's healing hands. I am 78 years old and feel wonderful. Thank You!" --Betty Lou C.--

Although Dr. Gallagher's approach to patient care has the feel of an old fashioned family doctor, he is anything but stuck in the past. He is constantly looking for the latest in non-invasive chiropractic techniques. "We have currently been very successful with an amazing technique called Pain Neutralization Technique or PNT," said Dr. Gallagher. "PNT turns off even the most tender trigger points (within a few seconds on most patients), by using light pressure on neurological reflexes. The goal

of PNT is to not only treat the pain in the trigger points, but to eliminate them altogether in most cases. There is absolutely no drugs, instruments, cracking, twisting or manipulation used. PNT is highly recommended for chronic pain."

Dr. Gallagher has had extensive training in "low force" techniques such as B.E.S.T, KST, CREED, Neurolink, and activator. He was also the first chiropractor in New Jersey to be certified in Cold Laser Therapy. This cutting edge technology has been very successful in treating carpal tunnel syndrome as well as shoulder and knee problems and for persons suffering back and neck pain, musculoskeletal pain, joint pain associated with arthritis, fibromyalgia, tendonitis, bursitis, neuropathy, Achilles tendon pain, migraine headaches, sprains and strains. Cold laser therapy also treats conditions such as TMJ, reflex sympathetic dystrophy (RSD) and other inflammatory and scarring conditions.

"I want to provide my patients with the best care possible," said Dr. Gallagher. "The more I learn the more I can help patients by devising the most effective treatment plan possible to fit their needs and lifestyle." Dr. Gallagher gives health lectures on various topics to groups and organizations upon request. He also believes that part of good patient care is being available. "My patients can always get a hold of me especially in an emergency," added Dr. Gallagher.

"We have been patients of Dr Gallagher for over 21 years now. I know this because I started as a patient while I was pregnant with my son who is now 21 1/2. Right from the beginning, Dr Gallagher helped us to understand the benefits of chiropractic by providing a very informative back class-many people are skeptical because they don't understand how it all works. Believe it or not, I am at my present job 19 years and have never had to call in sick. Our children are equally as healthy-they were not so excited though, because they almost never missed any school. What continues to impress us is how Dr Gallagher continues his education in Chiropractic--we hope he never retires!!" - the Shannon family

Dr. Gallagher resides in Oceanport with his wife, Donna, a nutritionist and eating disorder specialist. He has a daughter, Brooke, who attends Stevens Institute of Technology, daughter, Tara, of Chatham and son, Devin currently attending Rutgers's University.

For more information about Gallagher Chiropractic or to schedule a complimentary consultation:

Gallagher Chiropractic
934 Highway 36 East
Leonardo, NJ 07737
732-291-5656
www.gallagherchiro.com



**TURN OFF MIGRAINE
AND CHRONIC
HEADACHE PAIN INSTANTLY**

PNT: THE MISSING LINK

PNT usually turns off even the most tender trigger points within a few seconds for many patients, relieving chronic headaches and migraines almost instantly. PNT requires no cracking, twisting or manipulation.

In many cases, chronic pain syndromes such as cervical and lumbar disc pain, shoulder pain, TMJ, sciatica and severe lower back pain respond rapidly to this procedure as well.

**Call for a complimentary consultation to
see if this technique will work for you!**

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