

Directions to the Office

Dr. Goodman's Bristol office is conveniently located on 5 Maple Street, in the historic Federal Hill Section of Bristol, just a few blocks from Bristol Hospital.

Here is a map of the area surrounding the office:



Dr. Goodman's Bristol hours are Monday, Tuesday, Wednesday and Friday, **9-5**

We look forward to answering any questions you may have about Dr. Goodman's services. Visit our blog at :

drgoodmannd.com/category/blog/



Taking charge of our health begins with small changes....that lead to big results!



Understanding How You Can Regain and Preserve Your Health

Acupuncture
Metabolic Testing
Weight Loss Coaching
Home Sleep Testing
Clinical Nutrition
Mind-Body Medicine
Craniosacral Therapy

Conditions treated include:
Diabetes, High Cholesterol, High Blood Pressure, Obesity, Celiac Disease, IBS, IBD, GERD, Migraines, Chronic Pain, Allergies, Asthma, Depression/Anxiety

Dr. Jonathan E. Goodman
5 Maple Street
Bristol, CT 06010
Phone: 860-584-5746
drgoodmannd.com

Dr. Jonathan Goodman

I help you to:
Lose Weight
Feel Better
Stay Healthy

**Naturopathic
Medicine**
Nutrition
Acupuncture

drgoodmannd.com
FB: drjgoodman

A Real-life Approach to Weight Loss

Dr. Goodman specializes in providing weight loss solutions for his patients, focusing on the individual: his or her metabolism, food sensitivities, life circumstances, and obstacles such as addiction or dependence on food or other substances.

By focusing on the solution, not the problem, Dr. Goodman empowers his patients to little by little change and become healthier. By knowing they can change and control their weight, Dr. Goodman's patients feel better and go on to stay healthy. Nobody loses weight in a straight line — we all slip up — the trick is to get back on track as quickly as possible, forgive ourselves and press ahead.

Brief Biography of Dr. Goodman:

Medical School:

Bastyr University, Seattle

Residency:

Griffin Hospital, Derby

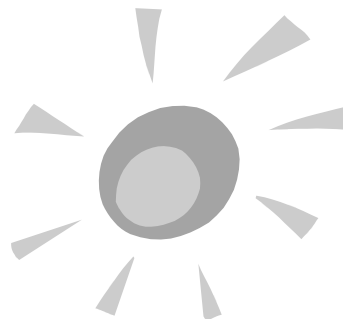
Teaching:

U of Bridgeport, Gastroenterology

Media:

Frequent appearances as quoted expert on local network affiliate health coverage

Author: **The Omega Solution** (234pp)



What Patients Say

My bone density has increased by 5.3 – more than my internist had ever seen – thanks to Dr. Goodman's natural bone formula!

Deborah, Fairfield

I've lost over 30 pounds, thanks to acupuncture and Dr. Goodman's mind-body approach to weight management!

Priscilla, Burlington

My IBS is so much better thanks to Dr. Goodman's comprehensive approach! Thank you!

Melissa, East Hartford

I went from sleeping three hours a night to seven with Dr. Goodman's help – all without drugs or side-effects

Paul, Harwinton

My periods are regular and I'm looking forward to my third pregnancy, thanks to Dr. Goodman's acupuncture treatments and herbal approach to women's health.

Jill, Trumbull

Paying for Visits

Dr. Goodman is a participating provider with many plans, including:

- Aetna
- Anthem BCBS
- Oxford
- Connecticare
- CIGNA

Other insurances may provide out of network benefits that cover naturopathic medical services. Consult your benefits advisor for details.

Certain plans may cover acupuncture treatment for specific conditions. Again, consult your plan's benefits advisor for details.

Start feeling better now!

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