

A Different Approach To Helping Patients

Often pain and illness are just the tip of the iceberg. Without addressing the underlying cause, the disease and associated health problems will not go away.

CONDITIONS

- Thyroid
- Chronic Pain
- Migraines
- Autoimmune Diseases
- Neuropathy
- Diabetes
- Obesity

UNDERLYING CAUSES

- Hormonal Imbalances
- Detoxification Issues
- Blood Sugar Dysregulation
- Neurological Dysfunction
- Chronic Infections
- Inflammation
- Immune Imbalances
- Anemia

Most drugs only address your symptoms, not the underlying problem. Our first goal is to determine the root cause of your illness, then we can develop a personalized plan of care tailored to your particular needs.

- Fatigue
- Insomnia
- Neuropathy
- Chronic Pain
- Obesity
- Diabetes
- Migraines
- Skin Rashes
- Anxiety & Depression
- Thyroid Disease
- Cognitive Problems
- Digestive Complaints



Dr. Kim Martin, DC, FASA, CFMP, CCIP, BCIM

Ready To Get Started?
Call Us Today at 847-715-9060
To make an appointment.

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Solving the Mystery of Your Chronic Condition



Functional
Medicine

Peripheral
Neuropathy

Nutrition &
Weight Loss

Hormone
Imbalance

Neurofeedback

Decompression
Therapy



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OUR SERVICES



FUNCTIONAL MEDICINE

Functional medicine addresses the underlying causes of disease, using a systems-oriented approach which engages both the patient and the practitioner in a therapeutic partnership. Functional medicine addresses the whole person, not just an isolated set of symptoms. Using this technique, we can look at symptoms like neuropathy, arthritis, skin irritations, and other illnesses and determine an appropriate solution.

NUTRITION & WEIGHT LOSS

Nutrition is the root cause of many diseases including thyroid issues, hormonal imbalances, sleeping disorders, autoimmunities and obesity. Using extensive testing and blood chemistry, we can determine exactly where you are deficient and what supplementation is required. We then create an individual program for each patient that stimulates the body to shed fat and bring you back to a more normal, healthy weight.

PERIPHERAL NEUROPATHY

Peripheral neuropathy is damage to nerves in the extremities (i.e. hands and feet), which can be caused by trauma, irritation or from the side-effects of systemic illness. We use various programs including PNRT (peripheral neuropathy rehabilitation treatment), as well as brain-based therapies to awaken and give back function to the damaged nerves.



NEUROFEEDBACK

Imagine being able to improve conditions like anxiety, depression, insomnia and migraines while watching a movie or listening to music! Neurofeedback (or brain training) is a safe, non-invasive and drug-free system that restores healthy brain function. Neurofeedback slowly guides altered brainwaves back into normal ranges, allowing the brain to self-regulate, reduce symptoms and increase performance.

HORMONE IMBALANCES

When your hormones are out of balance, you may suffer from PMS, PCOS, heavy periods, infertility, menopausal symptoms, metabolic syndrome, diabetes, thyroid problems, and adrenal dysfunction. In our office **We test, we don't guess**. When you can get to the root of why these imbalances happen, and fix the physiology, the body will come back into a more balanced state on its own, without disturbing the delicate balance, often without the need for hormone replacement.

DECOMPRESSION THERAPY/CHIROPRACTIC

You don't have to live in debilitating pain! Whether you have back pain or neck pain, a pinched nerve, sciatica, spinal stenosis or degenerative discs, Spinal Decompression Therapy (SDT) may be for you. SDT creates a decompression of the spine with gentle, distractive forces and proper positioning to improve blood flow and nutrient exchange to the injured area. The procedure is comfortable and some patients even fall asleep during treatment.

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“When you come into a new doctor, it’s often a bit daunting because you don’t quite know what to expect. I have never felt more at home at a doctor’s office than when I walked into their doors at North Shore. Not to mention that I came in due to months of insomnia, and now I am sleeping through the night. I miss going in to see Dr. Martin, but thanks to her, I no longer need to and am sleeping like a baby!”

-Rebecca, Chicago, IL.

“I came into this clinic with pain radiating down my arm. Not only did she help the pain disappear, but she did it without mention of a single medication. Thank you, Dr. Martin!”

-Mark, Wilmette, IL.

“I highly recommend Dr. Martin; it’s not often that you find a doctor that cares so much about her patients like she does. The office is beautiful and very Zen-like, and the staff is always very warm, friendly, and knowledgeable.”

-Diane, Lincolnshire, IL.

“Dr. Martin and her staff are helping me look at my food habits in a way I’ve never looked at before. They are educating me in ways that are invaluable. I am so grateful for the referral to come join this community at North Shore.”

-Sharron, Chicago, IL.

