



# Pinecrest Wellness Center



*A Natural, Drugless  
Treatment  
&  
Rehabilitation Facility*

Chiropractic  
Acupuncture  
Applied Kinesiology  
Massage Therapy  
Rehabilitation  
Nutrition  
Metabolic Typing

## Pinecrest Wellness Center

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## *Dr. Ronald Weinstein & Pinecrest Wellness Center*



Dr. Ronald Weinstein  
Clinic Director

**D**r. Ronald Weinstein, chiropractor, is a 1981 graduate of Life University in Marietta, Georgia. Now in his 30th year of practice, he has owned and operated three chiropractic clinics in Atlanta, Georgia. During this time, he has treated tens of thousands of patients for a variety of conditions, as well as having trained amateur and professional athletes alike. In January 1994, he relocated to Alexandria, Virginia to establish Pinecrest Wellness Center. In January 2010, he opened up a new state-of-the-art wellness facility in the Annandale Financial Center located in Annandale, Virginia.

His advanced certifications in Applied Kinesiology and Metabolic Typing allow him to assimilate chiropractic techniques, neurology, muscle therapy and nutrition to afford his patients the latest in natural treatment. He is also a Board Certified Rehabilitation Doctor and his nationally certified clinic is fully equipped with the latest rehabilitation equipment.

Dr. Weinstein has lectured extensively throughout the country to doctors, patients and athletes on creating wellness, chiropractic, pain & stress management, peak performance, Metabolic Typing and nutrition, health and fitness. Locally, he has presented workshops for Whole Foods, Arlington & Fairfax County Community Centers, the Life Learning Institute of Northern Virginia and has conducted "Back Care Safety" workshops for companies such as Walmart, IKEA and Canon. He and his staff have performed spinal screenings for local YMCA's, community health fairs, even the Australian Embassy, Marriott Hotels and various government agencies.

Throughout his tenure, Dr. Weinstein has recognized the importance of spinal health as it relates to the normal function of all the body's organs, tissues and systems. He further came to appreciate the essential role that nutrition, diet, exercise and other alternative therapies play in improving one's health.

**I**n establishing Pinecrest Wellness Center, Dr. Weinstein has dedicated himself to helping others improve their health naturally, through a multidisciplinary approach. He has brought together chiropractic, acupuncture, applied kinesiology, massage therapy, Metabolic Typing and nutrition to afford patients the best in holistic healthcare.

*"We combine the most effective elements of complementary therapies into a single unified whole. We assess your unique condition and deliver a treatment that combines elements of each therapy, according to your needs. No two people receive the same treatment, even if they have the same type of problem, since the cause of your problem may be different from that of others."*

Our purpose is to improve the health and well-being of our patients, and to educate as many people as we can to help make our world healthier.

*"Nature needs no help...just no interference!"*

## Bill Reddy, Acupuncturist



Bill Reddy, L.Ac, Dipl.Ac.

**B**ill Reddy is an incredible asset to our Wellness Center. He has studied acupuncture under professors and graduates of the Beijing and Shanghai medical schools at the Maryland Institute of Traditional Chinese Med-icine. He has even studied herbology under Dr. Guo, a seventh generation acupuncturist. He served as President of the Acupuncture Society of Virginia and currently serves on the Board of Directors of the American Association of Acupuncture and Oriental Medicine.

*"I never underestimate the body's ability to heal itself."*

**H**is four-pronged approach to solving health challenges is a major key to his treatment successes. One is acupuncture, which is powerful healing tool for a broad range of conditions from insomnia and musculoskeletal pain to hypertension and infertility. The second involves diet and supplementation. Certain foods exacerbate symptoms such as joint pain from osteoarthritis to migraines. Dietary changes to reduce the negative impact of these foods are essential, along with supplementation to accelerate tissue repair and organ support. The third prong is "lifestyle" and that focuses primarily on specific stretches and exercises for pain relief, along accompanied by qi gong and meditation for stress relief. The final approach is herbology, which is Chinese pharmacology; getting to the root cause of problems instead of covering them up as with pharmaceuticals.

**B**ill does not view his patients as a heart, pair of kidneys and lungs, spleen, pancreas and stomach that happen to be attached to a human being – he sees the whole and treats the patient rather than the illness.

## Vicky Troy, Massage Therapist

**V**icky Troy is a nationally certified/state licensed massage therapist having graduated from the National Massage Therapy Institute, the Ilchi Lee Healing and Meditation Center, and the Thai Healing Arts Institute. Her education includes George Washington, George Mason and Oxford Universities.



Vicky Troy, CMT, NCTMB

Having practiced bodywork for near five years, her experience includes spas, health centers, chiropractic and integrative medical offices; even the entertainment industry. Clients over the years include amateur and elite athletes, national law enforcement agents, housewives, professional dancers and numerous rock stars.

Vicky brings a variety of massage and energy work to the table. Specializing in east and west fusion allows her to effectively address chronic pain and injuries. Her unique background allows her to do more strenuous forms of bodywork requiring strength, endurance, agility, balance and flexibility. She is currently working on her pre-doctoral studies in holistic health and energy medicine. ☺

## Jill Philo, Nutritionist



Jill Philo, DNM, MBA, BA

**O**riginally from England, Jill Philo began her career as a natural health practitioner in 1994. Her passion in this field began while suffering from debilitating migraine headaches and the failure of prescribed medications to help. Intuitively, she knew, there had to be a cause for these headaches. Her investigation prompted her interest in alternative therapies and now, 15 years later, she finds herself as an integral part of the team at Pinecrest Wellness Center.

*"My goal is to educate and motivate others to help improve their health and wellness."*

**J**ill is extremely well-versed and diversified in her approaches for helping clients. She studied aromatherapy under Michael Scholes and is also a nationally certified massage therapist. In 2003, she received her Doctorate in Naturopathy and is board certified and licensed through the World Organization of Natural Medicine Practitioners.

**F**orever on the quest to expand her knowledge base and expertise, Jill became a certified Metabolic Typing Advisor, a Neurogistics Clinician and a Functional Diagnostic Nutrition Advisor. And when she is not helping clients and patients improve their health, you will find her training and mentoring others.

Schedule your free consultation with Jill today!

## Certified Rehabilitation



Our complete exercise facility is one of the few Nationally Certified Rehabilitation facilities in the Metropolitan area; recognized by the American Chiropractic Association's Rehabilitation Board & the Chiropractic Rehabilitation Association.

**I**n addition to correcting the cause of body imbalance and addressing nutritional deficiencies, exercise rehabilitation is the key to a full recovery; allowing you to maximize your health. Strengthening and balancing your muscles are the two most important factors for supporting and maintaining spinal and other structural corrections. When muscles are balanced and strengthened, posture is improved, your body works more efficiently and it fatigues less rapidly.

**O**ur experience shows exercise rehabilitation, in addition to chiropractic treatment, is essential to achieving a complete recovery from any musculo-skeletal condition or injury.



In addition to offering custom designed programs for the specific needs of each patient, we also develop specific training programs for both amateur and professional athletes.

**L**et us design a rehabilitation program for you, whether your focus is on injuries, postural improvement, weight loss, body fat reduction or peak performance.