

Acclaimed Chiropractor Howard Benedikt, DC, MS, DCBCN, Offers Comprehensive Health Solutions in New York City

Delivering Personalized Chiropractic and Nutritional Care Tailored to Every Patient



New York City, New York Oct 17, 2025 ([IssueWire.com](https://www.issuewire.com)) - Howard Benedikt, DC, MS, DCBCN, a highly accomplished chiropractor with decades of experience, is dedicated to providing tailored chiropractic care to the residents of New York City. His private practice, located in midtown Manhattan, offers a wide array of services, including Adjustments/Manipulation, Back Pain Treatment, Trigger Point Therapy, Nutritional Counseling, Functional Nutrition, Genomic Testing, Hormone 101, Cold Light Laser Therapy, and Custom Foot Orthotics.

“As a chiropractor, I understand that although my patients may be diagnosed with the same condition, they respond very differently to treatments. For this reason, I tailor a specific plan of action to meet your needs, goals, and unique medical and physical condition,” says Dr. Benedikt. This personalized approach has made him a trusted provider for patients looking for effective and holistic health solutions.

Dr. Benedikt began his academic journey at Queens College in Flushing, New York, graduating in 1972 before earning his Doctor of Chiropractic Degree from the National College of Chiropractic in Illinois in 1976. He quickly returned to New York City to establish his practice and has since become a well-respected figure in the chiropractic community. In 1984, he furthered his education by obtaining an MS in Human Biology/Nutrition from CW Post Center of Long Island University and becoming a Diplomate of the Chiropractic Board of Clinical Nutrition (DCBCN).

“My goal is to educate our patients about Chiropractic and other natural solutions to common health problems to motivate them to take a more active and responsible role in restoring and maintaining their own health as well as the health of those around them,” adds Dr. Benedikt.

In addition to his clinical work, Dr. Benedikt is committed to advancing the field of chiropractic through education. He serves as a postgraduate faculty member at Northeast College of Health Sciences and is an Adjunct Professor at Berkeley College in New York. With numerous published articles on health, diet, and nutrition, he is a respected voice in the health community.

Dr. Benedikt’s expertise has been showcased on various platforms, including as a radio host for “Alternatives,” where he informed audiences about health and wellness for over nine years. His contributions to health discussions extend to numerous radio and television appearances, where he shares the latest information on nutrition and well-being.

For patients seeking a holistic approach to health and wellness, Dr. Howard Benedikt’s private practice in Midtown Manhattan stands as a beacon of personalized care and professional expertise.

Learn More about Dr. Howard Benedikt:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2297339-Howard-Benedikt-Chiropractor> or through his website, <https://www.drhbenedikt.com/team/dr-howard-benedikt-dc-ms-dcbcn>

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Source : Dr. Howard Benedikt

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