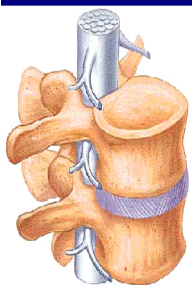


Wellness News You Can Use

Inspiring Health and Wellness



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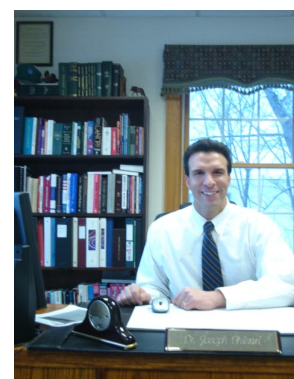


The Doctors Corner...

Dear Patients,

Wow! Is it just me or did the season fall upon us overnight. It is my privilege to write to you in this newsletter about the Holiday blues. This issue effects so many worldwide for different reasons. So, let's get to it. In my opinion exercise is key as written below. I have to place emphasis however on nutrition. Making healthy choices with the food we eat and the chemicals we ingest can make or break you during the holidays. Listen, DON'T STRESS IT. Start by eliminating foods and chemicals that you know give you short term pleasure for long term pain. Nicotine is a chemical that has both long and short term death effects. In the long term you have plaque in the blood vessels and a build up of tar in

the lungs. In the short term, smoking 1 cigarette immediately cuts the oxygen to the body by 30% for 45 minutes. The 4 nutrients that promote life in this order are: 1. **Oxygen**-without it for 3-5 minutes you perish. 2. **Water**-it transports oxygen to the soft tissues of the body and after about 7 days without it your body systems begin to fail. 3. **Nutrition**-healthy choices for macro and micro nutrients provide vitamins and minerals to the body. Good fuel provides efficient heat, bad fuel, inefficient heat. Same principal holds true for the fuel of the body, FOOD. (cont.on pg 2)



Dr. Joseph Chisari
Family Chiropractor

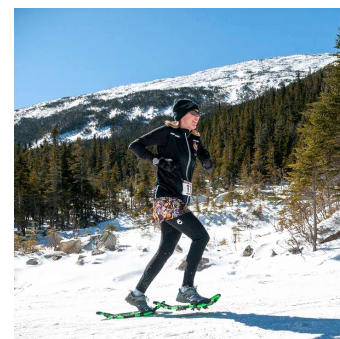
~
Fryeburg Chiropractic Clinic
*Increasing Life Expression
and Potential*

Beat the Winter Blues

The winter months are upon us, and many people, especially in the northern States, begin to display signs of depression, or Seasonal Affective Disorder (SAD). Many factors can cause this disorder such as lack of sunlight, holiday stress, poor nutrition, social isolation and, importantly, lack of exercise. The cold and darkness often lead to a lapse in the exercise routine, but the benefits of exercise can make a great difference in maintaining mental health throughout the winter season. According to a 2010 Time Magazine article, "Molecular biologists and neurologists have begun to show that exercise may alter brain chemistry in much the same way that antidepressant drugs do -- regulating the key neurotransmitters serotonin and norepinephrine." Exercise can also help reduce stress, ease muscle tension, improve sleep and boost self-esteem. The mind and body have a connection so that when the body feels healthy, so does the mind. Find a friend or a group to exercise with to help keep you motivated and social, and get outside if possible; fresh air and nature will

also help enlighten your mood. Focus on all aspects of physical activity with aerobic exercise, strength training, core work and stretching. Maintaining Chiropractic care throughout the season is also extremely important, as any subluxation in the spine can affect the nervous system function, whether or not pain is present. The brain must connect properly with the body to work to its full potential. A case study published in the Journal of Upper Cervical Chiropractic Research on June 20, 2013 found that, "The results provide tentative support for the effectiveness of upper cervical (neck) Chiropractic care for anxiety and depression symptoms... The present study found reduction in anxiety and depression symptoms and reduction in overall psychological distress among individuals with mild to severe depression, anxiety or both." Healing from the inside-out appears to have wondrous effects on the mental state. Make that commitment to yourself

this winter and fend off depression by exercising, eating healthy and continuing your Chiropractic care!



Courtesy of Joe Viger Photography

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None for 7-14 days and body systems begin to fail. **4. Motion**-after about 14-21 days without movement the body systems begin to fail. After the age of 35 we begin to lose about 5% of muscle each year. With exercise, especially muscle resistance exercise, the body has an easier time retaining muscle and healthy bones, slowing down the aging process and allowing for a healthier metabolism and overall health. HAPPY HOLIDAYS!



On a more personal note: Good luck on your move Donnie.

Yours always in health, Dr. Joseph Chisari

Special Patient Testimonial

"I've been coming here for about a month and in that time my posture has improved and I find myself feeling energized and more relaxed. With talking thru the benefits of stopping smoking I have decided to quit. It was almost an immediate change in my breathing and I know that I will push thru it. It helps having a friendly, positive atmosphere and people to explain to me in a friendly way how to evaluate stress and get thru the cravings. I would recommend anyone to come here to improve their life, even in the smallest way. Thank you for all you do." N.B. Fryeburg, ME.

About Fryeburg Chiropractic & Wellness Center

At Fryeburg Chiropractic & Wellness Center, we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultation and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthier bodies and minds through our supplement line, exercise and fitness products, and educational material. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information please contact us at 207.935.3500 or stop by our office at 568 Main Street in Fryeburg or visit our web site at fryeburgchiropractic.com.

Our Mission Statement:

Continuously providing Chiropractic service and wellness care. Having a true understanding of both, with uncompromising personalized service, increasing life expression and potential.

Our lasting purpose is helping you and your families express and maintain complete health naturally, without drugs, without surgery, by correcting Subluxation. Helping you maintain your overall wellness, bringing new vitality to your life.

FRYEBURG CHIROPRACTIC
WELLNESS
CENTER

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