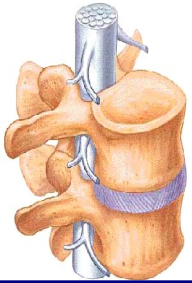


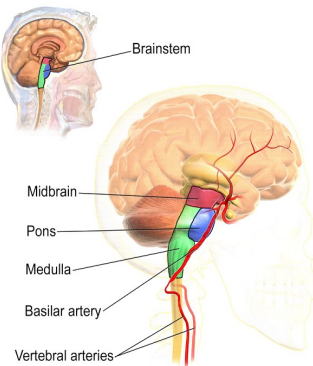
Wellness News You Can Use

Inspiring Health and Wellness



Inside this issue:

Doctors Corner	1 & 2
December is AIDS awareness Month	1
Patient 'testimonial'	2
Mission Statement	2



DOCTORS CORNER...

Dear Patients, Happy holidays!

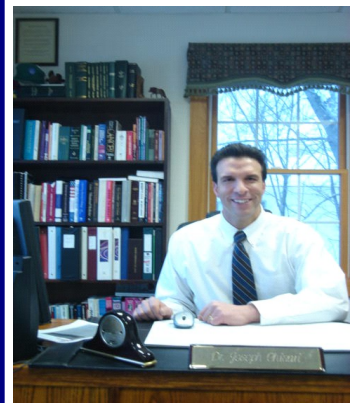
December is AIDS Awareness Month, so I wanted to share with you some statistics and my personal views on the disease and how I think Chiropractic can help you and your loved ones who may suffer from this disease.

AIDS is a direct attack on the immune system, leaving the body susceptible to other diseases and infections. There is currently no cure for AIDS. However, effective treatment may stave off AIDS from developing. What is the connection between the adjusted spine and the immune system? Research hints at a positive correlation between the two.



C1-C2 Vertebral Subluxation is researched at infinitum in the world of Chiropractic healthcare. There are a plethora of positive responses reported by patients when spinal corrections are made at these levels. All information from the body to the brain must traverse the brain stem above C1 and C2. The spinal chord has a direct connection to the brain stem there.

Having a Chiropractic exam and getting 'your spine checked' will determine if these nerves are healthy.



Dr. Joseph Chisari
Family Chiropractor

~
Fryeburg Chiropractic Clinic
*Increasing Life Expression
and Potential*

Aids Awareness Month

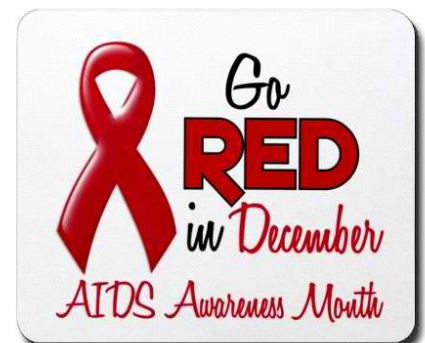
In comparing 2008 to 2010, the overall estimated number of HIV infections remained stable in every age group and in all racial/ethnic groups. There were decreases among women; including African American women. However burden is still high among African Americans and men who have sex with men (MSM). There were sharp increases in youth, especially young African American MSM. Here are just a few of the recent statistics on AIDS:

- An Estimated 15,529 people with an AIDS diagnosis died in 2010.
- At the end of 2009, an estimated 1,148,200 persons aged 13 and older were living with HIV infection in the

United States, including 207,600 (18.1%) persons whose infections had not been diagnosed.

- 636,000 people have died in the United States as the result of the AIDS epidemic.
- AIDS is the 6th leading cause of death among Americans aged 25-44. In 1995 it was the leading cause among those in that age group.

AIDS Awareness Month takes place each December. The more informed we stay as a community, the better our chances are of ending AIDS®!



Continue from page one: [DOCTORS CORNER...](#)

Most of the chiropractic work done with HIV/AIDS patients is new and very clinical. Clinical studies indicate chiropractic can: 1) boost immune system function, 2) help with secondary symptoms (i.e. peripheral neuropathy), 3) address quality of life issues (reduction in stress, the prevention of disease and symptoms). All of these are self empowering HIV/AIDS patients to live a more positive quality of life. This in turn increases life expectancy.

Dr Joshua Bartlett Palmer, was the leading researcher in Chiropractic Healthcare in the early 1900's. He described the immune responses of the nervous system via spinal adjustments as **The A.D.I.O Principle**. (Above, Down, from the Inside Out) Today we call it **Neural top down control of physiology**, it concerns the direct regulation by the brain of physiological function. Cellular functions include the immune system's production of antibodies, and nonimmune related homeostatic functions. This regulation occurs through direct innervations of body organs and tissues that starts in the brainstem located above the C1 and C2 vertebrae.

*Yours in Health,
Dr. Joe*

Patient testimonial:

"A miracle has happened on that September day"... Approximately 10 years ago, I suffered an injury to my back. The injury itself was a bit of a mystery as we couldn't identify the cause. Several doctors' visits brought no relief. In conversations with Dr. Joe, he made several attempts to assure me that he just might be able to help me. After many discussions, I decided to try a visit, and on September 4th 2013, I received my own "special miracle". I have been seeing Dr. Joe 3x a week since then and have had amazing results. I found that "miracles" do really happen! Chiropractic care takes away my discomfort and gives me much better relief. What a difference Dr. Joe has made for me; time, time, time is on my side, YES IT IS!

P.S.I just can't thank you enough for making this miracle happen for me.

M.E.W., 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.

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 subluxations. Helping you maintain your overall wellness, bringing new vitality to your life.

FRYEBURG CHIROPRACTIC
WELLNESS
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