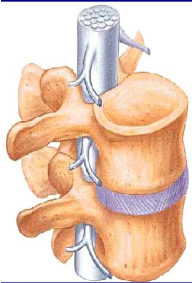


Wellness News
You Can Use

Inspiring Health and Wellness



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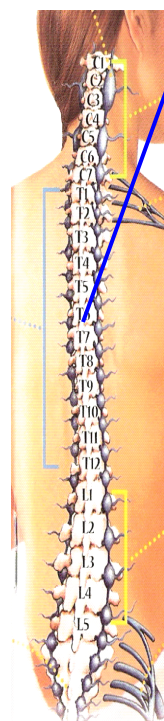
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DOCTORS CORNER...

Dear Patients,

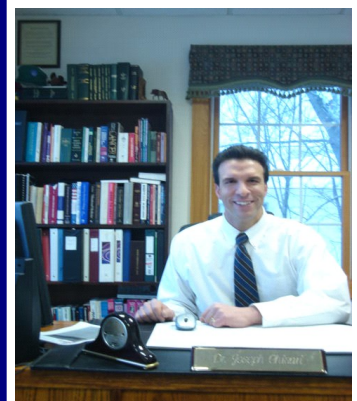
November is Diabetes Awareness Month, so I wanted to share with you some statistics and my personal views on the disease and how I think Chiropractic can help you and your loved ones who may suffer from this disease.

The link between chiropractors and successful diabetes treatments has earned nationwide attention as emerging research hints at a positive correlation between the two. A new study shows that chiropractic care may be an effective addition to medical treatments for controlling blood sugar levels in diabetics.



T5-T10 is known as the Celiac Plexus. They innervate (supply nerve power) the chest muscles and gall bladder, liver, diaphragm, stomach, pancreas, spleen, kidneys, small intestines, uterus and appendix and lungs.

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*

American Diabetes Month®

The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month® (ADM) is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease. Here are just a few of the recent statistics on diabetes:

- Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®!

- Nearly 26 million children and adults in the United States have diabetes.



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Chiropractic care might be helpful to diabetics if problems in the spine affect blood flow to the pancreas. The pancreas releases insulin in the body which is necessary to regulate proper levels of glucose in the blood. If the pancreas is not receiving enough oxygen and nutrients through proper blood circulation, perhaps this might have an effect on insulin production.

Another way chiropractic treatment might help those who suffer from diabetes is by alleviating pressed nerves on the spine to allow for a regenerated connection between the brain and the systems that are involved in the endocrine system and a body's metabolism. Also, when the nervous system is free to work properly, the body can work to heal itself better.

A recent study showed that individuals with Type 2 Diabetes who had proper nutrition, engaged in appropriate exercise, and received continuous chiropractic treatment, were able to stabilize their blood glucose levels in the course of a month's time.

If the addition of chiropractic care can keep blood sugar levels low, diabetic side effects might be reduced. This would significantly improve the quality of life of those who suffer with this often debilitating disease.

Yours in health,
Dr. Jae

Patient testimonial:

My teenage son has experienced difficulty with asthma his entire life. We had tried medications and inhalers with limited positive impact, and some behavioral and academic negative impact. His asthma caused him to cough all night long, every night. There is not one night of his life that I have not listened to him cough throughout the night. Dr. Chisari suggested that there was some potential relief for my son with a Chiropractic intervention. I was wary of this, and although he explained it to me clearly, and it made perfect sense, I am not sure how well I could explain it to someone else.

Nonetheless, we proceeded with the Chiropractic intervention, and my son stopped coughing the very day of his first chiropractic adjustment. He has had follow up appointments with his medical doctor, and at this point; six months after his adjustment, he has been off his asthma medication for four months.

Thank you Dr. Chisari for your proactive approach to your profession. It has had such a positive impact in my sons life!

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
CENTER

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