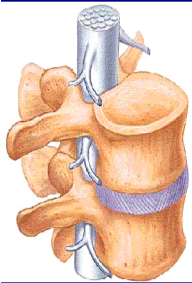


Wellness News You Can Use

Inspiring Health and Wellness



Inside this issue:

Doctor's Corner	1 & 2
Boosting Your Health	1
Patient 'testimonial'	2
Mission Statement	2

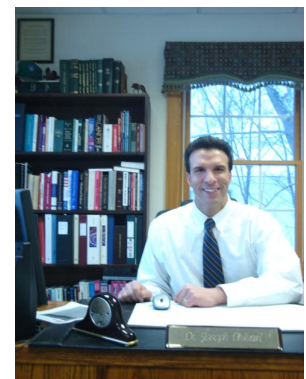


The Doctors Corner...

Dear Patients,

That time of year is here, and not just the approaching winter and holiday season, but cold and flu season! Although, keeping our bodies healthy year round is vital, the cold weather months are especially important for keeping the immune system functioning properly to ward off infections. What does this have to do with chiropractic care? Well, chiropractic care encompasses more than just the treatment of neck and back pain; regular chiropractic treatment can also support a healthy immune system! Chiropractic care corrects spinal misalignments called Vertebral Subluxation, which are when one or more of the bones of your spine move out of position and create

pressure on the spinal nerves. This creates improper function of the nervous system. Scientists at The Feinstein Institute for Medical Research have found that the nervous system and immune systems communicate to control disease via a pathway through the spleen. Stress on the spine can disrupt this pathway, thus leaving the body more susceptible to illnesses, such as the flu. When your immune system is healthy, it is better prepared for fighting the flu. The CDC recommends a yearly flu vaccination, which can be effective, but why not consider taking care



Dr. Joseph Chisari
Family Chiropractor

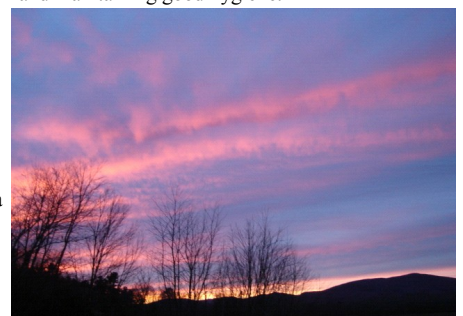
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Fryeburg Chiropractic Clinic
*Increasing Life Expression
and Potential*

Boosting Your Health

Fall is upon us; winter is approaching, and around this time of year, we start to see more illnesses such as colds and the flu. Of utmost importance is boosting the immune system with healthy foods and supplements. Two highly recommended supplements are fish oil and zinc. Both are beneficial year round, but the winter is an especially important time to boost our immune systems. Fish oil contains omega-3 fatty acids, DHA, docosahexaenoic acid, and EPA, eicosapentaenoic acid. Potential benefits of fish oil are reducing high blood pressure, lowering cholesterol (raising good cholesterol), fighting depression, improving skin condition, slowing eye degeneration, improving immunity, remedying ADHD, protecting against Parkinson's disease, early Alzheimer's disease and healing from stroke. Of great importance is choosing a high quality fish oil supplement, containing 200-300 mg

of DHA per capsule. Another key supplement is zinc. Although diet is the best way to maintain zinc levels, deficiencies often occur, and supplements can be your next best bet. Zinc is essential for activating T lymphocytes (T cells) which boost immunity and fight illnesses. Other benefits include skin repair, healing prostate disorders, improving cognitive function, decreasing severity and duration of colds, improving biological functions, fighting infection and curing chronic fatigue. As with fish oil, choose a high quality supplement. According to the CDC, vaccine effectiveness for the 2012-13 season was 56% across all age groups. With any vaccination, however, comes risk since side effects are a possibility. The best way to fight illness is to stay healthy by reducing stress, eating a healthy diet low

in sugar, getting enough sleep, taking omega-3 and zinc supplements, getting enough exercise and maintaining good hygiene.



This is the view in the morning from adjusting rooms 3 and 4. Call today!

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

of the whole body through chiropractic care, exercise and proper nutrition? Sometimes eating enough nutrients can be difficult, so supplements can be your next best option. I personally recommend periodic cycling of zinc, which supports vital metabolic processes. Deficiencies can have a disastrous effect on body, including the body's ability to fight off infection. I also recommend high quality omega-3s through fish oil. Omega-3 is an essential fat that cannot be produced by the body, so it must come through diet or supplementation. Cold water fish such as salmon, mackerel, anchovies, cod and sardines are most abundant with omega-3s. A study out of Michigan State University found that fish oil enhances B cell function; B cells (lymphocytes) mature into plasma cells that produce antibodies for fighting off infection. Chiropractic care goes hand-in-hand with proper nutrition, strengthening the body from the inside out. Maintaining proper structural and nutritional balance can be the key to how well you get through the winter months, when illnesses abound. Why not choose preventative care over sitting in a doctor's office waiting room where you can be exposed to other illnesses? November is here, so now is the time to take control of your health. Be prepared for the winter ahead!

Yours in health, Dr. Joseph Chisari

[Visit the media page for all topics at fryeburgchiropractic.com](#)

I would like to thank my patients for their support and belief in my endeavors to be the healthiest I can be and in turn share my knowledge with them. I did not place in the Nationals; however, it was an honor to be invited. This month I travel to NYC, NY for a Sports and Recovery class hosted by NYCC. My High School Biology teacher once asked, "Why not Chiropractic?" I am glad he did. Dr. Joseph Chisari

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

FRYEBURG CHIROPRACTIC
WELLNESS
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