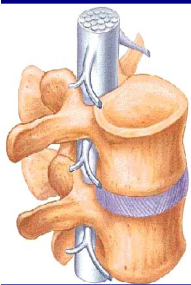


**Wellness News  
You Can Use**

**Inspiring Health and Wellness**



**Inside this issue:**

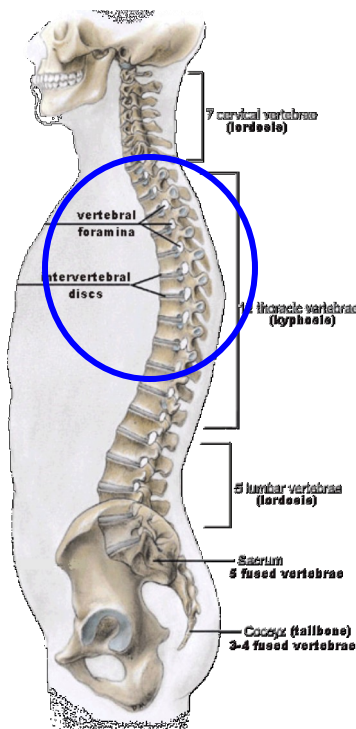
Doctors Corner	<b>1 &amp; 2</b>
February is Heart Disease Month	<b>1</b>
Patient testimonial	<b>2</b>
Mission Statement	<b>2</b>



**DOCTORS CORNER...**

**Dear Patients,** Most individuals believe that cardiovascular disease can only be mitigated through diet, exercise and keeping blood cholesterol and blood pressure in check, as well as getting a sound sleep and banning cigarettes. All of these disciplines are standard. Yet, studies have revealed that chiropractic care may have a more dominant impact on lowering the risk of cardiovascular disease than previously thought. (cont. on pg 2)

**I'd like to invite you and your family to join us for informative discussion February 26th, 2014 @ 11:30am Located at our clinic. Our Health Talk!**



**Dr. Joseph Chisari  
Family Chiropractor**

*Fryeburg Chiropractic Clinic  
Increasing Life Expression  
and Potential*

**Heart Disease Awareness Month**

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause

heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year.<sup>1</sup> This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health.

You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Monitor your blood pressure
- Don't smoke, Limit alcohol use
- Have your cholesterol checked



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

It is exciting to read about studies showing that cardiovascular disease may take a dive with chiropractic care. Can regular adjustments in the chiropractor's office really help someone maintain cardiovascular wellness? Studies are indicating yes. Minor dysfunctions in spinal alignment may be a significant factor in a number of disorders according to researchers. Such imbalances can aggravate a person's nervous system and lead to a variety of different dysfunctions. There is a definite relationship between blood pressure, and heart rates. The Chiropractic adjustment is therapeutic for the parasympathetic and sympathetic nervous systems, which can directly affect heart rate variability.

The connection between blood pressure and anxiety levels is quantifiable in terms of the changes after patients receive a treatment. Numerous studies have shown a lowering in not only blood pressure, but also anxiety, boosting hope that cardiovascular disease may take a dive with regular chiropractic care.

If you damage or interfere with the neurological structures in the spine it will have far-reaching implications on body function. Correcting the misalignments or abnormal spinal movement associated with these organs reduces the nerve interference. Finding the cause of the cardiovascular disease and reducing those risks is a great strategy that will empower you on a path toward healing that inspires self accountability, productivity, responsibility and dignity. Instead of limiting chiropractic care to injury and prevention care, lets explore how it can benefit your entire nervous system, which can potentially have a affect on cardiovascular and overall health.

Yours in health,  
Dr. Joe

### Patient testimonial:

*"Hi Dr. Chisari, I just wanted to say thank you for the great treatment I received as a result of injury. When I first came in January 2007, I was experiencing severe pain in my shoulder and lower back, which I had for many years, due to a condition known as vertigo (dizziness from my left ear). Due to the treatment I received at Fryeburg Chiropractic & Wellness, I am happy to say this problem was greatly diminished and my problems of the lower back and shoulder has been addressed; more than anyone could have expected."*

## 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](http://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  
CENTER

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