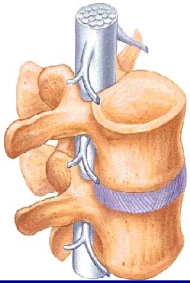


Wellness News You Can Use

Inspiring Health and Wellness



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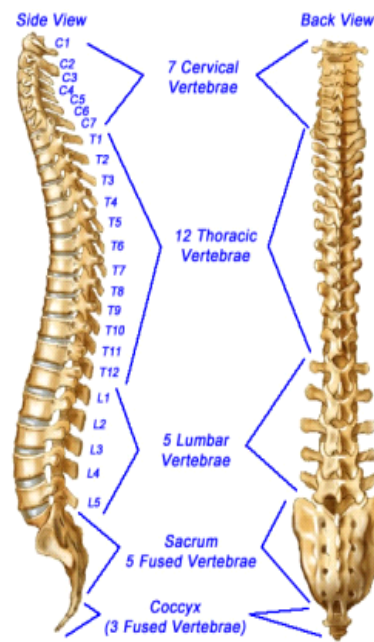
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DOCTORS CORNER...

Dear Patients,

I was recently asked to give an interview on vitamin and mineral toxicity and deficiency. In this interview I was asked 3 questions. 1. Do I take vitamins and minerals? 2. Do I recommend them to others? 3. Have I ever treated someone for vitamin or mineral toxicity? My understanding is that when we consume our meals there is a more positive digestive response when we are fully aware of what it is that we are eating. Studies have shown when in a relaxed state we will assimilate more of the nutrients provided by our meals. When people eat under stress or with other distractions the digestion rate can halt to 0% for as long as an hour. We may eat more than we need and decrease digestive organ function.

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Dr. Joseph Chisari
Family Chiropractor

~
Fryeburg Chiropractic Clinic
*Increasing Life Expression
and Potential*

**IGNORE YOUR HEALTH
AND IT WILL GO AWAY**

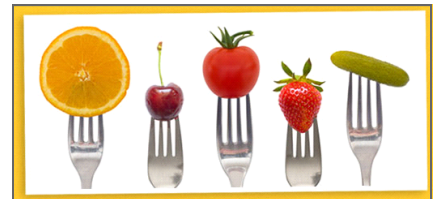


Nutritional Awareness

Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity in this country. According to the USDA's Center for Nutrition Policy and Promotion (CNPP), the most recent data indicate that 72 percent of men and 64 percent of women are overweight or obese, with about one-third of adults being obese. Even in the absence of over-weight, poor diet and physical inactivity are associated with major causes of morbidity and mortality. These include cardiovascular disease, hypertension, type 2 diabetes, osteoporosis, and some types of cancer. These diet and health associations make a focus on improved nutrition and physical activity

choices ever more urgent. These associations also provide important opportunities to reduce health disparities through dietary and physical activity changes. In recent years nearly 15 percent of American house-holds have been unable to acquire adequate food to meet their needs because of insufficient money or other resources for food. Dietary guidance can help families maximize the nutritional content of their meals within their resource constraints. Many other Americans consume less than optimal intake of certain nutrients, even though they have adequate resources for a healthy diet. Approximately 32 percent of children and adolescents ages 2 to 19 years are overweight or obese, with 17 percent of children

being obese. This is due to children consuming diets with too many calories and not enough nutrients and also not getting enough physical activity. In addition, risk factors for adult chronic diseases are increasingly found in younger ages. Eating patterns established in child-hood often track into later life, making early inter-vention on adopting healthy nutrition and physical activity behaviors a priority.



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Fortunately, there are easy steps we can take to correct digestive system function. Set aside time to have a meal. Eat without I phones, work, radio or stressful conversations. Take a minute to look at and appreciate your food. Eat slowly. Stop eating when you feel satisfied. Remain calm and relaxed for 30 minutes after a meal. Find nutritious foods that you enjoy. You see, you are worth it. No ones going to hand good health to you on a silver platter. You have to work for it. Vitamins and minerals only do there job when you have taken time to eat correctly. With the consumption of healthy whole foods you will release enzymes that help with digestion. You will get fiber that will aid with bowl function. Therefore if I recommend or use vitamins it is on a temporary basis or it is cyclical. Fish oil and B-Complex might be right on one occasion and a Multi-vitamin may be my choice on another. Someone may notice that a Multi-Vitamin from one manufacturer works for awhile and then it does not, so they may try a Multi-Vitamin from another reputable manufacturer. Someone may have a specific condition like high cholesterol and may want to try red rice yeast for awhile. They may try this for 3-6 months and get there diet right to prevent high cholesterol. They may try Basil to lower blood pressure, Garlic to fight off viruses, Zinc to boost immune system function during cold or allergy season and Acetyl-L-Carnitine to improve mood and when things stabilize they STOP!!!! There are diseases attributed to high levels of minerals and vitamins such as A,D,E and K. There are also deficiencies of vitamins and minerals that cause diseases like Anemia, bone growth disorders and birth defects. When a patient is diagnosed with a disease one of the first thoughts that come to mind clinically is, what may the patient possibly be deficient or toxic with that would have caused this? There are four basic nutrients that improve the probability of a longer life. Oxygen, Whole Foods, Water and Movement. Lack of one or all accelerate tissue death. A Young doctor who worked with me used to say "health is on a continuum and each choice we make each hour of each day either moves us closer to health or closer to sickness or death." Avoid destructive physical, chemical or emotional stress. Fill your life with enthusiasm, gratitude, inspiration, great nutritional choices and love. You never now how far that will get you or effect the lives of those around you. Trust yourself, don't be afraid to fail, ignore the naysayer's and work hard on your nutritional choices. YOU ARE WORTH IT!

Dr. Joe

Patient testimonial:

"Fryeburg Chiropractic has been a blessing to me. I have made it through two horrific accidents and three vascular related surgeries. My body recognizes the symptoms of any problems and I know to check it out. I went into the clinic on November 15th 2012 and have been able to walk without a cane or being in a wheelchair. To me there is no doubt that without chiropractic help and I would not be able to do this." K.M Conway

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.



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