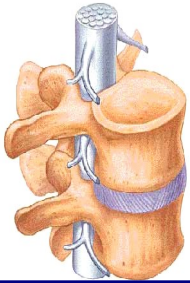


Wellness News You Can Use

Inspiring Health and Wellness



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DOCTORS CORNER...

Dear Patients,

This month I would like to talk about an autoimmune related disease that affects an estimated 300,000 people in the U.S. It is known as Scleroderma, or *systemic sclerosis*. Scleroderma is a widespread chronic connective tissue disease; its name comes from two Greek words: “sclero” meaning hard, and “derma” meaning skin. It is not contagious, infectious, cancerous or malignant. Mainstream medicine attempts to treat the symptoms of scleroderma with immunosuppressant drugs, NSAIDS and corticosteroids, but has no cure and little advice for prevention. However, the world of natural healing has much to offer to help address scleroderma. Since scleroderma is considered to be an autoimmune disease, natural immune modulators may provide great help in many instances. Some of the best immune modulators are:

*Oleander extract, available in supplement form, is effective against a wide variety of immune disorders. Though it is a powerful immune stimulator, it is also an immune modulator for such disorders.

*Vitamin D3 is an immune modulator and is essential for optimum health. Most of us do



The limited symptoms of scleroderma are referred to as CREST

Calcinosis- calcium deposits in the skin

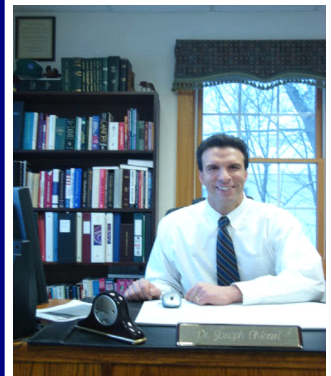
Raynaud's phenomenon- spasm of blood vessels in response to cold or stress

Esophageal dysfunction- acid reflux and decrease in motility of esophagus

Sclerodactyly- thickening and tightening of the skin on the fingers and hands

Telangiectasias- dilation of capillaries causing red marks on surface of skin

*ADAM



Dr. Joseph Chisari
Family Chiropractor

~
Fryeburg Chiropractic Clinic
Increasing Life Expression
and Potential

Scleroderma Awareness Month

Once thought of as a rare condition, scleroderma is diagnosed in more people today than muscular dystrophy, multiple sclerosis, or cystic fibrosis. Scleroderma is a chronic connective tissue disease generally classified as one of the autoimmune rheumatic diseases as well as a rheumatic disease as characterized by inflammation and/or pain in the muscles, joints, or fibrous tissue. Hardening of the skin is one of the most visible manifestations of the disease. It has two major forms – localized and systemic – localized being more common in children and systemic more common in adults. Of the estimated 300,000 people in the United States with scleroderma, about one third has the systemic form of scleroderma (Scleroderma Foundation, 2001). Since the

disease has symptoms similar to other autoimmune diseases, diagnosis can be difficult. For two centuries, the earliest cases of scleroderma defied both an explanation and cure. Even today, the exact cause of the disease is unknown and a cure has not been found. Scleroderma is not contagious, infectious, cancerous, or malignant, but it affects women more than men. Overall, female patients outnumber male patients approximately four to one (4:1). Knudsen (2009) suggests increased frequency of skewed X chromosome inactivation may explain female predominance in scleroderma incidences. Scleroderma can develop in every age group from infants to the elderly, but its onset is most frequently between the ages of 25 to 55. Race and ethnic

background may influence the risk of developing scleroderma, the age of onset of the disease, and the severity of internal organ involvement.



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disorders and it is estimated that anywhere from 70 to 95% of us are deficient in this vital mineral.

*Curcumin is a powerful immune modulator which has many health benefits. It is also anti-inflammatory.

*Blackseed oil (Nigella sativa) is another immune modulator and has been used for health issues for centuries.

A healthy, alkaline oriented diet is essential for helping relieve scleroderma. Apples (or pure unfiltered apple juice) may be particularly helpful. Apples contain pectin as well as malic acid, a substance that appears to ease pain and inflammation.

*Eat plenty of essential fatty acids and omega 3's

*Cut back on consumption of whole grain foods.

*Avoid sugar, artificial sweeteners and foods containing bleached flour.

*Eat yogurt which contains active yeast cultures.

Increased fiber intake for toxin removal could make a difference, as toxins likely play a very large role in many autoimmune disorders and other conditions. In addition to cleansing the liver, colon/bowels and kidneys, parsley, chlorella, cilantro, and apple pectin are all good for removing toxins, especially heavy metals. How does Chiropractic fit into autoimmune disease? To improve motor performance, Chiropractic care begins with mobilizing the joints and soft tissues, applying heat and reducing the pains and stiffness in joints. The spine will be adjusted with special consideration to increase blood and nerve impulse flow, critical to body organs. These are all in the effort to make the innate intelligence of the body function perfectly. Autoimmune diseases in general have a profound effect on health care and the society. As this has been a growing concern through the years, people should be more educated about the causes, symptoms and available treatments for this sickness. To decrease the need of using medications, we must turn to Chiropractic as a more effective approach to natural treatment.

Dr. Joe

[Patient testimonial:](#)

I have been visiting Dr. Chisari at Fryeburg Chiropractic and Wellness Center for the last few months and I can honestly say that my back has never felt so good, for so long. My pain is gone, my posture is better, and my overall quality of life has improved. Many thanks to the friendly and knowledgeable staff whom have helped me tremendously along the way.

A.J.M, Hiram

[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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