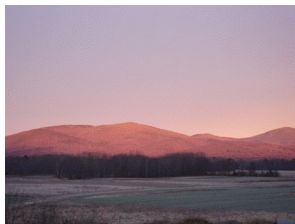
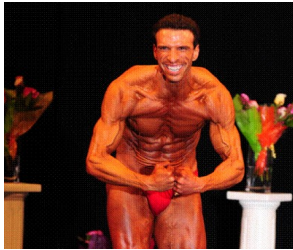
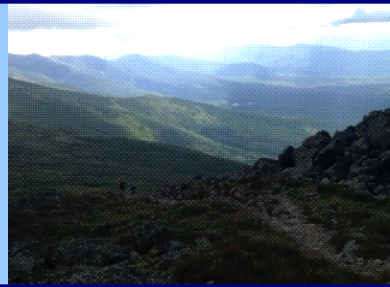


## Wellness News You Can Use

### Inspiring Health and Wellness



**Dr. Joseph Chisari**  
**Chiropractor**

~  
**Fryeburg Chiropractic  
Clinic**

**Increasing Life Expression  
and Potential**

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#### Dear Patients,

What do Donovan Bailey, Joe Montana, Dan O'Brien, Michael Jordan and Steve Smith have in common? They all have regular Chiropractic adjustments to improve their health. Today's athletes are looking for an edge over their competitors and Chiropractic is just the profession to help. Most people know that Chiropractors are great at helping people recover from injuries, but there is an aspect to Chiropractic care that is much more than mechanical neck and low back pain. Chiropractic adjustments help to improve the overall function of the nervous system, which, in turn, improves the efficiency of the communication between the brain and the body. Many of today's top athletes are adjusted regularly during training and before each athletic event. After the "controversy" of the 1996 Olympics over who was really the fastest man in the world, a race was held at the Sky Dome in Toronto between Donovan Bailey and Michael Smith to settle the score. Just before lining up at the starting blocks, Donovan Bailey was adjusted on television by his Chiropractor. While Donovan Bailey won as Michael Smith "experienced a hamstring problem", the point

is that Chiropractic was an important part of Donovan Bailey's preparation for competition. During the NBA playoffs in 1998, John Stockton from the Utah Jazz was filmed in the dressing room having Chiropractic adjustments to help him improve his performance and to contribute to his team's success. Calgary Flame's Steve Smith is adjusted regularly before home games and on the road if a Chiropractor is available. Steve has been under regular Chiropractic care for over 20 years and he says that he notices that his performance on the ice is not as sharp if he cannot be adjusted before a game. However, Chiropractic adjustments are not just best utilized to improve athletic performance. The adjustment at its best takes pressure off the nervous system, allowing you to function at your maximum potential continuously. Athletic performance is about visualization and game planning both on and off the field.

"The doctor of the future  
will give no medicine,  
but will interest his  
patients in the care of  
the human frame,  
in diet, and in the cause  
and prevention of disease"



Thomas Edison



## Sports and Your Chiropractor

Whether you are a weekend athlete or a professional, there are a few things that all athletes have in common. They want to have the best possible performance in their chosen sport, and they both can get injured. Athletes may ask themselves why they get injured? They stretch out, and feel like they are in pretty good shape. So, why? In most cases, we play too hard, too long, or too fast. In the case of household duties such as spring cleaning, do any of us warm up before carrying those boxes into the crawl space of our ceilings? This may not seem like a sports injury, but in fact, overuse syndromes or playing full speed before we are really warmed up are the major causes of sports injuries. Simple household chores, while done cold, can mimic a sports injury to some extent. If an athlete gets hurt, what can be done to

get him back on the field? Chiropractic offers a balanced approach to the treatment and the healing of sports injuries. By using the Chiropractic adjustment to return spinal segments to their normal mobility and help the supportive tissues (muscles, tendons, & ligaments), Chiropractors help the injured areas return to normal function. Combined with some rest to help the healing process, athletes will find their way back on the field. Afterward, better strategies for exercise and stretching will be discussed with the athlete to help him stay on the straight and narrow path to better enjoyment of his chosen sport. **DID YOU KNOW** the average Pro Football team receives 30 to 50 adjustments per week during the regular season. These football and

bodybuilding athletes are forward thinking and intelligent. In the past, football players and bodybuilders have been given the role of **Neanderthal** or **Dumb Jock**. Not so. In fact, today's Pro-Athletes are very health conscious and utilize Chiropractic care on a regular basis and stay healthy!



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It is time consuming effort. It is having good people around you that inspire success and motivation. Meditation during stressful periods of self doubt. In our bodies, the brain is the master control and everything that we do is regulated by nerve impulses that are sent from the brain out to the body through our nerves. This added pressure on the nerves can restrict the impulses that are sent from the brain to the body, which in turn can reduce the body's ability to function as it should. Chiropractic adjustments improve the movement of the vertebrae and help to take the pressure off the nerves as they exit from the spine. The vertebrae protect the spine and allow our bodies to move, but they can become stuck. The Chiropractic term is **Subluxation**. Subluxation KILLS progress. Lack of vertebral movement causes an increase in stress hormones. Subluxation left under treated or not treated at all leads to muscular atrophy and cellular dysfunction. With the release in pressure on the nervous system, the brain is able to communicate with the body more efficiently and the body functions with more precision. For anyone looking for an edge to his or her physical performance *naturally*, the improved communication between the brain and every part of the body, especially the heart, lungs and muscles can help the body realize true health as the competitive nature of the body is fully expressed. This is an integrated, all inclusive approach to health. When I use the word communication I can't help but think that if we all stopped fighting against each other and communicated more respectfully with each other, we as a society would function much better as well. So it stands to reason that the innate intelligence of the body works the very same way. Respect for methods of maintaining a healthy body are already understood by most. The information is available everywhere and is plentiful. Get it and begin a trial and error process that is continual. Evolve the process to what works best for your life style. A cautionary word-Do not reinvent the wheel. People will sell quick fixes to the desperate and needy souls which is all of us from time to time truth be told. Remember that keeping it natural is the key to a longer, healthier and more balanced lifestyle. To quote one of my best friends about HEALTH, he, the consummate athlete who will remain nameless because he wouldn't have it any other way states, "IT'S NOT WHO GETS IT THE FASTEST. IT'S WHO KEEPS IT THE LONGEST." When writing you about this subject I'm reminded of an old Bible verse that went something like, "what profit a man if he gains the whole world yet loses his soul." When meal planning look at our April and July newsletters as somewhat of a road map. Get plenty of rest when increasing the level of exercise in your activities of daily living. The biggest Saboteur to a new exercise program is LACK OF SLEEP. *"Success is failure turned inside out, the silver tint in the cloud of doubt, and you never can tell how close you are, it may be near when it seems afar. So stick to the fight when your hardest hit, it's when things seem worse that you mustn't quit."* -anonymous **Dr. Joseph Chisari**

### **Patient testimonial:**

"I am pleased to have found the Fryeburg Chiropractic & Wellness Center - Dr. Chisari and staff. They are very friendly and caring as well as professional. They helped relieve the pain resulting from a sprained back, answered all of my questions, and tailored therapy to my needs and concerns about avoiding future recurrences. Many thanks to you all!"

K. K., Center Lovell, Maine

## **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.**



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