

Conditions I can help with:

- Chronic Pain
- Lymphatic Disorders
- Low Back Pain
- Headaches
- Sports Injuries
- Menstrual Pain
- Neck Pain
- Knee Pain
- Shoulder Pain
- TMJ (jaw problems)
- & more...

Healthcare Services:

- Health Risk Reduction
- Weight Management
- Tobacco Cessation
- Stress Management Skills
- Wellness Care
- Exercise Programming
- Nutrition Programming
- Corporate Wellness Consulting
- Manual Lymphatic Drainage

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

Thomas Edison

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I treat your pain with gentle techniques because I believe in working with your body to assist it in healing. I am honored that you have chosen Naprapathic Healthcare and look forward to helping you improve your health.

Dr. Robert Manfredini, DN

After your Treatment...

Dr. Robert Manfredini, D.N.
Naprapathic & Wellness



~ Strong Body

~ Strong Mind

~ Strong Spirit

Your journey toward natural healing begins...

You have just experienced a Naprapathic treatment and your brain is confused by what has just happened to your body.

What may happen to your body during a treatment

- ☺ Vertebrae are re-aligned
- ☺ Muscle spasms are reduced
- ☺ Tight muscles are gently stretched
- ☺ Weak muscles are strengthened
- ☺ Trigger-points are reduced
- ☺ Ribs may be repositioned
- ☺ Hip bones are adjusted
- ☺ Joints are manipulated
- ☺ Nervous energy flow is restored or improved

All actions are intended to bring the body back into balance. When the body is balanced you will be pain free.

It takes time for balance to be achieved. For 36 to 48 hours following a treatment your body will be readjusting because it takes time for your brain to re-evaluate the situation. Basically your brain is trying to figure out if it can communicate better with the body now that it has been treated and if so, how to maintain this new position.

Mind-body-re-education!

One downside to your journey toward balance is that pain or ill-feelings post treatment may occur as your body and brain work themselves out of the confusion.

Strategies for managing the body's reactions toward re-balancing:

Muscle Soreness:

Light activity is great provided it does not contraindicate your session recommendations. Walking is usually the best. For most back problems retro-walking is ideal. Retro-walking is simply walking backwards on a safe, flat, well-known, pot-hole and traffic free area.

Stretching for three seconds may also help. However, be mindful that you do not overstretch.

Vitamin C has been shown to be very helpful also. Two oranges have or a 12-ounce glass of juice can accomplish this.

You may find that an Epsom salt bath or Organic Apple Cider Vinegar bath may be helpful. Pour 1.5 cups per 60 pounds of body weight of Epsom salt or Apple Cider vinegar into the bath at the warmest water temperature your body can tolerate. Stay no longer than 20 minutes and get out of the tub if dizziness occurs. Also, do not soak higher than your heart when using Epsom salt.

Magnification of Pain:

This can occur and will usually only last for 24 to 36 hours. Try light activity and stretching as directed for muscle soreness.

Flu-like Symptoms:

This is caused by the release of physical or emotional cellular waste. It overloads your system and you can feel ill while your body processes it for excretion.

- An organic apple cider vinegar drink may help! Mix two tablespoons in 6-8 ounces of pure water post treatment.
- The following day mix one tablespoon in 6-8 ounces of pure water two times.
- Take an organic apple cider vinegar bath as directed under “Muscle Soreness.”
- Get a good night’s sleep.

Remember healing takes time!

I have been fortunate to have helped a great many people overcome their issues and can only say that it is a process. Please use these suggestions to help you cope while you make your way further down the path to body-balance and pain-free living.

“Think well,
live well,
and be well.”