

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

The Naprapathic Experience

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



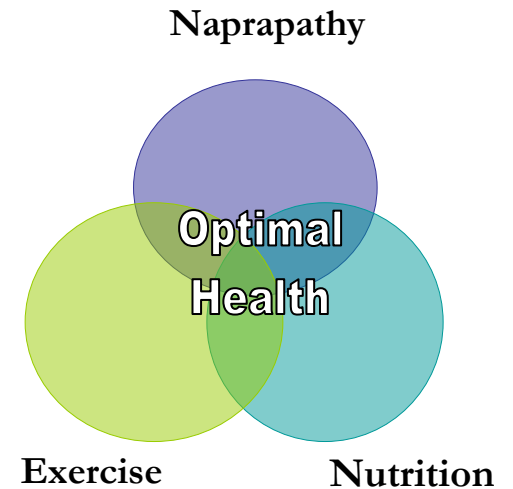
~ Strong Body
~ Strong Mind
~ Strong Spirit

What I do is quite simple; I try to bring your body back into balance so it can communicate with the brain in a more efficient manner.

By correcting muscle, tendon, ligament, and nerve issues, communication can be improved and the brain can regulate the health of the body properly.

Unfortunately, disruption of function due to muscle spasm or weak/damaged tissue can influence this communication in a negative way.

The good thing is that it doesn't have to be that way.



I'm Not Just About Joint Pain, Naprapathic Healthcare addresses more than you may think. I may:

- **Educate** you on proper diet for a speedy recovery. Naprapaths are the only practitioners with a formal education in nutrition.
- **Teach** you corrective exercise to correct improper muscle patterns or to stabilize a joint;
- **Review** job skills (job ergonomics) and provide education so you can reduce repetitious behaviors that can lead to muscle imbalances (*cause of back/shoulder pain...*).
- **Manage** lymphatic disturbances—swelling of limbs and body due to illness, cancer, injury, or unknown origin. I use specialized massage techniques to normalize swelling.

The Initial Visit

- Arrive 20-minutes early to fill out a *patient-information* packet.
- Mark your pain on the “pictogram.”
- You may be asked to complete more questionnaires.
- We will review your incident history.
- Orthopedic examination (if necessary)
- You will receive a Naprapathic Treatment or health counseling session.
- I will make nutrition/exercise/ ergonomic recommendations.
- The appointment will probably last an hour.

I am very fortunate that I help people improve the quality of their lives and can provide relief for their pain. Whether it is back pain, lymphedema, chronic pain, digestive disorder, frequent headaches, or a simple ankle sprain I can help you overcome or manage your issue and improve your health and quality of daily living. I look forward to working with you.

“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.”
Ayurvedic Proverb