

### ***Conditions I can help with:***

- Neck Pain
- Low Back Pain
- Joint Pain: shoulder/knee/elbow
- Sports Injuries
- Menstrual Pain
- Lymphatic Disorders
- TMJ (jaw problems)
- Headaches
- & more...

### ***Healthcare Services:***

- Health Risk Reduction
- Weight Management
- Tobacco Cessation
- Stress Management Skills
- 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*

---

**Dr. Robert Manfredini, D.N.**  
**363 N. Main Street**  
**Wauconda, Illinois 60084**

**O: 1.847.533.7404**

**F: 1.847.865.5300**

**E: drmanfredini@comcast.net**

**W: waucondawellnessgroup.com**

*Feel free to text or email!*

*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*

---

# **Your Naprapathic Treatment**

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



*~ Strong Mind*

*~ Strong Spirit*

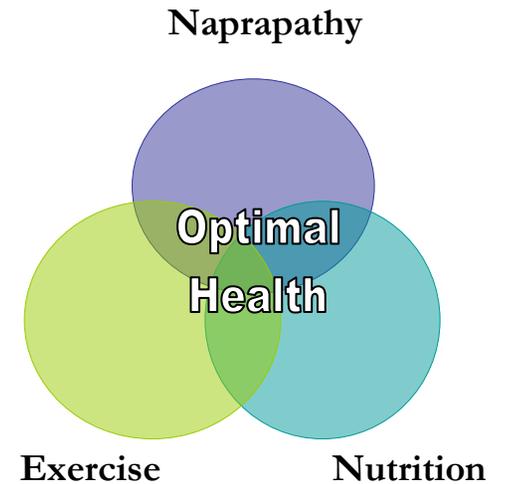
*~ Strong Body*

**W**hat 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 stay that way! Naprapathy takes care of this!*



Naprapathy is its own unique art and science. Comparably speaking, it's like very, very, very, very, gentle chiropractic, nutrition counseling, wellness coaching, massage and physical therapies all rolled up into one system.

**Napraivit: to correct**

**Pathos: suffering**

**Naprapathy – to correct suffering**

Dubbed “Connective Tissue Specialists” Naprapaths believe that contracture or mechanical dysfunction of your connective tissue(s) (tendons, ligaments, muscles...) influence the body to produce pain and dysfunction. In other words, an improperly functioning muscle can cause you pain.

### **What happens during a treatment...?**

First off, it is relatively relaxing. There will be some discomfort when I am looking for dysfunction but the correction should feel like a “stretch.”

Secondly, I will examine the whole frame making sure everything is close to where it needs to be and to see what mechanical influences exist (i.e. muscle spasm, hip rotation...).

Thirdly, I will apply gentle Naprapathic techniques to help influence your body back into correction. 97% of my patients only require 1-3 visits to become pain free...

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.