

It's your life. Live it in health.



SCARBOROUGH
FAMILY CHIROPRACTIC



Bringing our Vision to Life

Founded in 1997, Scarborough Family Chiropractic's mantra is to provide natural healthcare for the entire family — infants to elderly — in a comfortable, modern, and relaxing atmosphere, while focusing on convenience and results.

Underlying everything we do is a deep commitment to wellness, which we define as a state of optimal conditions for normal function... and then some. We don't settle for mediocrity. We strive for a level of health that goes beyond asymptomatic or pain free. Rather, we work with patients to reveal an open-ended opportunity for vitality, vibrant health, and enhanced living. We ultimately want people to achieve and maintain optimal health so that they can truly enjoy and experience life.

Scarborough Family Chiropractic's mission is to educate and guide individuals and families toward optimal health through natural chiropractic care.

Services that Maximize Results

Taking a practical, holistic approach to wellness, Scarborough Family Chiropractic offers a range of services to help patients achieve their peak performance and optimal health.

Services include but are not limited to:

- Chiropractic Care
- Corrective Exercises
- Spinal Decompression Therapy
- Massage Therapy
- Health and Wellness Screenings
- Educational Classes and Seminars

Education is also a huge part of what we do. Just as it takes a village to raise a child, we believe it takes a community to achieve wellness. We want to help build a healthier world, and one of the ways we do this is by offering community talks.

Topics include nutrition, women's health, stress management, and posture, to name a few. Sharing our knowledge and teaching people about lifestyle habits that enhance health and promote wellness is, to us, both a privilege and a responsibility.



Making the Right Choices

When we put our health first, and do what's RIGHT, everything else in our lives — our relationships, our work, our attitude, and our well-being — seems to fall into place. We discover that by taking care, we are empowered to do more, to give more, and ultimately, to be more.

And, while none of us has complete control over our health, our ability to care for and heal our bodies is incredible. This is why we at Scarborough Family Chiropractic not only provide care for our patients but also support and encourage them, and help them make good choices.

Every choice we make is vital. And, every choice is OURS to make. It's up to us whether we contribute to or diminish our health. Only we can decide on an active or sedentary lifestyle, a nutritious or poor approach to eating, and a positive or negative mindset.



3Right Wellness Program

To help people understand and make the right choices, we've developed a unique program called **3Right™**. We realize health is forever changing and we are all on a continuum of wellness, ranging from very unhealthy to very healthy. The greatest challenge is to move to the RIGHT and to an optimal state of health.



This requires that we do three key things:

- **Move Right** – We need to keep our bodies moving on a regular basis to address the negative stresses we put on our bodies through posture, ergonomics, and lifestyle.
- **Eat Right** – We talk with patients about many aspects of their lives, including nutrition, encouraging a natural approach to eating well.
- **Think Right** – This is often the missing link when discussing wellness. Not in our case. The mind-body connection is critical to our overall wellbeing and plays a big role in everything we do at Scarborough Family Chiropractic.

The **3Right program** has been a catalyst to many patients' transformation to a better state of health and has enabled participants to lead their families to incorporate strategies to achieve a healthier lifestyle.

Your Partners in Living a Healthy Life

When it comes to your health and wellness, you deserve a partner who will help you make the right choices and ultimately help you to live well.

Under the direction of our passionate and compassionate founder, Dr. Stuart Cayer, we show up each and every day committed to bringing our experience and expertise to life in a way that benefits patients. Scarborough Family Chiropractic doctors go above and beyond the standards of professional development to bring the best in technology and service to patients.

Awed by the power of the human body to heal itself, our doctors create tailored programs that encompass physical, bio-chemical, and psychological dimensions to maximize results. Their strong academic background and clinical experience is complemented by a genuine concern for and connection with patients.

So the next move is your choice!

- Call us to make an appointment, or to request more information about our services, at 207.885.9415
- Come visit us anytime to see our office and meet the entire Scarborough Family Chiropractic team
- Visit our web site at ScarboroughFamilyChiro.com

Whatever you choose,
you'll be on your way to
being the MOST
HEALTHY YOU!



Imagine a day when you are strong, when your life is balanced,
when health is the norm... when YOU LIVE WELL.

"My chiropractic adjustments are the highlight of my week." — Jen P.

"I truly believe my daughter's adjustments and occasional treatments in the Meditation Station are responsible for her improved physical and mental health." — Jill J.

"I have been a migraine sufferer for 30 years...and endured headaches at least 5 days out of 7 of the week. I thought I would have to learn to live in pain. From the first appointment, I started to have a decrease in the amount of headaches I was experiencing, and it's quite unusual for me now to have a migraine at all. Freedom from this pain changes my whole outlook on life."

— Sarah W.

"This decision (to seek chiropractic care) improved my overall health more so than any other health care decision I have made in my life." — Nancy P.

"How does one thank a person who made such a wonderful contribution to our lives? No words can express our appreciation..." — L. Family



SCARBOROUGH
FAMILY CHIROPRACTIC

144 U.S. Route 1, Suite A
Scarborough, ME 04074
207.885.9415

www.scarboroughfamilychiro.com



Services offered

At Scarborough Family Chiropractic we don't just provide services, we serve. That's right. YOU are the center of everything we do. We take great pride in offering the finest chiropractic care, delivered in a practical, holistic way.



We believe in the body's ability to heal. And, we build our care around your whole being. Yes, we pay particular attention to your spine. But we also look at the big picture. We ask you about your life, learning about everything from your eating and sleeping habits to how you deal with stress and how often you exercise.

We work from the inside out, use cutting-edge technology, and offer an array of services to help patients, infants to elderly, achieve maximum results and optimal health. Here is a sampling of the different chiropractic services we offer:

Corrective Exercises

We design individual "blueprint" exercises for patients based on their unique needs. Our goal is to correct any problems they are encountering and to strengthen their bodies. These exercises can improve spinal correction by as much as 30-40 percent. In addition to skeletal misalignment, muscles and connective tissues can be out of place or strained. Specific exercises and stretches can help your body stay in balance and in health.

DTS Spinal Decompression Therapy®

The DTS System creates a controlled unloading of the vertebra to decrease disc pressure thus increasing blood and nutrient exchange. This exchange of fluids is something the damaged disc desperately needs to help it heal from the inside out. DTS Therapy improves muscle strength, control, and endurance.

Massage Therapy

Professional massage therapy is absolutely integral to achieving a higher level of health. Our licensed massage therapist offers traditional Swedish, deep tissue massage, neuro-muscular/trigger point therapy, PNF Stretching, and myo-fascial release.

Health and Wellness Screenings

Posture and spinal screenings can reveal important health information and unlock the door to improved vitality and quality of life. We provide screenings at community events, health fairs, and places of employment.

(continued on back)

Wellness Education Services

We offer community and in-house talks designed around the core concept of wellness. The reality is, we are in the midst of a health crisis that can only be solved by learning and applying lifestyle habits that enhance health and wellness for future generations. We are unequivocally committed to being part of this solution.

Personal Training

For people who would like to become more educated about the value of good health and work in tandem with a personal trainer, we can help. For additional information please visit www.revolutionspersonaltraining.com

Wellness Program

It's your life. We want you to live it well. And, we're here to help. Our wellness team will work with you to create good habits and routines that lead to optimal health. The foundation on which we will build your custom wellness lifestyle is maintaining a healthy posture and good spinal alignment, eating a nutritious diet, taking supplements, controlling your weight, and relieving stress.

Chiropractic care can align more than your body. It can help align your life. The physical, emotional, and mental benefits are many. And, people who face conditions ranging from asthma to back pain to fibromyalgia to headaches to carpal tunnel can find not only relief but also vibrant health.

When your body is working properly, a new, enhanced level of health reveals an open-ended opportunity for vitality. This is our hope for you. It's your life. Live it well.



Pediatric Chiropractic Care

Our gentle yet effective alignment of the body is both appropriate for and beneficial to children. In delivering pediatric chiropractic care, we strive to help children reach their full potential.

The International Chiropractic Pediatric Association (ICPA) has initiated groundbreaking research on the effectiveness of chiropractic care for children. Preliminary results are outstanding and include these benefits:

- Improved sleeping
- Improved behavior and attitude
- Improved immune system function

In addition to gearing our pediatric care toward overall wellbeing, we treat children (babies to adolescents) who face a variety of common health problems including Attention Deficit Hyperactivity Disorder (ADHD), colic, ear infections, asthmas, allergies, and headaches, to name a few.

We make corrections early in life to give kids a jumpstart on healthy living.



SCARBOROUGH
FAMILY CHIROPRACTIC

144 U.S. Route 1, Suite A

Scarborough, ME 04074

207.885.9415

www.scarboroughfamilychiro.com

A decorative header featuring a green textured fabric background. In the top right corner, there is a close-up of several green asparagus spears. A fringe of the same green fabric hangs down across the middle of the page.

A New Journey

What You Should Expect on Your Journey

Welcome to our family! It's a brand new day, and you are embarking on a new journey toward optimal health. Rest assured, we will greet you with a warm smile. That's just the way we do things around here.

Consultation

On your first visit, we will ask you to fill out forms. It's because we care and want to get to know you better and learn more about your health. Our doctor will also talk with you personally to discuss your health and hopes in greater detail and determine whether chiropractic care might benefit you.

Examination

After your consultation, one of our doctors will give you a complete chiropractic examination. This will include testing your central nervous system by using the Insight Milleneum Subluxation Station, state-of-the-art technology developed specifically for chiropractic evaluation to determine areas of nerve disturbance. Our objective is to gain valuable information regarding your current level of health so we can best serve you.

Imaging

If necessary, the doctor may take X-rays or refer you for additional testing procedures.

Circling back

Once we have completed initial paperwork, performed your exam, and gotten results from any additional testing, we will provide you with a report of findings. At this point, we will also share our recommendations and work with you to develop a plan for chiropractic care.

(continued on back)

Chiropractic care is like building a house. It is a process. First, you must build a foundation for health. Here are the three general phases of chiropractic care:

Phase 1: Relief Care

Many patients come to us in pain, which is often the sign of an advanced disease or condition. Our main goal is to reduce your symptoms. Simply put, we want to make you feel better. We treat patients case-by-case, which means you'll get a program tailored to your specific needs with the goal of helping you get well as quickly as possible.

Phase 2: Corrective Care

Here we move beyond symptoms and address underlying conditions. During this phase, muscles and other tissues are allowed to heal more completely. Our aim is to restore health and prevent recurrence. The frequency and overall timeframe of corrective care depends on your overall health and the severity of your problem.



Phase 3: Wellness Care

Maintenance is the key to healthy living. Routine care is quick, easy, convenient, and will help sustain the benefits you've realized through initial chiropractic care. Continued care of your musculoskeletal and nervous system will optimize your health and help ensure you live well.



SCARBOROUGH
FAMILY CHIROPRACTIC

144 U.S. Route 1, Suite A
Scarborough, ME 04074
207.885.9415

www.scarboroughfamilychiro.com



Payment Options

Your health is your most valuable possession and an important investment. At Scarborough Family Chiropractic, we believe in the value of wellness. We offer everyone a free, no obligation consultation, and we have maintained a pricing structure that allows care for all budgets.

Insurance

We accept many insurance programs, as well as auto accident and workers' compensation cases, such as:

- Aetna
- Anthem BCBS
- Auto Accident/Personal Injury
- Cigna
- Harvard Pilgrim
- Medicare
- United Health Care
- Workers Compensation
- And many other programs
- (please call for more information)

No Insurance

For patients who have no insurance or do not have chiropractic benefits, there is still a way to receive care. Many patients discover chiropractic care is cost-effective and affordable. We also work with you to arrange flexible payment plans.

Family Plans:

Our focus is to actively help families. We want people of all ages and walks of life to take responsibility for their health, wellness, and disease management. Toward this vision, we create customized, affordable family plans aimed at helping the most important people in your world adopt and live a wellness lifestyle

Health on a Budget:

Spending a small amount of time and money to care for your most important asset – your health – saves you both in the long run. We encourage patients to live well and not wait

(continued on back)

for preventable illness or injury to surface. If you feel time or money are scarce, please contact us. We can work together to develop a plan that meets your schedule and budget.

To learn more about insurance and payment options for chiropractic and wellness care, or to schedule a free consultation, please call us at 207.885.9415.



SCARBOROUGH
FAMILY CHIROPRACTIC

144 U.S. Route 1, Suite A
Scarborough, ME 04074
207.885.9415

www.scarboroughfamilychiro.com