

Car buff on fast track to wellness

For more than 30 years, Keith MacPherson has been front and center of Captain's Ketch Seafood Market in Easton.

Since starting the business on Glebe Road, he has spent countless hours hauling heavy boxes of fish and seafood, elbow-deep in ice, working on the concrete floors, hopping in and out of delivery trucks — the four-foot drops slowly reminding him of his hard work, year after year.

"I was at the point when I was walking, my wife (Myra) would tell me I was all hunched over and walking like I'm walking down a hill, and I said I have to do something about this," said Keith.

It was a bad result from a good thing. Captain's Ketch was getting busier and Keith was working harder.

There were steadily increasing orders from fine restaurants, and Keith was happily serving these customers, driven by his work ethic, professionalism and pride.

He wasn't going to slow down; he was going to rise to the occasion and be a success, no matter how hard he had to work.

However, the toll gradually became too much for the Salisbury University graduate.

A marine biologist with a passion for muscle cars, the experienced seafood man with a dawn-to-dusk work ethic finally knew something needed to be done.

"I'm not ready to get old yet," said the 55-year old. "After reading (Dr. Cianci's) articles in the paper and hearing what he had done for other people, I went in with an open mind because I experienced a lot of back pain, neck pain and tightness between my shoulder blades and I said I need to give it a try."

Dr. Cianci said he was happy to see Keith, and he started right in investigating his health issues.

"When I first consulted with Keith," Dr. Cianci said, "he was having mild headaches almost daily. He said he felt a 'bone



The Cianci Chronicles

Dr. Christopher Cianci
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(Authored by Bruce Bennett)

grinding' feeling in his neck, he had a burning numb sensation in his right arm and right thigh.

"He said his complaints would come and go and he said he felt like he had 'always' had aches and pains in his back."

Dr. Cianci added, "Keith had tried local back exercise classes with limited results. This illustrates the fact that exercise for the spine is helpful but it doesn't fix alignment problems.

"Despite years of aches and pains it wasn't until we corrected the spinal misalignments that Keith's exercise would help to strengthen and stabilize his spine.

"Keith had some degenerative discs in his spine that we saw on his X-rays which confirmed that his spine had been out of alignment for years, most likely long before his symptoms started."

Keith saw immediate relief by visiting Dr. Cianci — liked the results — and jumped right into improving his health like, well, a fish to water.

"Dr Cianci said 'I can get you up to a certain point, but until you start exercising you're going to slide back.'" said Keith. "So I joined Hearthstone (Health and Fitness) and my trainer has been wonderful.

"Occasionally I'll get a sore back, but it goes away much quicker now."

Getting Keith back to full speed was the key.

He can now feed that passion and enthusiasm he has for Cap-

tain's Ketch as well as his cars.

And the starting line for that fast-track was a visit with Dr. Cianci.

"Keith's minor setbacks that come from his go-fast lifestyle don't last long now because his spine and nervous system are so much healthier now," said Dr. Cianci. "A healthy spine and nervous system makes us more resilient to life's physical, mental and chemical stresses.

"A finely tuned nervous system is the central part of wellness-based chiropractic care. That's the reason why the results we see can cover such a broad range of health issues."

For Keith, that has him back in high gear, making time not only for his business but also his car passion.

And there is a lot to keep track of, with the 1968 Mustang, the 1969 Mach 1 Mustang, the '69 Z-28 Camaro and the '69 Pace Car Camaro.

"I can say, all kidding aside, that I feel 100 percent better," says Keith. "I quickly recuperate, where it used to take three or four days. ... It's definitely made a big improvement in my life and I really see Dr. Cianci's thinking behind keeping all your nerves and your blood system working together and there is a real science to it."

Some of the healthy changes overall have actually touched other aspects of his improved quality of life.

He now takes a drinkable form of aloe, which has nearly eliminated his acid reflux.

An added discovery, from Cianci Chiropractic Center and a visit with Dr. Cianci.

(Dr. Christopher Cianci has been providing chiropractic health care in Easton since 1991.

The Cianci Chiropractic Center is located at 8737 Brooks Drive, Suite 201, in the industrial and commercial park on Glebe Road, across from the new Lowe's.

For further information, phone 410-820-4070 or visit him on the Web at www.dr-cianci.com.)

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