

Mom's intuition pays lifetime dividends

You can call it mother's intuition. Moms seem to know when things are a little out of line. A magical sort of "sixth sense" kicks in when something is not quite right with their kids. It might seem mysterious, but somehow, moms just know those things.

So, when Sandy Crudgington of Easton, an active and involved mother of two (now grown) boys, started having some physical problems herself, that motherly intuition kicked in. This time, her intuition benefited herself.

Her prior experience with chiropractic care was when she was a seamstress in New Hampshire. This led her to begin her search locally, and she discovered Cianci Chiropractic Center and Dr. Chris Cianci.

"I was searching online for a chiropractor, and two people said 'you have to go to Annapolis,'" Sandy said. "I said, 'I am not going to Annapolis'. I knew I was screwed up and things were going on. I had slipped on ice twice and I knew something was really going on.

"At first I just called Dr. Cianci up to see how much it was, and then I decided to go to him because the office and staff were so nice. Even when I called, they were very friendly and they were not pushy.

"I like his approach of 'If you are going to stay and keep it up, then stay with me. If you just want a quick fix then I'll recommend someone.' And I thought that was pretty cool."

"There are two schools of thought when it comes to chiropractic," explains Dr. Cianci. "One is 'Limited Scope' where you go in when you feel bad and you don't when you don't.

"The second school of thought is 'Broad Spectrum' where there are generally three distinct phases, the first being crisis care, for when you're symptomatic. Next is stabilization care, when a patient feels good but continues to allow ligaments and muscles to grow back to a more correct size so the originating cause is stabilized. The third phase is well-



The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
Easton Md.

(Authored by Bruce Bennett)

ness care, where patients continue to be monitored so they can be healthy, mobile and active. This minimizes the chance of their crisis state returning. This approach helps minimize the effects of arthritis, aging and the limitation of activity that accompanies them."

Dr. Cianci adds that regardless of your initial approach, whether it be Limited Scope or Broad Spectrum, if you neglect fixing spinal problems long enough you will eventually end up with Broad Spectrum being your only option.

The vibe was right, and the fit between doctor and patient has been seamless.

"Dr. Cianci seems to know exactly where to go," said Sandy. "I've been coming here for a year and this is better money spent than on medical insurance. I had been going to a chiropractor in the past, and when I moved (to Easton) I was having these pains and I couldn't find someone I liked. Then I found Cianci Chiropractic."

Sandy, a youthful 58, does more than her share of walking. She enjoys Pilates and even attends an exercise class. All of these activities were put on hold by her issues.

"I couldn't even pick up milk from the refrigerator, my arm was hurting. And I couldn't figure out why it was just one arm. I thought I was just getting old," she said.

"I had no muscle anymore. My neck always hurt on the left

side, I have always had problems with my hips and when I went to see Dr. Cianci, right away he put his hand right on each problem spot."

Sandy's thought that 'I was just getting old' is common and, according to Dr. Cianci, overused.

"It's all too easy to blame something on merely getting old," said Dr. Cianci. "That is setting a limited life. The patients like Sandy who seem to do best in our office are those who don't want to settle. Our office seems to have an abundance of people who want more out of life. They want to be active, regardless of the passing of years."

Sandy's first experience with chiropractic care was during her almost decade-long stay in New England. Sinuses were the problem back then, and successful treatment started her search for chiropractic care.

The arm, neck and hip are doing better and she admires the total health approach of Dr. Cianci. This admiration and trust extended to her illness in the fall of 2014.

"When I was sick, I had the flu and I was out for two weeks," said Sandy. "And the week after I came in to see Dr. Cianci, I started feeling so much better. Once the virus got out of me, I was getting back (to being physical) and he helped. I believe it really does boost your immune system."

Mothers just seem to know, and they follow their instincts. As caretakers of their children's well-being, they know that there are no shortcuts. And just like a mother's care and attention, chiropractic care gives you the best chance to stay active and healthy.

And Sandy Crudgington agrees. "He is simply wonderful." A mother would know.

(For more information on Cianci Chiropractic, call the office at 410-820-4070 to set up a visit with Dr. Cianci or to attend his free bi-monthly health seminars. You can also find Cianci Chiropractic online at www.drcianci.com.)

•• Paid Advertisement ••