



SPAcE for Wellness

Wellness is a Lifestyle, not a Luxury.



NAMASTE.

SPAcE for Wellness was developed by Dr. Joseph Caraccilo – Dr Joe or “DJ”, as his clients love to call him – a noted chiropractor, yoga instructor, and health and wellness expert in New York City.

Located in the heart of Manhattan on a quiet stretch of East 25th Street, SPAcE for Wellness is a sanctuary in the midst of a bustling city, where wellness consultations and treatments are offered in an environment designed to facilitate greater wellbeing and inner peace. Our facilities include a steam room, sauna, whirlpool, yoga studio and relaxation lounge, with personal and couples treatment spaces designed for maximum relaxation.

And because we believe that true wellness starts from the inside out, SPAcE, in partnership with Organic Avenue, also offers a delicious selection of fresh organic raw juices to aid in digestion, detoxification and energy-boosting.

Our philosophy at SPAcE for Wellness is to work in collaboration with our clients to help them develop a healthy lifestyle – introducing a level of positive self-care that is both pleasurable and sustainable.

This partnership is the foundation of every healing program we undertake. From the first moment of your tailored personal evaluations, our goal is to help you become the best version of you. That’s why our clients always say the SPAcE experience extends far beyond the time you spend within our walls – and why we’re the perfect place to start a new way of life.

Wellness should be a lifestyle, not a luxury. You deserve to feel your very best... every single day.

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REDEFINING the SPA experience

Leave behind everything you've experienced at typical day spas – and prepare for something powerfully unique.

We don't work from a pre-set "menu" of services – instead, we partner with you to create a customized, targeted wellness experience that will have a dramatic impact on how you look and feel.

We take your specific needs and lifestyle into account, and prescribe a custom, individualized approach to relaxation and rejuvenation that will put you on a path to healthier living. The time you spend here is only the beginning.

We want to discover a plan that's right for you

- Rather than giving clients the "hard sell", we approach what we do with integrity – a choice that builds a personal connection between our therapists and our clients
- We stay on top of cutting-edge treatments and programs to provide our clients with the most innovative approach possible
- We want to connect you with the best match for you and your health needs

We "walk the walk" – and believe you can walk it, too

- We have lots of fun, but we're serious about health and wellness, and living the lifestyle we recommend to our clients
- We provide a holistic perspective born of years of experience, empowering our clients to realize the benefits of health and wellness beyond their stay with us

We are partners for healthier living – with one another, and with you

- Collaboration is essential to our team's – and our client's – success!
- We're here to support you in achieving their wellness goals
- Believing in our mission – and living it each day -- is what makes all of this possible



“The light in ME sees the light in YOU.”

SPAce for Wellness is dedicated to helping our clients achieve improved health and wellness – we’re all about empowering, nourishing, and uplifting, and getting you started down the right road. But to truly begin that journey, our clients have to be as committed to the journey of healing as we are.

SPAce for Wellness is a place for those who acknowledge that wellness is a lifestyle, not a luxury.

Our Clients...

- Are well-educated, often with college and advanced degrees
- Are frequently working as white-collar professionals
- Are old enough to know what they want for their lives, and their health (25+)
- Are connected to the world around them, and “in the know”
- Care about the importance of sustainability and the environment
- Can be found reading books like In Defense of Food, Omnivore’s Dilemma, and The China Study
- Are committed or aspiring “locavores”
- Choose small, cool, and intimate over big, busy and crowded
- Are discerning, putting purchasing priority on specialty and niche items
- Are aware of how the state of mind and body are connected with their health and wellness
- Are health-conscious and dedicated to nutrition and exercise as part of their self-care mix
- Are passionate about self-improvement
- Are not looking to be “pampered” in the traditional spa sense
- Want a life transforming experience, and most of all...
- ... want real results.



Dr. Joseph Caraccilo

Dr. Joseph Caraccilo is the director, owner and creative influence behind the SPace for Wellness: a cutting edge medi-spa that combines the benefits of eastern disciplines, with western medical approaches.

Since opening his private practice in 1991, Dr. Caraccilo has firmly established himself as a noted chiropractor, popular yoga instructor, and respected health expert in New York City. Often heralded for his progressive treatments, Dr. Caraccilo is frequently sought out by a wide

variety of clients, and has been endorsed in the popular press as a miracle worker – offering viable wellness alternatives, especially for patients who have hit a dead end with traditional medicine.

Before completing his education at New York Chiropractic College in 1990, Dr. Caraccilo proved a distinguished student of chiropractic medicine. He studied Myofascial Release under Dr. John F. Barnes, and attended Network Chiropractic's various seminars given by Dr. Donny Epstein and Dr. Arno Berunier. In addition to attending numerous supplemental courses beyond his regular studies, Dr. Caraccilo co-chaired Cervical Spine '89, a multi-disciplinary symposium on cervical spine treatments. He also served on the committees of numerous publications, and contributed an acclaimed chapter on elbow injuries to the widely published chiropractic textbook Biomechanical Injuries.

Beyond the scope of traditional schooling, Dr. Caraccilo has spent years traversing the globe in search of centuries-old wisdom from indigenous healers in South America, and as well as studying Ayurveda – “the Science of Life” – in India.

Among Dr. Joe's mentors: the well-respected yogis Patabi Jois, Beryl Bender Birch, Richard Freeman, and Ken Scott who is better known as “Natashvar.” His knowledge of Yoga spans from the popular practice of Ashtanga, to a specialized form of partner Yoga called Contact Yoga. Through his studies with these great masters, Dr. Joe has become a yogi in his own right, earning a special feature in *Naturally Beautiful* by Dawn Gallagher: a book about techniques for healthy, spiritual lifestyles. He was also a regular contributor to the (now out of print) “Fitness Plus” magazine.

Current projects include work on a new form of massage therapy. Dr. Caraccilo has named this new therapy “The Chakra Massage.” The Chakra Massage combines Hindu practices with color and light therapy, along with the healing touch of massage.

His success as a holistic practitioner hinges both on his diverse knowledge and experiences, and on his ability to draw on those experiences to create uniquely tailored healing programs for each of his clients.

Among his regular patient list, Dr. Joe counts celebrity clients such as Federique Van Der Wal, Uma Thurman, Demi Moore, Christie Brinkley, Maury Povich and Denise Rich.

SPace for Wellness Team



ROBERT GIORDANO M.S., L.Ac., C.O.T.

A student of the Renzai Zen Buddhist tradition, Robert Giordano draws heavily on Eastern wisdom and philosophy to inform his practice at SPace for Wellness. Over a decade and a half practicing bodywork has made Robert highly sensitive to the subtle energy vibrations associated with acupuncture and Traditional Chinese Medicine. He studied his craft at the Pacific College of Oriental Medicine and the Ohashi Institute, both in New York, where he parlayed his energy sensitivity into highly attuned diagnostic capabilities. From there, Robert served as the head of Holistic Therapies at the Cabrini Center for Nursing and Rehabilitation, where he specialized in the treatment of post-operative syndromes, and generalized rehabilitation. Now Robert is the resident acupuncturist at SPace for Wellness, specializing in the treatment of pain syndromes, post-stroke rehabilitation, musculoskeletal problems, digestive disease, gynecological problems and infertility, energetic

balancing, detoxification and aesthetics.

And because no two clients are alike, Robert ensures his acupuncture and bodywork plans are designed specifically for the individuals that receive them.

MATT DUBETSKY

SPace for Wellness is proud to have an exclusive arrangement with accomplished massage therapist Matthew Dubetsky. A New York State Licensed Massage Therapist, Matt graduated from the Swedish Institute in New York City in 1999. Matt has been treating professional tennis athletes for the USTA since 1999. In 2004, he officially became Massage Team Coordinator for the U.S. Open, and has held this position ever since. Additionally, he has worked with professional golfers for the USGA since 2006. Matt uses this vast knowledge base and wealth of experience with pro-athletes to bolster his work with clients at SPace for Wellness.

Working in collaboration with Dr. Joe for many years has further enhanced his ability to treat injuries from a medical standpoint. Matt's contribution to our team not only affirms SPace for Wellness' reputation as an oasis of serenity and relaxation, but also as a prime therapeutic destination.

Matt's modalities include Deep Tissue Swedish massage, Lymphatic Detox massage, Hot Stone massage, and Sports massage.



Chiropractic

Chiropractic care is the cornerstone of all healing programs at SPace for Wellness.

Our human body is not an amalgamation of separate parts, but rather a complex organism with physical, mental, emotional and spiritual components, whose balance and interplay influences our being as a whole.

Chiropractic is a natural healing modality that approaches the organism as a whole and is concerned with functional disturbances, structural imbalances and pain syndromes of the musculo-skeletal system. The chiropractor does not prescribe drugs or perform surgery, but rather restores structural and functional integrity to the body in order to improve and preserve health.

At SPace for Wellness, the Spirit of the West meets the Wisdom of the East. Drawing on the accomplishments of modern scientific medicine as well as that of traditional healing practices, Dr. Joe Caraccilo relies not only upon manipulation and ultrasound, but in keeping with his holistic approach, he also incorporates cranio-sacral and yoga therapies as well as proper nutrition and exercise programs to help his clients achieve an optimal state of health and well-being.

Alternative Medicine

ACUPUNCTURE

Acupuncture is a modality within the field of Traditional Chinese Medicine (TCM) that has evolved into a complete and effective form of holistic healthcare.

At the core of this ancient medicine is the philosophic view that a vital life-force energy called 'Qi' (pronounced 'chee') flows throughout the body via the system of internalized pathways referred to as "meridians" or "channels". These meridians form an internal network that mimics the body's cardiovascular system although separate and unique in function. The acupuncture points (on the skin surface) act as external gateways to the regulation of Qi flowing within the channels.

TREATMENTS AT SPace | Alternative Medicine

(Acupuncture Con't)

Qi travels both externally, where the acupuncture points are located, and also internally to every organ, gland and tissue of the body. The Qi, according to Oriental medicine principles, regulates every bodily function and animates everything that is living, including animals and plant life.

The goal of acupuncture is optimal health. From the medical perspective of TCM, this occurs when free moving and abundant Qi travels unimpeded throughout the body, warming, protecting and nourishing the entire organism. An acupuncturist, after careful inspection of vital signs and symptoms, will formulate a diagnosis and treatment plan that is both specific and appropriate for the patient's condition. The acupuncturist will insert fine, sterile, one-time use filament needles in specific acupuncture points to regulate the Qi within the channel(s) to be treated. Other implements may also be used such as laser devices, suction cups, or moxa wool.

ACU-FACIAL

SPace for Wellness' Acu-facial is a non-surgical and natural alternative to face lifts and cosmetic fillers.

Acu-facial, also known as acupuncture for facial rejuvenation, uses the principles of Traditional Chinese Medicine to stimulate muscle tone, aid in circulation and assist in detoxification all while enhancing the body's vital energy or Qi. These non-invasive treatments promote relaxation, and clients report visible improvement.

Acu-facial can address: Wrinkles, sagging skin, enlarged pores, excessively dry or oily skin, laugh lines and an overall fatigued appearance.

EAR CANDLING

Ear candling - or coning - is a safe and simple technique for removing earwax build up and impurities from the ear canal. A specially-designed hollow cone-shaped candle is gently placed in the ear and allowed to slowly burn at the far end to create a vacuum, which draws residue from the inner ear. Candling is often used to avoid more invasive procedures.

At SPace for Wellness, we'll not only clean your ears, but we'll pamper you in the process. Candling is combined with a hot towel treatment containing essential oils, which aid in clearing the sinuses. You'll also receive a gentle reflexology massage of the head, face, and neck to make your candling experiencing not only therapeutic, but relaxing as well.



Massage Therapy

Massage or Bodywork is employed as a method of healing by many cultures and is rooted in centuries of tradition. Here at SPace for Wellness we often incorporate massage into our treatment programs to expedite patient recovery and help maintain wellness.



CHAKRA MASSAGE

Achieve greater physical, mental, emotional or spiritual well-being, with SPace for Wellness' exclusive Chakra Massage. This innovative healing therapy is designed to increase the healthy flow of energy in the physical and subtle body utilizing principles of Ayurveda, the ancient Indian system of health and healing. This transformative treatment works to unblock stagnant energy and balance the chakras using spinal deep tissue massage. Light and sound therapy is applied during the treatment to enhance vitality by restoring the chakras to their natural frequency and vibration. The result is a complete immersion in sensory healing.



SWEDISH MASSAGE

The best known of traditional relaxing massages, the SPace for Wellness Swedish Massage is focused on enhancing the body's ability to cleanse itself of toxins through the improvement of blood circulation. Using smooth gliding strokes of varying length, and soft to medium pressure, Swedish massage improves oxygen flow to vital organs and stimulates the lymphatic system, thus helping the body to eliminate toxins more efficiently. This massage is perfect as an introductory massage or as a rejuvenating maintenance treatment to promote deep relaxation, improve circulation and repair overworked muscles.



SPORTS MASSAGE

Sports massage was designed for athletes, but is useful for anyone with chronic pain, injury or restricted movement. The SPace for Wellness Sports Massage not only focuses on the specific problem area, but also entails putting every joint through range of motion and utilizing neuro-muscular facilitated stretching techniques to change the tone of the overly contracted tissue. This serves to alleviate pain due to repetitive sports activities or repetitive stress and to return the body to a healthful state.

TREATMENTS AT SPace | Massage Therapy

DEEP TISSUE MASSAGE

A sibling of the Swedish Massage, The SPace for Wellness Deep Tissue Massage is a therapeutic treatment that alleviates chronic tension caused by stress, injury and rigorous exercise. The therapist aims to release deeply contracted areas using slow strokes similar to the Swedish Massage but with firm sustained pressure. Additional attention is given to trigger points, which are often responsible for local or referred pain. Manipulation of these points include smoothing entangled muscle fibers to alleviate pain and correct imbalances in order to ensure proper healing and long-term health. The therapist will address specific areas of concern and tailor the massage to the client's needs.

THAI MASSAGE

Thai Massage, a branch of Traditional Thai Medicine, is an ancient healing practice that is widely employed to increase energy, prevent illness, and treat a number of ailments. Create wellness of the mind, body, and spirit with a SPace for Wellness authentic Thai Massage.

Therapists employ yoga-like motions to gently stretch the whole body while focusing on acupressure and Sen lines. The alchemy of movement and application of pressure at relevant points results in a deep massage that releases tension and stress, stimulates the flow of energy and flushes toxins. Think of it as effortless yoga . . . all the benefits of a yoga class, but the work is done for you.

Thai massage is done on the floor while fully clothed. So please bring soft, unrestrictive clothing, clean socks and an open mind to enjoy this inner healing experience.

PRENATAL MASSAGE

Mommies-to-be need special care during this special time and the SPace for Wellness Prenatal Massage was created with the ever-evolving needs of a pregnant woman in mind.

Specially trained therapists work with expectant mothers to ease back, hip and leg pain, relieve swelling caused by water retention, and alleviate the discomfort of sciatica. Using light strokes to calm the body, mind, and spirit, while encouraging improved circulation and lymphatic drainage, this massage encourages deep relaxation, which is essential to a healthy pregnancy.

Prenatal massages should only be booked after the first trimester

TREATMENTS AT SPACe | Massage Therapy



AROMATHERAPY MASSAGE

Aromatherapy is the practice of using volatile plant oils for physical and psychological well-being. Based on the connection between olfactory nerves and the central nervous system, aromatherapy when used in conjunction with massage, stimulates the brain and encourages the body to relax. When the aroma is inhaled into the lungs, the nourishing and rejuvenating properties of the oils can supply therapeutic benefit.

At SPACe for Wellness, aromatherapy massage clients will enjoy a Swedish massage using a unique combination of essential oils tailored by the therapist to alleviate emotional, mental and spiritual concerns based on individual evaluation.

SPACe for Wellness uses high quality oils developed exclusively for SPACe by master aroma-chemist April Aromatics.

SHIATSU

A traditional healing technique that uses the same points and meridians targeted in Chinese acupuncture, Shiatsu massage regulates the flow of energy and brings balance to the body. Pressure, counterbalancing and stretching are techniques employed to rebalance Qi or vital energy.

SPACe Shiatsu experts use their own Qi, channeled through their fingers, palms, knuckles, elbows, knees and feet, to stimulate points along energy channels in order to retrain and strengthen the Qi of their clients, thereby enhancing the body's natural ability to heal itself.

To benefit most from this therapy, plan on multiple visits. Shiatsu is performed on a mat on the floor and the client is fully clothed. Please bring comfortable, unrestrictive clothing and clean socks.

SFW URBAN BUDDHA DETOX CLEANSE

The SPACe for Wellness Detox cleanse and is a powerful treatment to cleanse the lymphatic system and gastrointestinal tract by combining deep tissue lymphatic massage with an Oxy Mag cleanse.

The massage utilizes specific techniques to flush out waste and facilitate detoxification of the lymphatic system. The Oxy Mag supplementation breaks down, detoxifies and eliminates the solidified toxic waste material that has accumulated in the small and large intestines.

A few of the many results of this powerful treatment include optimal absorption of nutrients, weight loss, filtering the blood stream and tissues of dead cells, heavy metals, harmful microorganisms and other by-products of stressful urban living thus strengthen and stimulate the body's natural defense system and ability to nourish itself.

HOT STONE MASSAGE

Hot Stone Massage originated with Native American Indians who used hot stones in Sweat Lodge ceremonies to enhance relaxation during the elimination of physical and spiritual impurities.

The SPACe for Wellness Hot Stone Massage begins with the application of heated river stones to key points on the body, often along the spine, on palms of the hands and on the belly. The effect is an immediate rebalancing of energies. The stones are then used as instruments used to apply pressure and reach deeper tissue layers.

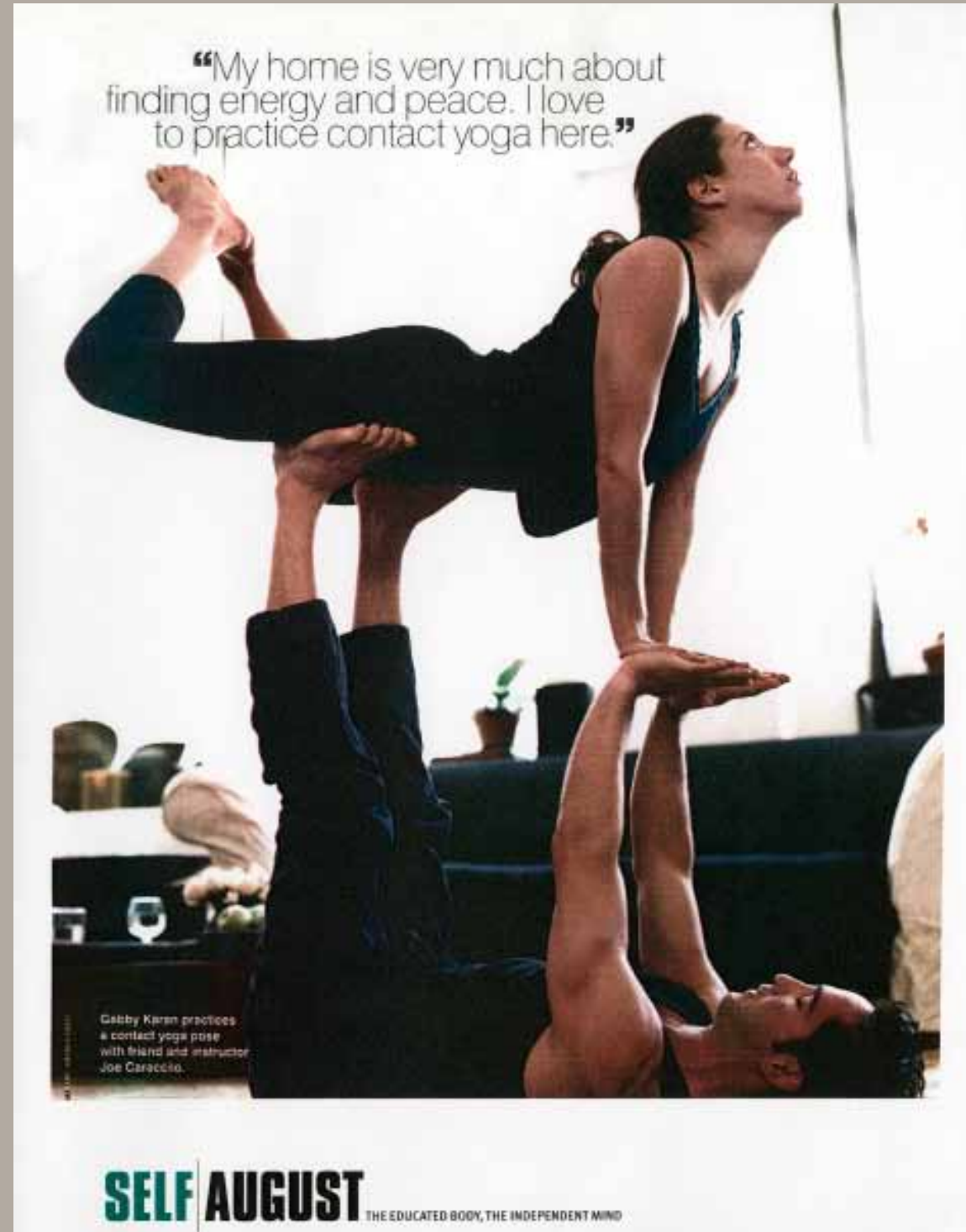
The direct heat penetrates muscles and melts away tension, allowing manipulation of a greater intensity and depth than other types of massage. The heat also benefits the body by stimulating circulation, expanding blood vessels and allowing the body to naturally detox and heal itself.

Hot Stone Massage is beneficial year-round but is extra delicious in cold winter months.



The Buddha Method

Achieve a state of perfect body awareness and enlightenment with this SPAcE for Wellness signature body treatment. While partaking in the Buddha Method, you will have no choice to be submersed in a feeling of complete relaxation as the instructor leads and assists you through a series of yoga like postures, partner stretching, and body alignment.



organic  avenue



Space for Wellness wants you to be hydrated, so we are now offering fresh hydraulically pressed juices from Organic Avenue. After your massage, it is the perfect time to replenish your body with vital nutrients and enzymes. This hydration will aid in the removal of toxics from your body and enhance the healing process.

When booking any massage if you would like to add a fresh pressed juice, please let us know so we may order it in advance.

Health



Todd DiCicco (shown right, and below with actor Ed Westwick) found a cure for his pain thanks to a chance encounter with a chiropractor.

A pain in the neck

One man's odyssey to find relief from a slipped disc

By RACHEL GRIMMAN

TODD DiCicco, an artist in Williamsburg, Brooklyn, was surfing with friends off of Long Beach, NY, last November and enjoying up to 2-foot swells, until he swam out for a second session.



After DiCicco's injury (page 54)

"I was paddling and thought I had pulled a muscle in my back," recalled DiCicco. "I sat straight up and a wall of pain came over me, down my left arm. For a couple of weeks I couldn't sleep, sit or lay down."

DiCicco sought relief through physical therapy with an orthopedist. He would feel fine, but then the pain would snap right back. "My left arm was in pain," he said. "It felt like every moment someone was dragging a knife across my skin."

At the end of November, he finally got an MRI, which revealed a herniated disc in his neck that was pinching a nerve.

DiCicco, whose art encompasses drawings, paintings and sculpture (toddstudio.com) and whose celebrity clientele includes his buddies, "Newspaper Girl" actors Ed Westwick and Jessica Szohr, sought a

PUT YOUR BACK INTO IT

Choices in spine treatment

A spinal disc, which acts as a shock absorber between the spine's vertebrae, becomes herniated, slipped or ruptured when part of the disc pushes outside its normal boundaries, towards the spinal canal, according to the American Academy of Orthopedic Surgeons (AAOS). This, in turn, puts pressure on the nerves. The result: Pain shoots between the neck and shoulders and down the arm. After a diagnosis is made, often with an MRI, your physician may recommend one or a combination of the following treatments:

- Non-invasive treatments:** According to the AAOS, non-surgical treatments, such as icing the area and taking non-steroidal anti-inflammatory or prescription muscle relaxers, are effective in more than 90 percent of patients.
- Physical therapy:** This can include exercises, neck traction, stretching, massage, and ice and heat therapy to relieve pain. To find a licensed therapist, go to the American Physical Therapy Association's site (apta.org).
- Chiropractic:** The practice involves manipulating the spine (as well as other joints) and therapeutic massage, in some cases, improving blood flow and allowing muscles to relax and

return to normal. Chiropractic therapy has been shown to help reduce the symptoms as well as reduce the size of a herniated disc. To find a practitioner go to findachiropractor.com. Make sure he or she is a doctor of chiropractic ("D.C.") and is also certified through an association such as the American Chiropractic Association (aca.com).

Acupuncture: The ancient treatment can help with acute muscle contractions, inflammatory response, and impairment of nerve fibers that occur from a herniated disc, according to Robert Giordano. To find an acupuncturist, go to

Neural injections: Corticosteroid injections, administered by a physician, help bring down nerve inflammation. The results may be temporary.

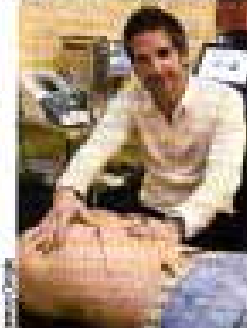
Surgery: A cervical (neck) discectomy and fusion is the traditional surgery. Performed under general anesthesia, it involves removing all or part of the problematic disc and then fusing two or more vertebrae together. To find an orthopedic surgeon, go to aaaos.org.

— Rachel Grimmer

physician's care. The doctor sent DiCicco to a spine surgeon, who told him he needed spinal fusion surgery in which two or more vertebrae are joined. DiCicco decided he would get a second opinion.

By chance, he met Joe Caracillo, a chiropractor and owner of Space for Wellness in Manhattan (spaceforwellness.com), which provides chiropractic, acupuncture and massage treatments.

"The pain went and sat down at my table while I was having dinner with my wife and actor Ed Westwick and Jessica Szohr — he released me for someone he knew," laughed DiCicco. "We started talking about surfing, and I told him about the pain



Joe Caracillo, chiropractor, runs Space for Wellness in Manhattan, offering alternative therapies.

I was in. He said, 'I think I can help you.' They met at Caracillo's space where he noticed the constricted appearance of DiCicco's neck.

"Being a surfer myself, I know that paddling through heavy surf can strengthen the anterior shoulder muscles, creating a rounding of the shoulders and compression," Caracillo told him. "Surgery is sometimes unavoidable, but through my chiropractic training, I'm here to offer an alternative, less invasive option."

Caracillo put together a comprehensive plan, including chiropractic adjustments, acupuncture, ultrasound therapy to reduce muscle spasm, eccentric exercises (to strengthen the muscles through elongation as opposed to concentric exercises that shorten the muscle), massage (including deep tissue and Thai massage), and breathing exercises to bring oxygen into the muscles.

"Joe gave me an adjustment and I got acupuncture. It knocked down the pain dramatically after that first session, and it never came back," said DiCicco. "It was miraculous."

Added Robert Giordano, the acupuncturist at Space for Wellness who treated DiCicco, "Todd reported an 80 percent improvement in his condition after his first acupuncture treatment. Although this is seemingly remarkable when the prognosis from his doctor was poor, it is not atypical of someone in relatively good health to have such a positive response. The combination of chiropractic, acupuncture, massage therapy, nutritional counseling and lifestyle modification all contributed to Todd's good results."

Giordano also notes that when he started treatment, DiCicco's condition was relatively recent, and that if his condition had gone untreated for a longer period, the results may not have come so speedily.

DiCicco has continued to follow the treatment plan, getting weekly acupuncture and adjustments.

"I feel better than I did before my injury," he said. "It's nothing short of a miracle."

TRAINING TO PREVENT ARTHRITIS

By Dr. Joseph Caracillo

Arthritis, the foremost crippling disease in the United States, affects more than 20 million people. Although it is commonly thought of as a disease of the aged, it also results from joint overuse and athletic injury in people of every age.



Inevitably, most men will experience some form of arthritis by the age of fifty. Secondary Osteoarthritis, brought about by known causes, such as athletic trauma, can be brought about by improper joint use or excessive weight bearing on a joint through obesity or overuse injuries.

HOW JOINTS WORK

A joint is the meeting of two bone ends, each covered with cartilage, which absorbs pressure and aids in pain-free motion. Since cartilage has no direct nerve or blood supply, it is highly susceptible to the degenerative effects of arthritis. The whole joint is enclosed in synovium, a bag-like structure which houses synovial fluid. This fluid has a high blood supply and provides the nutrients needed to maintain the cartilage. Proper joint movement is essential for the exchange of nutrients. Without free range-of-movement, and nutrient exchange, cartilage atrophies and painful arthritis occurs.

PROPER TRAINING

The proper program of movement exercises is an effective treatment and prevention for Secondary Osteoarthritis. Movement animates your joints and prevents further atrophy. Many are following the trend to get back in shape, but are putting undue stress on their joints, and could be actually doing more harm than good to their bodies. The application of

proper technique is essential in the prevention of athletic injuries and joint stress.

Weight training has become a dominant part of a physical fitness program for strength or as a means of conditioning for other activities. Proper guidelines for safety and technique are necessary for a successful program and the avoidance of injury. The following basic guidelines will help you achieve a program which helps your body to grow and be in condition.

- Always Warm-Up:** Ten minutes of cycling or a light run will help to bring blood to your muscles, decreasing the risk of injury.
- Stretch:** Stretching is most effective when your muscles are already warmed up, not as your warm-up.
- Technique:** Proper technique should be applied for each specific exercise. For example, Squats, beyond 90 degrees of flexion induce knee injury, and should be avoided. Bicep curls while standing put undue stress on the lower back, leading to lumbar strain.
- Equipment:** Lifting belts should be used during heavy lifting to stabilize the spine

but not as a method to lift more weight. **Breathing:** Proper breathing technique during weight training is essential to avoid injury. Exhale during the lifting stage.

Diet: Your diet need not include high doses of numerous supplements. A basic low-fat diet including fresh fruits and vegetables will enhance your energy and aid in recovery.

Cool Down: After your work-out, ten minutes of relaxed exercise, such as a brisk walk prevent cramping and tightening of muscles.

Traditional treatment for athletic related arthritis is the prescription of pain killers, and anti-inflammatory drugs. But by not changing your exercise techniques and habits, it will only become a chronic, and possibly more serious problem. Take the time to train correctly. It may seem like a pain...but it could be preventing one.

Dr. Joseph Caracillo is a chiropractor with a private practice in New York specializing in Sports Injury and Rehabilitation.

media kit developed by candifend studio



Pre-Sex Stretches

Prep for passion with our lusty lover limber-uppers.

To loosen your muscles—and wow your guy with a new kind of foreplay—try these partnered “yogassage” stretches, courtesy of Joseph Caraccilo, a Manhattan yoga instructor and chiropractor whose clients include such celebrities as Demi Moore and Christie Brinkley.

● The Spine Tingler

What it works: Upper, middle, and lower back.
How it's done: Kneel with your butt on your feet. Lean forward, resting your torso on top of your thighs and stretching your arms out in front of you to loosen the muscles along your spine. Have your partner stand directly behind you and gently press on your back to enhance the stretch. Switch places and repeat.

● The Pinball Tilt

What it works: Front of hips, abs, and thighs.

How it's done: Lie on your back with your knees bent, feet flat on the floor. Rest your arms along your sides, and have your partner kneel beside you. As you slowly raise your pelvis off the floor, have him place his hands under you to help you hold the posture. Make sure your hips and thighs are in line. Hold for two counts, then lower your pelvis to the floor and repeat.

● The Tug-of-War

What it works: Inner thigh, lower back, arms, and abs.
How it's done: You and

your guy sit on the bed or the floor facing each other, keeping your backs straight and tall. With his legs straight and spread in a wide V, extend your legs and place your feet along his inner thighs. Reach your arms across to one another, clasp hands, and look directly into each other's eyes. Then, maintaining eye contact, lean back as far as you can while he leans in toward you and vice versa. Take turns leaning forward and back. Switch inside and outside legs and then repeat.

And since your clitoris is at an easy-to-reach angle, he can stroke you there without interrupting the hot-and-heavy action.

GIRL-ON-TOP

If you like this ultimate gri-powered, take-the-randy-rains sex style, you'll love:

3. The Starfish

Degree of difficulty: 8

How it's done: Your guy sits on the floor, his arms supporting his weight behind him, his legs stretched out in front of him comfortably. You sit on his lap with your back to him, your knees bent and spread far apart, feet firmly on the floor. With your groins grinding together, squeeze your PC muscles while he makes small circular rotations with his pelvis.



Why you'll love it: Although he has a hard time hitting your G-spot in the traditional girl-on-top position, turn your back to him and the whole landscape changes. “This position keeps you in control but affords him a much more direct shot at your G-spot,” says Lloyd. It also leaves your hands free to stimulate his testicles and nipples. Meanwhile, he can stroke your inner thigh, neck, and other easy-to-access erogenous zones.

4. Row His Boat

Degree of difficulty: 9

How it's done: Your partner slouches down in a comfy but sturdy chair, his legs slightly spread. You straddle his lap as you face him, your knees bent and open against his chest, your feet braced against the seat of the chair. While your guy grips your hips, thighs, or butt, you clutch the back of the chair and begin moving up and down along his shaft.

Why you'll love it: It's traditional girl-on-top with a tempting twist, explains Lloyd. With your knees bent and your hands and feet using the chair as a

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Tote-ally Healthy New Idea

Q I bring a huge, heavy briefcase to work every day, and it's starting to strain my lower back. But a backpack wouldn't be appropriate for my office. Any ideas?

A “When you carry a bag that's extremely heavy, you put undue stress on the group of muscles on either side of your spine, the erector spinae,” explains New York City chiropractor Joseph Caraccilo.

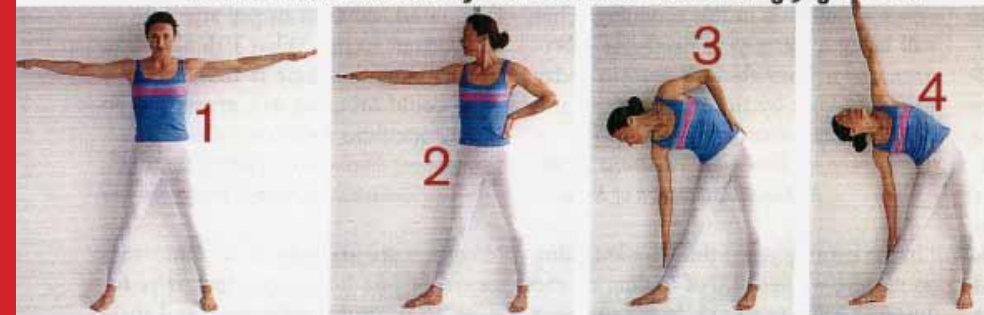


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“This can cause backaches and eventually may lead to agonizing muscle spasms.” To end your pain, lighten your load by giving your bag a thorough spring cleaning. File away old receipts, toss empty lipstick tubes and chuck all your loose change. “Next, consider the material your briefcase is constructed from—a bag made from heavy leather or canvas can add pounds of unnecessary weight,” says Caraccilo. “Instead, opt for a tote made from a light yet durable fabric, like nylon.” A great bag to try that will definitely be easier on your back: black nylon “workshopper” bag, \$75, DKNY. Available at select Nordstrom stores or Macy's northeastern stores.

strike a pose

Take a break from holiday madness with this relaxing yoga move



The trikonasana (“triangle pose” in Sanskrit) “strengthens and stretches a large number of muscles, including hamstrings, quads, calves, neck and shoulders,” says Joseph Caraccilo, D.C., a yoga instructor in New York City. “It can also help improve your balance.”

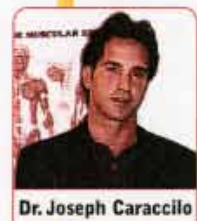
Stand with your feet more than shoulder-width apart. Extend your arms straight out to the sides. Keeping your feet parallel, turn your right foot out until it's perpendicular to your left, and move your left foot about 30 degrees in toward your right foot. Turn your head to look at your extended right arm. Keeping your hips and shoulders parallel, exhale as you bend down and grab your right ankle with your right hand. Then inhale as you extend your left arm so your fingers are pointing toward the ceiling. Turn your head to look at your left thumb, keeping your chest open and taking deep breaths. Hold for 10 breaths. Repeat on the other side.

CONSULT WITH A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

What You Can Learn From...A Chiropractor

Just in case you weren't sure, there's more to chiropractic than just a good crack of the back. And if you're New York City's Dr. Joseph Caraccilo, you're studying new methods of keeping the body in proper alignment: “In my experience—both working with patients and working out myself—strength training alone isn't good enough.” He explains, “You have to incorporate flexibility training.” So what is the perfect mix of flexibility and strength training? According to this doc's mantra, it's yoga, yoga, yoga.

“Since chiropractic is a health-care system that deals with the body as a whole,” he says, “yoga is an ideal exercise for keeping the bones in alignment and the muscles balanced naturally. Take weight training: In general, you're using metal weights to do unnatural contractions. In yoga



Dr. Joseph Caraccilo

(and especially the more challenging disciplines, like Astanga) you achieve strength and flexibility through natural static contraction postures.” In other words, you're using your own body weight and muscle strength to hold a pose.

“I'm doing contact yoga with my patients—it's one-on-one yoga,” Dr. Caraccilo explains. “I lift and suspend my patients through various postures.”

“And if yoga isn't your thing? “I like activities where you use the body more naturally, like biking, rollerblading, hiking, rock climbing.” Just don't forget the flexibility training. “And remember,” he says, “stretching is not a warm-up.” He recommends five to ten minutes of walking or another low-impact activity to get blood into the muscles. □

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