

Welcoming Dr. Fabio Fuliere, C.E.T., B.Sc., D.C. (Chiropractor)

Dr. Fabio Fuliere is honored to add chiropractic care to the numerous amazing services offered at Breathe Natural Health.

As a member of the natural health team, Dr. Fuliere shares their continuing commitment to provide physical training such as yoga, breathing techniques, meditation, massage, natural supplements, teas, remedies, education, and other health care services.

Dr. Fuliere has practiced chiropractic since 1993 after graduating from the Canadian Memorial Chiropractic College in Toronto. He has provided family chiropractic care over these past two decades to the communities of Mississauga, Bolton, Nobleton and is now blessed to offer his services to Shelburne and the surrounding communities.

Besides having helped countless people suffering from typical biomechanical ailments such as back pain, neck pain, headaches and postural issues, Dr. Fuliere feels that the chiropractic adjustment also has a unique ability to communicate with the Central Nervous System in order to tap into the body's inner energy thereby helping to restore and maintain health safely and naturally.

Dr. Fuliere's motto is simple and profound: "Make time for health or make time for sickness!"

From the very moment we are born (including the birth process itself), our body is subjected to trauma, gravity, physical and emotional stress, fear, anxiety, and biomechanical pressures which constantly throw our spine and our health out of balance.

While many people try to stay healthy by exercising, taking supplements, eating a good diet and getting plenty of rest, it is Dr. Fuliere's belief that we are not achieving our full health potential if we do not include chiropractic adjustments to our health routine.

Dr. Fuliere explains that throughout chiropractic history, the founding Chiropractic forefathers used adjustments to help people live a more functional life.

Dr. Fuliere gives credit to the body's "INNATE" ability to recognize and accept the chiropractic adjustment as a "positive force of change" as the reason for this success. Simply put, the body uses the adjustment to initiate and promote better spinal health and function.

To help understand this phenomenon, Dr. Fuliere draws upon his experience and life-long training in the Eastern martial arts of Karate and Kung Fu to further explain what the chiropractic adjustment has in common with the physical forces and movements of martial arts.

The main similarity resides in the core essence and ability of these disciplines to tap into the inner power of the body.

The Eastern world calls this inner power the "CHI" (Chinese) or "KI" (Japanese) or simply the "LIFE FORCE".

He explains this phenomenon as such:

"This innate energy resides in the Central Nervous System which is housed and protected by the bony skull and spine. But life constantly creates spinal dysfunction or blockages which some chiropractors call 'SUBLUXATIONS'. Simply put, these subluxations or spinal joint restrictions (also referred by lay people as 'pinched nerves') reflex the nerve interference to the brain and extremities causing a variety of symptoms such as pain, inflammation, numbness, tingling and dysfunction. Chiropractic adjustments relieve the pressure on these 'pinched' nerves and allow the nerves to transmit their energy more freely thereby helping the body restore and maintain health naturally.

In conclusion, Breathe Natural Health is aptly named because, without a doubt, when we "Breathe" we naturally express the very essence of "Life."

Furthermore, our attempt to strive for balanced health promotes a positive mental attitude which automatically flows through our ?heart? creating ?acceptance and love? for ourselves and others.

It is this realization that helps us express our unique place in the Universe as the special creation of God and allows our ?hearts to soar? with every breath we ?breathe? towards optimal health, peace and harmony.