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Dr. Keri Chiappino Offers New Customized Yoga Program to Achieve Mind-Body Wellness

*Iyengar-based Yoga Program Complements
Non-Med Healing Philosophy of Chiropractic Neurology*

FOR IMMEDIATE RELEASE

Smithtown, NY (August 27, 2008) – Smithtown Chiropractic Neurologist Dr. Keri Chiappino announced today she has completed the 200 hour Iyengar-based yoga certification program and has incorporated yoga training into her private practice. As a Registered Yoga Teacher (RYT), Dr. Chiappino will offer both private and group workshops to those seeking to better manage their medical conditions without resorting to prescription medication. Special instructional sessions are also available to yoga practitioners wishing to utilize therapeutic yoga for their clients.

The therapeutic workshops are based on the Iyengar yoga philosophy that uses supportive props to achieve structural alignment of the body through various postures called “asanas.” These asanas are customized by Dr. Chiappino to target specific body segment issues. For example, for neck or neurological conditions, a “prescription” for a specific asana will be advised. Additional postures will be recommended for patients with shoulder, elbow, wrist or hand issues as well as those for lower extremity conditions such as hip, knee, ankle, and foot pain.

A yoga enthusiast, Dr. Chiappino has been personally practicing for 11 years. The decision to incorporate yoga training complements the holistic wellness vision and therapies utilized in her private practice. “Yoga achieves balance of the body, spirit, and mind which helps manage everyday stress, both physical and mental. Similarly, Chiropractic Neurology helps to balance the brain and body by assessing the aspects of the brain that are hypo or hyper functioning and

applying various modalities to achieve a balance. I find the flexibility and training associated with yoga to be a perfect fit with the therapies used for my patients, specifically those suffering from chronic pain, depression, anxiety, multiple sclerosis, migraines, vertigo or failing balance due to aging. By modifying various postures for my patients' specific issues, I create a customized mind-body exercise program that helps achieve maximum health benefit. The focus here, as in Chiropractic Neurology, is on individualized attention to create balance in the body."

Yoga workshops will begin this fall. For more information or to register for an upcoming workshop, contact Dr. Chiappino at New Life Chiropractic 631 265 1223 or visit www.newlifechiropractic.com.

About Dr. Keri Chiappino and New Life Chiropractic

Dr. Keri Chiappino offers a unique, expanded approach to alternative health care. Her private family practice, New Life Chiropractic, is dedicated to chronic conditions that severely disable people, including patients with Multiple Sclerosis, Parkinson's, Alzheimer's, vertigo, migraines, asthma, depression, anxiety disorders and other neurological disorders. A Defeat Autism Now!® Practitioner, Dr. Chiappino specializes in restoring brain balance in children diagnosed with Autism Spectrum Disorders (ASD), Asperger's, ADHD, Tourette's Syndrome, Dyslexia, and learning disabilities. Utilizing non-invasive therapies that comprise her unique "Maximum Achievement ProgramSM," Dr. Chiappino has been successful in improving brain functionality in children with ASD, enabling them to perform at full potential.

Dr. Chiappino has distinguished herself as one of 600 doctors worldwide achieving Diplomatic status on the American Chiropractic Neurological Board (ACNB), with over 1000 hours in Chiropractic Neurological coursework. She is a Registered Yoga Teacher (RYT), offering Iyengar yoga workshops to help better manage stress and pain as well as provide better postural alignment and increased strength for total mind-body wellness.

To make an appointment for a consultation or for more information on Dr. Chiappino's brain and body wellness programs, contact the Smithtown, Long Island office at 631 265 1223 or the Manhattan office at 212 721 1188; or visit www.newlifechiropractic.com.