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A Home Away From Home

At first, folks come to see Dr. Mark Cafagna because they want some relief from pain: back pain, muscular pain, leg pain, arthritic pain . . . headaches. And they find an added bonus. They always find a genuine warm welcome from Dr. Mark and his staff.



Dr. Mark Cafagna

It's just part of the philosophy of Dr. Mark and his staff that his patients become an extended part of his family.

What's more, Dr. Mark is constantly updating his office and his chiropractic talents, techniques, and services.

His regular patients already know about the tremendous

physical therapy facilities that the practice offers. Warm heat, electronic stimulation, ultra sound, ice packs, all utilized to address your particular physical needs . . . relaxing your muscles and your body so your adjustment becomes another big bonus during your visit to Dr. Mark.

Most recently, Dr. Mark has added another new service. It's called Axial Decompression Traction. Sounds impressive doesn't it? It's a 50 cent word that means you have access to yet another non-invasive technique to reduce disk bulge and/or herniation . . .and the pain, numbness, and sciata associated with it

Axial Decompression Traction is a simple way to release pinched nerves, muscle tension and cervical and spinal pain associated with disk bulge and/or herniation. No needles. No drugs. Nothing that enters your body. It's a simple, mechanical stretching of your spinal column. It's a safe alternative to surgery, nerve stimulators and addictive pain killers. What's more, it's a very comfortable and relaxing procedure. Similar to massage, you just relax on



One of several treatment rooms at Dr. Cafagna's Office

a supportive table and let the traction unit slowly and gently move your body. Ask about Axial Decompression Traction when you next visit Dr. Mark. And, if you haven't yet visited Dr. Mark, you're missing out on a very important part of your life.

Dr. Mark Cafagna and his spacious, comfortable and state-of-the-art offices are located at 456 E. Mission Road in San Marcos. He can be reached at 760.410.2373.

If you are suffering from some type of pain problem - no matter what the cause, you owe it to yourself to call Dr. Mark and see if the life changing benefits of Chiropractic treatment at Cafagna Chiropractic

are for you.

Dr. Mark provides health information and treatment that transforms peoples lives by increasing their energy, excitement, and youthfulness for life. He and his staff specializes in gentle treatment that will make you feel welcome the moment you enter.

You can learn more about Dr. Cafagna and his staff by going to his website at:

www.drmarkchiropractor.com

Oh, in case you were wondering, you pronounce Cafagna much like you would Lasagna.

But it's just easier to call him Dr. Mark. Everyone does. Even his

