



LOCAL DOCTOR HELPS PATIENTS & athletes go for gold with their health

The Tampa Bay area had more than just athletes representing Team USA at the Olympics in Rio this past August. They had a group of top local Chiropractors who are members of Maximized Living North America to help members of USA Judo, Weightlifting, Wrestling and Track and Field perform at their highest capacity and go for Gold.

One of the members of the Maximized Living Health Advisory Council for the five Olympic teams is the Bay Area's very own, Dr. Carl Conforti, D.C. Dr. Conforti was chosen to be part of a small group of doctors from all over the country that traveled to Rio to assist these athletes in staying healthy and ready to deliver optimal performances in their given events. "We really liked the team aspect, that's what

being part of Team USA and Team Maximized Living is all about," said Dr. Conforti. "It was an incredible experience and opportunity to share our knowledge and expertise with Team USA athletes at home and during the Olympic games." The doctors were honored to represent the Tampa Bay area and feel all of the support from their patients locally and at the Olympics.

"We treat every patient that comes into our offices as though they were an Olympic athlete," said Dr. Conforti, "everyone needs to feel that they can perform at their optimal capacity." Conforti and his team of doctors believe that reaching optimal performance capacity comes from education and understanding of The 5 Essentials which are:

- Maximized Mind™
- Maximized Nerve Supply™
- Maximized Nutrition™
- Maximized Oxygen and Lean Muscle™
- Minimizing Toxins™

"When patients are in our offices we believe in continually educating them with workshops that assist them in reaching a healthy mindset, level of nutrition, minimizing toxicity and the best types of exercise to maximize their health," said Dr. Conforti.

"Our soul mission and purpose is to educate patients to change and transform the way they view and manage their healthcare," said Dr. Conforti, "the truth is that in the United States our healthcare

model is more of a sick care model and we are in the midst of a huge healthcare crisis in our country. Our current healthcare model is reactive rather than proactive." This team of doctors teaches their patients about the 5 Essentials of health to help them achieve and maintain health through their lifestyle choices.

Conforti and his team of doctors do a large amount of community outreach programs by educating their patients and community members at "Shop With the Doc" events which teach how to read and identify healthy labels and choices in our grocery stores, corporate wellness programs, dinners with the doctors, speaking engagements at local businesses, churches and organizations and by holding two major events in our community per year, "Cancer Killers™ and Total Food Makeover".

Most importantly, Conforti and his team of doctors believe in providing the best corrective chiropractic care by utilizing specific pre and post digital x-rays to know and show how exactly to correct your spine with their advanced, state-of-the-art techniques.

For further information about what Dr. Conforti and his team of doctors do, or to inquire about one of their educational programs, setting up a corporate wellness program or to schedule a wellness chiropractic approach appointment, please call (813) 818 -7499 to find out which one of their 6 locations is closest to you.