



Cristina, Alex and Manu

Dr. Mara S. Tabares

My interest in chiropractic care began when I studied dance at the University of Maryland. I discovered that my performances noticeably improved after I had chiropractic adjustments – I felt better balanced, calmer, and more in tune with my overall well being.

My interest grew and soon provided the path to my life's work.

After college, I attended Life University – a premiere university for advanced studies in chiropractic and health sciences – and earned my Doctor of Chiropractic degree in 1999. I then returned “home” to Fairfield County and worked with a chiropractic group in Stamford.

As my knowledge and experience grew, I opened my own office in Danbury where I now share the ways in which chiropractic care and a healthy lifestyle can benefit everyone: expectant mothers, children, athletes, performers, stressed-out business professionals, people who are sedentary, and anyone interested in achieving a greater sense of well being.

In addition to my busy practice, I keep up with the latest advancements and techniques on a broad range of topics in the health & wellness fields by attending many seminars and conferences.

Today, I live in Ridgefield. My young sons, Manu and Alex, and my stepdaughter, Cristina, continually reawaken me to the importance of healthy bodies and a healthy lifestyle.

I invite you to make an appointment for a consultation and learn how my gentle, intuitive approach to safe, effective chiropractic care can bring positive change to your life.

*Yours in good health,
Dr. Mara S. Tabares*

Comments from some of our patients:

“I needed to train for my first Marathon in October, and after 3 visits with Dr. Tabares, I was able to run a challenging, hilly, 8 mile race without pain!” ~ I.J.

“I was really surprised when after the first treatment, I experienced profound relief from chronic bloating and digestive complaints within one day of my first treatment.” ~ S.B.

“My 14 year old son has not had a seizure in over 8 months! This is the longest time ever between seizures!!” ~ K.K.

“I was amazed at how thorough Dr. T was. I had a faster and easier labor with my 2nd child, and my daughter dropped and slid out happily.”

~ C.S.G.

*Specialist in the care of healthy
minded individuals, families,
pregnancy, and children.*

- Advanced training in Koren Specific Technique
- Advanced Proficiency rated in Activator Methods Technique
- ICPA Pediatric Certification Nominee
- Webster Technique Certified

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Gentle ~ Intuitive ~ Effective

CHIROPRACTIC

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are bringing their health
into harmony”*

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Chiropractic Care

From its late 19th century beginnings in a small city in Iowa, chiropractic care has evolved into a leading, international health care solution for the optimization of total body health through the nervous system.

The body is made up of a complex connectivity of nerves and muscles. In order for the nervous system to maintain its optimum level of healthy function, it requires activity and/or stimulation – the same way it requires oxygen and nutrients. Without it, the nerves cannot properly “communicate” with the body, and interferences – called “subluxations” – occur.

Subluxations can affect overall health, energy, the immune system, and, just as important, how a person feels! Through low-force, non-invasive, chiropractic adjustments, I help relieve pain, improve the body’s physical function, restore spinal health, reconnect the body and mind, and open the door toward greater ongoing wellness.

When brought into harmony, the human body rewards us with vitality, strength, and great health!

Pregnancy & Women’s Health

Women of all ages experience unique health challenges, especially when pregnant. From pre-conception to labor and post-partum, a successful pregnancy benefits greatly from chiropractic adjustments.

I am certified in the *Webster In-Utero Technique*, the *Koren Specific Technique*, and *Activator Methods Chiropractic Technique*. These gentle, low-force methods do not involve twisting or quick movements. Instead, they gently realign the spine and pelvis, which reduces discomfort during pregnancy and provides a more optimal and faster labor.

In cases of “stalled” labor, adjustments move the natural process forward. After the birth, I can re-align the mother’s pelvis and spine, which helps normalize hormones more quickly, supports breast feeding, and releases tight muscles so the mother can be more comfortable post-partum.

I also provide the baby with a gentle, specific check to identify any nervous system stress, misalignments or subluxations that can occur from labor and delivery. These first critical adjustments can encourage more successful feeding, digestion, sleeping, and elimination.



Dr. Tabares with baby Owen, Jen, Oliver, Seamus and Liam (in front)

Children & Adults with Learning Differences and Sensory Issues

In a little more than one generation, childhood neurological/learning/psychological differences have grown from rare occurrences to epidemic proportions. Today, up to 15% of children and between 6.5 million and 9 million adults have been diagnosed with ADHD. In addition, millions of children and adults in the U.S. suffer from autism, sensory problems, dyslexia, and other developmental issues.

The good news is, a recent, groundbreaking study has proven that chiropractic adjustments can release stress on the brain, spinal cord, and related nerves and structures and therefore help those suffering from neurological disorders. Adjustments offer a unique and effective way to:

- improve sleeping
- improve behavior, attitude, and focus
- improve immune system function.

These improvements enhance the ability for a child or adult to become better able to manage his or her differences and gain significant improvement in the quality of his or her life. This is exciting news for all!

Athletes & Performers

From professional athletes to once-a-week yoga enthusiasts; from opera singers to musicians – competitors and performers use their bodies as tools for success.

Chiropractic adjustments have been credited for better reaction time, coordination, and strength. In fact, in a study of 50 athletes, when half received chiropractic adjustments, after 12 weeks the chiropractic group showed more than 30% improvement. Today, chiropractors are involved with all types of sports teams ranging from local little league, neighborhood, and school teams to professional sports organizations. In fact, for the first time in history, at the 2010 Winter Olympic games, chiropractic care was fully integrated for the athletes so they could perform at their best.

Golf pros, runners, swimmers, tennis pros, bodybuilders, and more: adjustments keep athletes in top condition and help prevent and correct injuries.

In addition, performers of all types rely on maximum respiratory function and overall sound health. Chiropractic care helps keep them in the spotlight!

Bringing the Body into Harmony ...

As a dedicated health care professional, it is my goal to provide you and your family with the finest care that my knowledge and experience can provide. Together we can set you on the road to a lifetime of wellness.



Baby Sylvie and Dr. Tabares