



PHOTO BY KIRBY YAU

Living the DREAM

A WELL-ROUNDED APPROACH TO MAINTAINING YOUR HEALTH

BY KAILEE BRADSTREET

IF YOU GO TO A CHIROPRACTOR, that doesn't mean you have a bad back. Dr. Brian Stenzler believes in that statement wholeheartedly, and he constantly emphasizes it to his clients during his workshops at DREAM Wellness, an institution he founded in 2002 for those looking for a well-rounded approach to achieving and maintaining a healthful lifestyle.

"The workshops inspire [the patients] to bring out the best in themselves," Stenzler said. "What we are doing is tapping into their

values, because, especially when it comes to wellness, every decision that people make is a value clarification. We talk about what wellness is and test ideas about what is common thinking and what is actually helpful."

A New York native, Stenzler first opened practices in Lake Grove and Great Neck, N.Y., and then in 2006 introduced DREAM Wellness to Pacific Beach.

At its Garnet Street location, Stenzler and his knowledgeable staff,

which includes an empowerment coach and a certified nutritionist, offer extensive services such as massage therapy, acupuncture, cooking classes, a corporate wellness program, yoga, Pilates, Tai Chi and, of course, chiropractic.

When it comes to wellness, Stenzler said, it's important to look at the overall picture of taking care of one's body, which starts by living the DREAM — an acronym for the five facets of wellness: Diet, Relaxation, Exercise, Adjustment and Mental well-being.

His goal is not to focus on what's wrong with a client's body but to help identify a way to make the client's life better and to assist them in maintaining a healthful lifestyle, he said.

The atmosphere is casual and relaxed. A large open room includes several benches Stenzler reserves for walk-in clients who may need adjustments. A smaller room is reserved for new clients receiving digital nerve scans.

Using Surface Electromyography (SEMG) technology, Stenzler conducts a five-minute painless scan of the spine, reading the body's electrical currents to determine how well the nerves in muscles, organs and glands are functioning. The scan produces a diagram of the body's muscle balance and pinpoints areas where fatigue, weakness and tightness occur due to unsymmetrical muscles.

With that information, Stenzler recommends the best methods of correction, which usually include a regimented schedule of frequent weekly visits for adjustments and supplemental treatments. The process can take up to a year and a half or longer depending on the individual's age and health, according to Stenzler.

His location also houses a spacious area for classes and a massage therapy room decorated with lush plants and fragrant candles for clients who need a quiet retreat. Once the client is inside the tropical space, that half of the office is curtained off, and the client is left to relax while a therapist studies the digital nerve scans to target which areas of the body need the most attention.

Therapeutic techniques include deep tissue, craniosacral (to improve brain and spinal cord functioning) and prenatal massage as well as trigger point therapy to relieve pain from muscle cramps and spasms.

But it is not just massage therapy, or even a combination of the other practices, that can ultimately alter a person's life now and in the future, according to Stenzler. The turning point arrives when an individual realizes how to stabilize each aspect of their lives, he said.

"What's important is that people look at DREAM and see if they are living life in balance," Stenzler said. "It's about balance in life and the different facets. It's not so much about the services. It's about the lifestyle. DREAM is a lifestyle." ■

DREAM Wellness

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