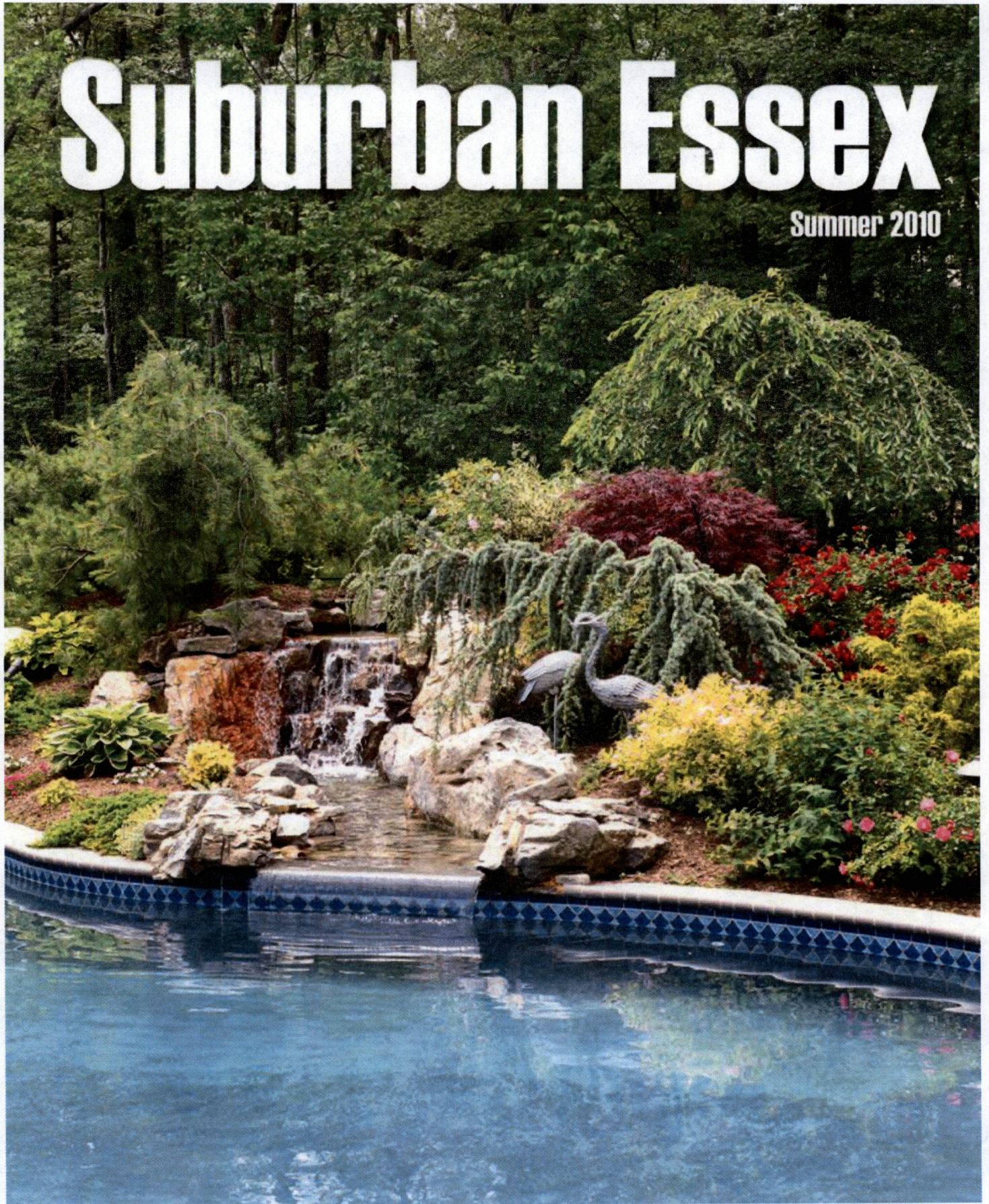


# Suburban Essex

Summer 2010





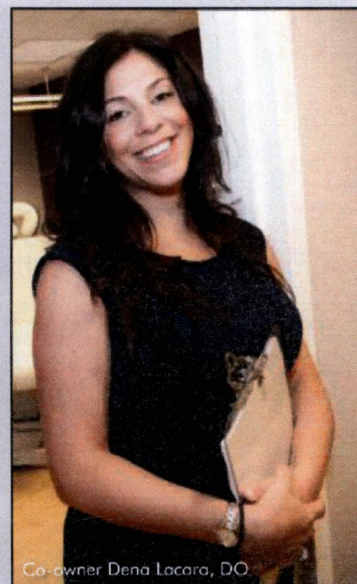
## Health & Beauty Profile

By Kelly de la Rocha, Photos by Dan Epstein



Co-owner Michael Sapienza, DC.

Mecca staff members Kristy Grady, DC, Stephen Tawdros, Heather Radosin, and Alexa Carucci



Co-owner Dena Lacara, DO.

### MECCA INTEGRATED MEDICAL CENTER

## Get Space-Age Pain Relief... and a Facial, Too

**T**ransquil, comfortable surroundings, the soothing scents of lavender and peppermint, fresh fruit and cappuccino... if those aren't what you expect to find at a medical office, you haven't been to Mecca Integrated Medical Center.

It sounds like a spa, and in part, it is. While you're basking in the ambiance, you can enjoy massage therapy, personal training, facial peels, and more. But this state-of-the-art facility also offers the latest holistic and comprehensive non-surgical care to relieve back and neck pain.

"Our goal is to put people out of pain," says chiropractor Michael Sapienza, DC, who co-owns the practice with his wife, osteopath Dena Lacara, DO. "That's what we do here."

Those are comforting words to anyone with back or neck pain, sports or accident-related injuries—and patients with conditions affecting their joints, ligaments and muscles.

With a hands-on, personalized approach, the staff eliminates pain through spinal decompression and physical rehabilitation, helping many to sidestep risky, invasive surgery.

After undergoing computerized and personal exams to pinpoint the problem, patients

relax on the cushioned Accu-SPINA™ machine, which loosens the spine through electrostimulation, vibrations and heat. Next, the ProAdjuster™ uses a computer-guided instrument to restore movement in bones and restore proper alignment. "It's very effective and completely safe," notes Dr. Sapienza. "Plus, there's no popping or twisting, like in traditional chiropractic adjustments."

*"Our goal is to  
put people out of pain."*

— Chiropractor Michael Sapienza, DC

Mecca also has a staff neurologist available for consultations and treatments. And its staff physical therapist can relieve neck and back spasms, then teach you exercises to do at home.

Best of all, you don't need lifelong treatments to get—and maintain—your pain-free life; most patients find relief in less than two months. Although patients often return for "tune-ups," Mecca sends you home with the

skills and exercises to stay healthy.

"We'll even teach you how to stand properly," Dr. Sapienza says. "You won't believe what a difference that makes."

If you're seeking a more youthful look and feel, Mecca offers non-surgical aesthetic medical procedures such as BOTOX® and filler injections, nutritional guidance, personal training programs and medically supervised facials.

No matter what your goal, you'll receive the same personalized pampering at Mecca. "Our staff goes out of its way to make you feel comfortable," the owner/chiropractor stresses. "And you'll get amazing results."

Dr. Sapienza is happy to be able to bring healing and rejuvenation to so many. "It's great having all of these top professionals working together under one roof," he says. "We want to treat, educate and help as many people as possible."

And with a 92 percent success rate, Mecca's experts can honestly say that if you're in pain, they can set you free. ▲

**Mecca Integrated Medical Center**  
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