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Nadeau Chiropractic and Wellness Center positions itself for growth

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AUGUSTA – Nadeau Chiropractic and Wellness Center moved into its new offices on Health Drive off Route 3 in November, the first building in what is expected to be a village of medical services on one campus.

Andre Nadeau said the move was the first step in a dream he envisioned more than a decade ago. It involves bringing together traditional and alternative health care in a village environment, and he hopes to make his plan a reality within five years.

"Twelve or 15 years ago I had this urge to unite health care," said Nadeau, who has been a chiropractor since 1990. "Often there is a bridge between traditional versus alternative health care, but they are both needed. The key is to know when to use which one."

The wellness center currently has two chiropractors, a naturopath and three full-time massage therapists on staff, in addition to front office help. He said the staff is exceptional, and the new building is a perfect first step in realizing his goal of an integrated health-care village.

"There is nothing in the state of Maine that is like what I am intending to do," he said.

Nadeau's plan already has been approved by the city of Augusta, and when the first building was constructed, the infrastructure for another 9,000 square feet of building space was installed along with it, including water, sewer and electrical service.

The new 4,700-square-foot building opened Nov. 26, and Nadeau said he didn't want patients to be confronted with offices that were sterile and unwelcoming. Instead, he wanted clients to be greeted in an environment that is welcoming, professional and comfortable and where the helpful staff knows everyone by name.

Windows allow daylight into every room in the building where patients are treated, he said, in a subtle way to combat Seasonal Affective Disorder.

"So while they are sitting there, they're also getting light treatment," he said, and the rooms feature full-spectrum lighting as an added bonus. Nadeau shared his philosophy that everything that can be done for a patient, should be done.

"Every piece of the puzzle is helpful to their health," he said.

Nadeau has discussed his village plan with medical doctors and physical therapists and hopes to complete it within five years to offer the public a "well-rounded approach to overall health." That would include traditional medicine, as well as natural medicine and holistic healing.

"To me, when it comes to caring for my patients, it goes beyond what I do in my treatment," he said. "We are all here to take care of them."

Patients travel from New Hampshire and even Vermont for treatment at Nadeau's practice, he said, and he expects the expanded village will only multiply the benefits that bring people from so far away.

"This has been something that's been far bigger than me," he said. "I keep telling myself, 'You've got to do this, Andre.'"

The chiropractor said it will be something different to have a single campus with a mix of experts in traditional and alternative medicine sharing the space, but he believes it can work and will be the wave of the future.

"We do something unique here, and I think it will only improve the results our patients already receive," Nadeau said.

With time at such a premium, and a lack of it adding stress to many people in modern society, he predicted having the advice and expertise of

traditional doctors, physical therapists, chiropractors, massage therapists and others available in one place will be invaluable to the public.

"The patient is what comes first," he said. "And we don't really care who gets you better, as long as you get better."

Construction of a pharmacy and health food store on the grounds of the integrated village is another part of Nadeau's vision.

In 1997, Nadeau treated a man who could not walk. He said after a period of treatment, the patient was feeling better and walking. He was so appreciative that he printed up T-shirts for himself and Nadeau's staff that read, "Walking because I can, thanks to Nadeau Chiropractic." Nadeau said that was a high point in his career, and success stories like that are what fuel his passion for his job.

"I love what I do," he said. "I see the changes in people."

**FOR MORE INFORMATION:** Nadeau Chiropractic and Wellness Center is located on Health Drive off Route 3 in Augusta, and is accepting new patients. For more information, call 623-0720 (or visit the Web site at [www.nadeauchiropractic.com](http://www.nadeauchiropractic.com)).