

1:1 Clinical Care with Dr. Sarama

Highly personalized chiropractic care for your unique needs.

Dr. Sarama brings over 40 years of experience as a master chiropractor and healer to provide highly individualized, in-person care. His approach focuses on understanding the root causes of your challenges and supporting your body's natural capacity for healing.

What to Expect

Step 1: Complimentary Phone Consultation

Your journey begins with a brief phone call with Dr. Sarama to explore your health goals and determine if his care aligns with your needs. This consultation is a space to ask questions, gain clarity, and ensure a mutual fit before moving forward.

Step 2: Health History and Initial Exam

If you decide to proceed, you'll complete detailed health history paperwork (available on the website) and bring it with you to your first visit. During this appointment, Dr. Sarama conducts a thorough examination and reviews your history to identify key physical, neurological, and structural patterns.

Step 3: Personalized Care Plan

Based on your goals and exam findings, Dr. Sarama creates a tailored care plan designed to support your body and nervous system in healing and recalibrating.

- **Relief Phase:** If you're experiencing acute symptoms, care begins with a focus on relieving discomfort and addressing immediate concerns.
- **Corrective Care:** As acute issues resolve, care shifts to correcting underlying structural and neurological imbalances.
- **Maintenance Care:** Most clients continue with periodic care to sustain balance, resilience, and long-term well-being.

Progress is tracked through **objective review exams every 12 visits**, allowing Dr. Sarama to refine your care plan and ensure it continues to align with your goals.

Step 4: Hands-On, Customized Adjustments

Dr. Sarama's approach is deeply rooted in his decades of experience and a philosophical foundation in vitalism (the body's innate ability to heal and self-regulate). Each adjustment is performed by hand, rather than instruments, ensuring precision and adaptability to your body's needs. This hands-on approach, combined with his expertise in various chiropractic and healing techniques, sets his care apart.

Care includes a combination of:

- Chiropractic adjustments to restore proper brain-body signaling.
- Hands-on techniques to address physical, energetic, and functional patterns.
- Nutritional and lifestyle recommendations, such as exercises, customized yoga, or mindfulness practices, to support your healing process.

Important Details

- **Flexible Payment Options:** Dr. Sarama operates an independent, insurance-free practice; clients may pay using cash, check, or credit card.
- **Care Plan Packages:** Healing is a journey, not a one-time event. Dr. Sarama offers punch card options for a series of visits, making ongoing care more accessible and effective. This approach supports building momentum for long-term healing and ensures clients receive the full benefits of a personalized care plan.
- **Limited Availability:** As a semi-retired practitioner, Dr. Sarama takes on a very limited number of new clients, prioritizing those ready to engage deeply in their healing journey.

How to Get Started

If this resonates deeply with you and feels like the next step on your journey, **call or text:** (781) 588-0165 to connect.

During this call, Dr. Sarama will answer your questions, discuss your health goals, and provide a clear overview of what to expect, including details about care plans and investment.

The Philosophy Behind His Care

Dr. Sarama draws from an extraordinary blend of education and life experience. With a background in engineering, physics, psychology, and Eastern medicine, as well as decades of study in nutrition and holistic living, his care integrates science and spirit. His approach is grounded in the belief that when interference—like spinal misalignments or nervous system stress—is removed, the body’s innate intelligence can heal and self-regulate.

This philosophy has guided not only his work with patients but also his personal life, raising six children in alignment with the principles of vitalism. Through his care, Dr. Sarama helps clients create the conditions for optimal health and vitality.

A final note

Health is not a destination; it’s an ongoing journey. Through this journey, we learn about ourselves—our bodies, our minds, and the unique patterns that shape us. **Healing begins when we understand what’s needed to support our body’s natural capacity to recalibrate and thrive.**

My role is to guide you in uncovering the structural and neurological imbalances that may be interfering with your health. Together, we’ll work to address these issues, support your nervous system, and align your care with your personal goals. This process also requires your participation—learning what your body needs and taking intentional steps to sustain progress.



Healing is empowering. When you prioritize your health and invest in the care your body needs, you lay the foundation for vitality, resilience, and a better quality of life. If you’re ready to take this step, I would be honored to walk this path with you.

To your health,
Dr. Sarama