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HEALTH

Getting Your Wiggle Back

NewsUSA

(NU) - He's the original "Blue Wiggle," which probably makes him about the last man on earth you'd think ever suffered from clinical depression.

But that's exactly what Anthony Field, founder and co-star of the popular children's musical group

The Wiggles' Anthony Field.

The Wiggles, says was at the root of a slew of health problems that lasted years, and – *parents, brace yourselves* – threatened to end his wiggling for good.

"I was troubled by chronic back and neck pain, as well as a string of digestive and food sensitivity issues that extenuated my general ill health, fueled by clinical depression, to the point that I could no longer continue," he says.

It's what turned things around, though, that's perhaps even more surprising.

"Chiropractic care saved my career," Field proclaims.

In fact, his new book, "How I Got My Wiggle Back," describes how a certain chiropractor helped him morph from an overweight, pain-racked mess into the muscled Adonis he is today. "His turnaround has been inspirational," says Kent S. Greenawalt, chairman of the not-for-profit Foundation for Chiropractic Progress.

For more information, visit www.yes2chiropractic.com.

Foundation for Chiropractic Progress

Keywords: chiropractic care, Anthony Field, F4CP, Foundation for Chiropractic Progress, The Wiggles
Meta Description: Anthony Field, creator of The Wiggles, is the new spokesperson for the Foundation of Chiropractic Progress. Learn about his story.

Anchor Text Location (graph #): #5
Keyword Phrase: chiropractic care
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