



**FOR IMMEDIATE RELEASE**

**Fibromyalgia: Debilitating but Treatable with Chiropractic Care**

CARMICHAEL, Calif. – August 6, 2009 – The Foundation for Chiropractic Progress ([www.f4cp.com](http://www.f4cp.com)), a not-for-profit organization dedicated to increasing public awareness of the benefits of chiropractic, announced today that chiropractic care has been shown to reduce the agonizing pain, debilitating fatigue, and joint stiffness associated with fibromyalgia. While fibromyalgia, a medically unexplained syndrome affecting the muscles and connective tissues, responds to various treatments, chiropractic care in particular has grown sharply in popularity among the millions of sufferers for dramatically reducing chronic, widespread pain and restoring patients to healthier lives.

“Fibromyalgia involves turmoil of the central nervous system, yielding a situation known as central sensitization, which causes heightened nervous system responses,” explains Gerry Clum, D.C., spokesperson for the Foundation and president of Life Chiropractic College West University. “Overall health and wellness is affected by an individual’s nervous system, an area in which chiropractors are proficiently trained to address, making chiropractic care a viable option for fibromyalgia patients.”

While scientists continue to develop a better understanding of fibromyalgia, chiropractors aim to correct misalignments of the spine and pelvis through hands-on adjustments. As joint motion improves, fibromyalgia patients discover that the excruciating pain can be reduced or, in some cases, eliminated. Once this pain is under control, other symptoms associated with fibromyalgia – such as fatigue, sleep deprivation, and depression – also diminish.

Chiropractic care has helped thousands of patients return to their normal lives. Retired Brig. Gen. Becky Halstead, the first woman General in the U.S. Army to command in Iraq, suffered from fibromyalgia during her service. “The adjustments and nutritional advice I received from my chiropractor helped in treating the fibromyalgia and made me feel better on a day-to-day basis,” raves the West Point graduate.

For more information on Fibromyalgia and how chiropractic treatment can help treat this disease, please visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com) or contact your local chiropractor.

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## **About F4CP**

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) embraces a singular mission to promote positive press for the profession in national, regional and local media. Through effective and ongoing initiatives, the Foundation's goal is to raise awareness to the many benefits provided by doctors of chiropractic. The F4CP relies upon strategic marketing campaigns that span prominent spokespersons, monthly press releases, public service announcements, and advertisements in high-profile media outlets. To learn more about the Foundation, please visit us on the web at [www.foundation4cp.com](http://www.foundation4cp.com) or call 866-901-f4cp.