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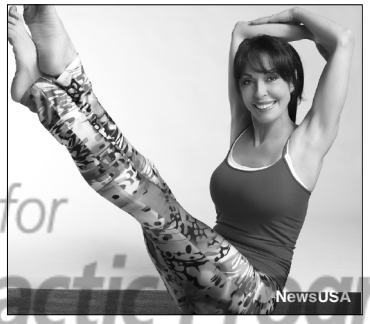
HEALTH

Targeting Obesity

NewsUSA

(NU) - Are we overlooking potential help for those struggling with obesity?

With the epidemic now estimated to be costing the nation $147 billion annually, it's a question that's very much on the minds of health experts. And many, including lifestyle guru Shea Vaughn, are



Wellness guru Shea Vaughn

citing chiropractic care as a crucial part of overall wellness programs.

"Chiropractic care helps patients with many physical ailments. It also represents a proactive approach helping to prevent injury and relieve stress, while providing a positive influence on any individual's mind, body and heart," says the much-quoted author of "Breakthrough: The 5 Living Principles to Defeat Stress, Look Great & Find Total Well-Being."

What's more, doctors of chiropractic can also counsel patients on their diets – what to emphasize (fruits, vegetables, whole grains and beans) and what to reduce (processed foods, sugar, soda, fats). "The key is to make consistent, small positive changes," says the Foundation for Chiropractic Progress' Gerard W. Clum, DC.

With 149.3 million Americans aged 20 and older considered overweight or obese, check out yes2chiropractic.org for more info.

Foundation for Chiropractic Progress

Keywords: chiropractic care, F4CP, Foundation for Chiropractic Progress, Shea Vaughn, obesity in America, overweight, stress reducer, improve wellness
Meta Description: Chiropractic care could be the key to lifting America's struggles with obesity. In fact, the Foundation for Chiropractic Progress is making and effort to council patients to improve wellness.

Anchor Text Location (graph #): #2
Keyword Phrase: chiropractic care
Url: www.yes2chiropractic.com

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