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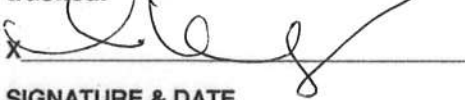
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HEALTH

Love Gets Good Vibrations From Chiropractic Care

NewsUSA

(NU) - "I Get Around."

That iconic '60s song resonates deeply with the Beach Boys' Mike Love – and not just because he co-wrote it. These days it's also something of an ode to how his life has improved thanks to chiropractic care.

"In more than 50 years of performing over 100 shows a year, I've traveled by car, van, bus, train, plane and occasional boat," he says of the toll all that touring has taken on his body. "Chiropractors have helped me remain mobile and pain-free."

That makes Love, who's a big supporter of the Foundation for Chiropractic Progress, one of the growing number of Americans who've turned to what the journal Chiropractic & Manual Therapies calls "one of the most frequently utilized types of complementary and alternative care by older adults." In fact, an estimated 14 percent of patients cared for by chiropractors are age 65 and over.

And while many older adults seek chiropractic care for its high patient satisfaction scores and relief from musculoskeletal pain, chiefly back and neck pain, that's not all they're consulting such doctors about. The same C&MT arti-



Beach Boys founding member Mike Love.

cle also noted that chiropractors help manage patients' health conditions through lifestyle counseling, including exercise and nutritional support.

As for the lead singer of the Beach Boys, whose biggest selling hit "Kokomo" reached number one in 1988, he still loves performing in front of audiences worldwide. "With my active lifestyle," he says, "I use regular chiropractic care as a complement to my daily practice of transcendental meditation and hatha yoga."

To learn more about developments in senior chiropractic care, visit www.yes2chiropractic.org.

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