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Twitter templates

Did you know chiropractic care may help people treat obesity? Learn more at (biturl).

Chiropractic care reduces stress, improves wellness, and helps people treat obesity. Get details at (biturl).

Lifestyle guru Shea Vaughn supports chiropractic care. Can it help you? Find out what chiropractors have to offer at (biturl).

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Title: Can Chiropractic Care Help Treat Obesity?

Title Tag: Targeting Obesity With Chiropractic Care

Meta Description: Chiropractic care could be the key to lifting America's struggles with obesity. In fact, the Foundation for Chiropractic Progress is making an effort to counsel patients to improve wellness.



Content: 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 citing chiropractic care [yes2chiropractic.org] 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 information.

Keywords: chiropractic care, F4CP, Foundation for Chiropractic Progress, Shea Vaughn, obesity in America, stress reducer

*** Text within two ◇ represents anchor text that will be linked to the web address that follows. ***

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