

When It Comes To Chiropractic Care... You Are Not Alone

Many people find significant improvement in their neuromusculoskeletal function through the utilization of chiropractic services including many "famous" people who seek chiropractic care in order to:

- 1) get rid of pain;
- 2) improve function;
- 3) enhance their acting, musical skills, or sporting edge.

The following is an inspiring list of various celebrities and a comment about what chiropractic provides for them personally:

Mel Gibson uses chiropractic on a regular basis. On the cover of the June 22, 2000 edition of TV Guide Insider, is a picture of Mel Gibson dressed for his then upcoming movie "The Patriot". In the story, they talk about how Mr. Gibson uses chiropractic on a regular basis. In the article he states, *"I got a chiropractor to come along to the [Patriot] shoot, because they can actually stick you back together within 15 minutes. He used to come every other week, from Los Angeles to South Carolina - spend a week and work on the entire crew. All the stunt guys were like, Oh, fix my disc. He is putting their discs back in. The guy is amazing."*

Arnold Schwarzenegger is another fan and devote recipient of chiropractic care. Each year in Columbus, OH Arnold addresses a chiropractic fitness symposium held in conjunction with his "Arnold Classic".

At the event in February 2000, he made the following remarks, *"Chiropractic is about health and fitness. Chiropractic is about natural, preventive health care. What you are doing, and I have experienced this for the last 30 years myself on my own body, means that whenever I have a problem-or even if I don't have a problem-and I go to a chiropractor, my problems are gone for a long time."*

Kevin Jonas, Sr.- Manager of Jonas Brothers states... *"Chiropractic care promotes a healthy body, mind and lifestyle. I have found, with regular chiropractic care, our family stays healthier and sleeps better. We are more relaxed and stress is easily overcome."*

Barbara Bunkowsky - LPGA Tour Professional states... *"I have found that chiropractic keeps me flexible and pain-free so that I can perform at my highest level. The benefits of chiropractic have improved my golf swing, putting less stress and strain on my body and allowing me to be a more productive golfer. I believe it also helps prevent other associated injuries that are very common on the LPGA tour."*

Dan O'Brien - 1996 Olympic Decathlon gold medalist said... *"You obviously can't compete at your fullest if you're not in alignment. And your body can't heal if your back is not in alignment. It was the holistic idea that I liked about chiropractic and that is what track and field is about. Every track and field athlete that I have ever met has seen a chiropractor at one time or another. In track and field, it is absolutely essential. Chiropractic care is one of the things I think that no one has denied or refuted."*

Madonna at 50 years old, even brought her personal Chiropractor along with her on her most recent tour to help her de-stress and prevent injuries. Prior to the tour she is quoted as saying, "It's going to be very draining, and she needs him (her Chiropractor) around to aid in her recovery time after each show," ...an insider tells Life & Style says online gossip column In Case You Didn't Know.

Sara Harding- Miss Fitness USA 2006 states, *"Basically, I've always believed in chiropractic care. My parents introduced my brothers and myself to chiropractic care when we were very young and it's been an instrumental part of my life. I believe that it allowed me to do gymnastics when I was very little and allowed me to stay in sports and lead a very active lifestyle. I think it's natural to have aches and pains when you bend your body in directions it wasn't necessarily meant to [be bent in], so it makes sense to go to a chiropractor to get my body back in alignment. Ever since I can remember, I've gone to a chiropractor. "*

Lance Armstrong - Seven Time Tour de France winner Lance Armstrong has received chiropractic care since January of 1999, helping him to keep his body together for the harsh demands of the Tour de France. After one Tour de France, Lance said that he could not have won without his chiropractor's help.

Jerry Rice-3 Time Super Bowl Champion: *"Chiropractic care has been instrumental in my life, both on and off the field, and I am excited to share this with the American public," says Rice. "I have been blessed with a long and healthy career as a professional athlete, and as I move forward into the next stage of my life, chiropractic care will continue to be an important part of my game plan."*

Tiger Woods - *"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing."*

Marla Maples Trump ...has made her Chiropractic care a family priority. Her daughter gets adjusted and she has referred her husband, mother, chauffeur, nanny and personal assistant for care.

There has been a growing trend among athletes using chiropractic care.

Approximately 31% of NFL teams have a chiropractor on staff and 39% of all Division I athletes said they use chiropractic either to get into top shape or to stay there. Many say chiropractic helps them to get into top physical shape without the use of drugs. Sean Atkins, PhD, Exercise Physiologist stated ***"I would estimate that in excess of 90% of all world-class athletes use chiropractic care to prevent injuries and to increase their performance potential."***

In a study conducted by the New Zealand School of Chiropractic, University of Auckland, New Zealand, reaction times were improved and shortened in volunteer subjects who received chiropractic care over those that did not. The group who received chiropractic adjustments showed a decrease in reaction time of 97 milliseconds representing a 14.8 percent quicker reaction time.

A recent internet article gave some interesting information on one of the world's most famous faces. For years we've seen and heard in the news about the health challenges faced by Elizabeth Taylor. We've all seen photos of her in a wheel chair and heard about her battle with prescription drugs she had been taking for back pain. It was wonderful to read she had sought out the care of a chiropractor, with great results. She credits her chiropractor for her successful rehabilitation and recovery from back problems. Ms. Taylor is hardly the only celebrity to utilize chiropractic care to regain and maintain her health. Other chiropractic regulars include ***Warren Beatty, James Earl Jones, Arnold Schwarzenegger, Jack Nicholson, Julie Andrews, Jane Seymour, and Mel Gibson.***

Many Olympic athletes utilize chiropractic to maximize health and performance. Track and field stars **Carl Lewis, Michael Johnson,** and **Edwin Moses,** as well as, diver **Greg Louganis,** decathlon athlete **Dan O'Brien,** and swimmer **Sheila Taormina** are a few medalists who seek chiropractic care, sometimes immediately before their competitions to enhance performance--without drugs. Boxer **Evander Holyfield,** was introduced to chiropractic during the 1983 Pan Am Games. He was quoted in 1988 as saying, *"I have to have my adjustment before going into the ring".*

Olympic athletes are not the only athletes under chiropractic care. Professional basketball great, **Wilt Chamberlain,** baseball Hall of Famer **Wade Boggs,** and football heroes **Joe Montana, Drew Pearson,** and **Fran Tarkenton** use chiropractic. **Fran Tarkenton** joined **Wade Boggs** in claiming chiropractic has been useful in keeping him productive and prolonging his career. Boggs stated in 1998 that, *"By getting an adjustment once a week...I feel I can sustain my career a lot longer."*

No one would claim that celebrities have all the answers. However, it would seem that with all the options celebrity affords them, the fact that they seek chiropractic care to meet their healthcare needs says something about the value of chiropractic for optimum health!