

Celebrities, Athletes and Chiropractic

Top athletes and performers need to be their best at all times. That's why so many utilize Chiropractic care, not only for injuries, but so that they can stay well and be their absolute best. You can achieve that same high level of performance with Chiropractic.

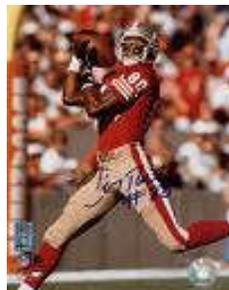
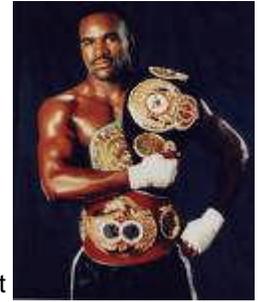
"Chiropractic is about health and fitness. Chiropractic is about natural, preventive health care. What you are doing, and I have experienced this for the last 30 years myself on my own body, means that whenever I have a problem—or even if I don't have a problem—and I go to a chiropractor, my problems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



Arnold Schwarzenegger
former actor and governor of California

"I have to have an adjustment before I go into the ring. I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance."

Evander Holyfield, Heavyweight 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."

Jerry Rice—3 Time Super Bowl Champion



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

-Tiger Woods

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



"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. "

Sara Harding— Miss Fitness USA 2006



"I go to my chiropractor on a regular basis, because I want to prolong my career as long as possible," he states. "I see him about once a week, in between my training (sessions). By getting an adjustment once a week from him, I feel I can sustain my career a lot longer."

Barry Bonds



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.

Kevin Jonas, Sr— Manager of Jonas Brothers

"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."



Barbara Bunkowsky -LPGA Tour Professional



"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 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."

Dan O'Brien - 1996 Olympic Decathlon gold medalist

Music superstar Madonna regularly utilizes Chiropractic care. She even brought her personal Chiropractor along with her on her most recent tour to help her de-stress and prevent injuries despite her



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 Div. I athletes said they use chiropractic either to get into top shape or stay there. Many say chiropractic helps them to get into top physical shape without the use of drugs. Sean Atkins, Ph D 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 that received chiropractic care over those that did not. The group that received the chiropractic adjustment showed a decrease in reaction time of 97 milli-seconds representing a 14.8 percent quicker reaction time.

These pages describe just a few examples of the star athletes and performers who regularly benefit from Chiropractic care. However, the most important ones who can benefit are YOU and your family. You deserve every opportunity to be your best. Chiropractic care offers you that chance.