

# HEALTH NEWS

## Dealing With Obesity

(NAPS)—If the threat of taxing every sugared soda out there to fight obesity makes you cringe, maybe we should look to chiropractors for help solving at least part of the problem.

Nearly two out of every three Americans are either overweight or obese, according to the U.S. Surgeon General. But not only do all those extra pounds put them at risk of high blood pressure and heart disease, it can also lead to serious musculoskeletal concerns. That's where doctors of chiropractic care come in.



### Doctors of chiropractic care can help battle obesity.

“The excess weight we carry affects all the joints in our bodies—especially the hips, knees, ankles and feet—and often leads to lower back pain,” says the not-for-profit Foundation for Chiropractic Progress’ Mary Beth Larsen, D.C., who was on the U.S. Modern Pentathlon team in the 2000 and 2004 Olympics. “Regular exercise is a must when developing weight-loss programs for patients. But if you’re in significant pain, exercise is often not possible, or even safe.”

Doctors of chiropractic care can help relieve those musculoskeletal issues with safe, cost-efficient treatments. As experts in nutrition, they can also guide you to a healthier lifestyle.

For more information, visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

### Healthy Ideas

Doctors of chiropractic care can help relieve musculoskeletal issues and guide you to a healthier lifestyle. For more information, visit the Foundation for Chiropractic Progress Web site at [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

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