

[IMAGE]

Making Weight Loss a Priority: Your Doctor of Chiropractic Can Help

By now, you've heard the grim statistics: More than half of all American adults are overweight and at an increased risk for developing cardiovascular disease, diabetes, stroke, and more -- diseases responsible for approximately 300,000 deaths a year. The most unfortunate part? These deaths can be prevented.

For most people, weight loss is a highly personal issue that can be difficult to face, especially if one has a considerable amount of weight to lose. And with the dreary facts surrounding weight loss -- chiefly, horror stories suggesting that most people who do lose weight don't keep it off -- many people doubt their ability to shed pounds permanently.

A recent article on weight-loss strategies suggests that the most effective weight-loss programs include a multifaceted approach that includes diet and behavioral modifications, as well as increasing physical activity. Prospective dieters are encouraged to determine why they eat, as well as assess what they eat, and engage in regular physical activity; however, some people -- especially those who have suffered from lifelong obesity - may need additional motivation to get started. This is where your doctor of chiropractic can help.

If you need to lose weight but aren't sure where to begin, your chiropractor can help you develop a nutrition and exercise plan suitable to your needs, as well as offer support and encouragement during the weight-loss process.

And remember, routine chiropractic treatments not only help maintain the body's structural alignment, they help relieve stress, promote emotional clarity and positively affect your overall health.

Reference:

Bartlett, SJ. Motivating patients toward weight loss. *The Physician and Sportsmedicine*, November 2003;31(11).

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