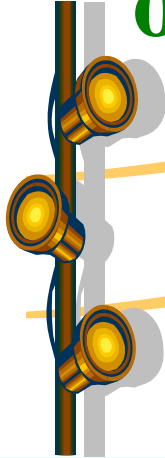


HealthTip

Feeding your hunger for information
about your health...

of the Week...

SPOTLIGHT



Baby Boomer Alert: To Those born between 1946-1964

As boomers continue to live and age to 70, 80, 90 and beyond, there will be increased demand as well as the supply to meet it for services and products that facilitate wellness and mobility.

To facilitate wellness and mobility, it is critically important to think well, eat well, sleep well and have a healthy nerve system.

Boomer Advice to Facilitate Wellness and Mobility!

While the Rand Study citing the “Benefits of Chiropractic Care For The Elderly” was originally published nearly 20 years ago, the study offers sage advice for the Baby Boomer generation and for all people wishing to live a healthy life now, and in the future.

The conclusion of the prestigious Rand Study was simple and straightforward.

They found....

“Senior citizens who receive chiropractic care report better overall health, fewer symptomatic chronic conditions, less days in hospitals and nursing homes and more mobility than elderly non-chiropractic patients.”

The three-year randomized study of people 75

years or older showed 87 percent of chiropractic patients described their health status as good to excellent, compared to 67 percent of non-chiropractic patients. That is a huge difference!!

And, the chiropractic patients also were less likely to use prescription drugs and more likely to exercise regularly and participate in community activities.

In general, the chiropractic patients reported fewer health problems. In fact, **15 percent fewer** reported two or more chronic conditions and **22 percent fewer** suffered with symptoms of arthritis. The elderly chiropractic population also spent **15 percent less** time in nursing homes and **21 percent less** time in hospitals over the previous three years.

The Bottom Line...The Bottom Line...The Bottom Line...

The importance of these findings, had they been heeded when the study was first published in 1996, would have had a profound effect on the current health care crisis. Yet, better now than never. As the elderly population becomes a greater percentage of the overall population, if we can embrace the importance of chiropractic care, a healthier older population could translate into savings of billions of health care dollars annually...to say nothing of their improved health!!

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