

More Athletes Seek Chiropractic Care for better performance.

In the October 16, 1998 issue of the USA Today, was an article that featured Emmitt Smith, a football star from the Dallas Cowboys. Emmitt Smith is one of the best players in the game and in his ninth season as a professional. The article discusses his healthy lifestyle which includes regular chiropractic care. *"I started doing this about four or five years ago,"* Smith said. "I believe that what I'm doing is what helps me go on. I think Warren Moon, (Seattle's 41 year old quarter back) does the same thing. So I've become a big believer in servicing my body and making sure it is lined up properly and functioning the way it is supposed to on Sunday."

Smith joins an ever-growing list of professional athletes who regularly receive chiropractic adjustments. In June during the NBA basketball finals star players Scotty Pippin, and John Stockton were among those who received chiropractic care during breaks in the sixth and final game of the championship series. Even world heavyweight champion boxer Evander Holyfield has been under care for years and regularly receives adjustments during training as well as immediately prior to his fights. These athletes and many more recognize the importance of a subluxation free body for maximum performance and health.

