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Holidays Bring Stress, Pains to Many; American Chiropractic Association Offers “12 Days of Health and Wellness” for a Healthy, Happy Season

Arlington, Va. - The upcoming holiday season is full of reasons for good cheer, but the added demands of the season can also stress the capacities of our bodies.

Research shows that stress and unhealthy behaviors contribute to some of our country’s biggest health problems such as obesity, heart disease and diabetes. This stress can also build up inside the body and manifest as back pain, neck pain or headaches...making matters even worse.

Doctors of chiropractic are experts in spinal adjustment and other manual therapies that can relieve the aches and pains caused by holiday stress. They also provide nutrition counseling, exercise recommendations, ergonomic tips and other advice to promote good health year-round.

The American Chiropractic Association (ACA), in an effort to promote health and wellness this holiday season, offers “12 Days of Health and Wellness,” a campaign designed to give consumers tips on ways to manage the holidays more healthfully. Each day focuses on a different topic such as choosing nutritious foods, getting enough sleep, and stretching after tree-trimming or gift wrapping to help ease back pain.

“The holidays are synonymous with frenzied activities, parties, shopping and stress, so it is imperative that people take steps to address these issues in healthier ways,” said ACA President Rick McMichael, DC. “It’s the perfect time to use ACA’s tips to take control of your health and to discover chiropractic’s natural approach to wellness. A doctor of chiropractic can customize a wellness program that’s right for you.”

Look for fact sheets, audio public service announcements and additional links to helpful information at www.acatoday.org/12days.

ACA is the largest organization representing doctors of chiropractic in the United States. Visit the ACA at www.acatoday.org. To find a doctor of chiropractic near you, go to www.acatoday.org/findadoc.

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