Olympic Ski Champion Picabo Street Helped by Chiropractic

A story from NewUSA published on February 25, 2014, in the Illinois publication The Regional News carried the headline, "Racing Through the Pain With Olympic Ski Champion Picabo Street." The article notes that Street is actually named after a small town in Idaho near where she is from.She was also the first American ever to win a World Cup season title in a speed event.

In this article, Picabo Street, who is an Olympic gold medalist and World Cup ski champion, nearly had her career as a skier go in a different direction had it not been for chiropractic care. "Chiropractic has been a life saver for me," says Street. "I can say that [without it] I do not think that I would be able to ski today, recreationally or otherwise."

The article reports that later in the year after winning a gold medal in 1998, Street slammed into a fence and broke her leg in multiple places. After a lengthy rehabilitation and fighting her way back in her recovery, she was unable to train without the help of medication.

It was then that she turned to chiropractic care. After only 2 months of chiropractic, she was pain-free and medication-free. "After I had met with [my chiropractor], I can honestly say it's made a profound impact on my life," she says. "It has allowed me to chase my dreams and make them come true."

The article reports that Street retired from competitive sports after the 2002 Olympic games. She later appeared in the documentary movie "Doctored," where she is seen receiving chiropractic adjustments and talks about the benefits of the care.

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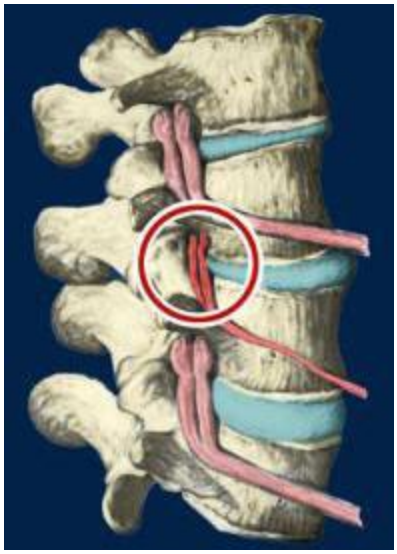
New Hampshire Magazine Features Chiropractic

In the March 2014 issue of New Hampshire Magazine is an article with the title, "Chiropractic Care for Back Pain - Chiropractors treat back pain and a whole lot more." The article, by Karen A. Jamrog, notes that although chiropractors are known in the public for seeing patients with musculoskeletal issues such as back problems, chiropractic has much more to offer.

The author interviewed several chiropractors in New Hampshire, one of whom explained chiropractic's wide reach by saying, "We treat the spine, but not just for low-back pain. [Chiropractors] treat the spine, and the spine houses the nervous system. The nervous system makes absolutely everything in your body work. When we adjust somebody, all kinds of symptoms change and often get better."



Article author Jamrog explains how chiropractic can affect the entire body when she says, "Chiropractic is based on the premise that spinal misalignments, or subluxations, create interference within the body's communication system and hamper the body's innate ability to heal itself. The idea is that the body cannot perform optimally when subluxations exist, because the misalignments obstruct the flow of information between your brain and the rest of your body."

The article notes that physical, chemical, or psychological stressors, such as toxins and trauma can create subluxations. Subluxations then cause the body to function at less than its innate potential which can result in a variety of health issues.

In explaining how children with ear infections can be helped when subluxations are corrected with chiropractic adjustments, one of the NH chiropractors in the article explains, "When those are cleared, the body does exactly what it knows how to do, which is to heal itself. With that interference, those subluxations, the body isn't as efficient in clearing out those problems."

Dr. Michael McLean, president of the International Chiropractors Association explains. "One of the misconceptions about chiropractic that has caused confusion in the past is the concept that chiropractors treat all these illnesses. We do not. We do not even really treat back pain. What we do is to remove interference to the nervous system, allowing the patient's own body to address their health issues." McLean continued, "With a properly functioning nervous system, there is almost no limit to what the body is capable of doing. This is how people with such a wide variety of health problems can be helped by chiropractic care."

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