

Famous People Speak Out about Chiropractic

Yes, it's true. Famous people - in this case professional athletes - also use chiropractic care to heal injuries, maintain their bodies, and to boost performance. Like Dan O'Brien, Olympic Gold Medalist Decathlon, says: "*You obviously can't compete at your fullest if you're not in alignment*".

With regular chiropractic check ups and treatments you can avoid many sports related injuries that appear when the body is put under a lot of stress. Your chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic, can perform chiropractic adjustments and re-align your spine and nervous system. This in turn strengthens the immune system and allows the body to function at its best. In other words.... chiropractic boosts performance and overall health!

What Famous Athletes Say about Chiropractic

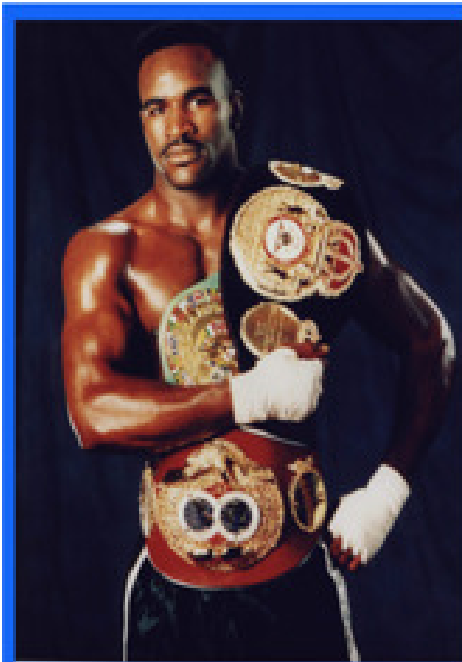
Arnold Schwarzenegger, Professional Body Builder, 7 Time Mr. Olympia



"Bodybuilders and fitness people have been using chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a chiropractor before you get injured. We are a perfect team- the world of fitness and the world of chiropractors."

**Arnold Schwarzenegger
Professional Body Builder
7 time Mr. Olympia
Mr. Universe**

Evander Holyfield, 4 Time Heavy Weight World Champion



"I have to have an adjustment before I go into the ring. I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance. The majority of boxers go to get that edge."

Evander Holyfield
4 time Heavy Weight World
Champion

Emmitt Smith, Running Back Dallas Cowboys, Superbowl Champion and MVP



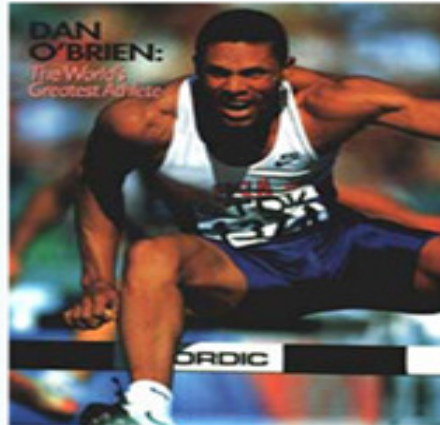
"I found a specialist that's really good in balancing out my body to make sure my hips are rotated right, and my body is functioning properly...if you take advantage of the health care, balance your body back out, put it back where it's supposed to be, you function better, and you recover faster."

Emmitt Smith, Running Back
Dallas Cowboys
Superbowl Champion and MVP

Dan O'Brien, Olympic Gold Medalist Decathlon

"You obviously can't compete at your fullest if you're not in alignment. And your body can't heal if your back is not in alignment... Every track and field athlete that I have ever met has seen a chiropractor at one time or another. In track and field, it is absolutely essential. Chiropractic care is one of the things I think that no one has denied or refuted."

**Dan O'Brien
Olympic Gold Medalist Decathlon**



Be on top of your body and boost performance with the help of Dr. Adam Nachmias. Why settle for 50-60 percent body functionality when you can reach 100 percent?! Book a chiropractic exam and consult today!

Call any of our offices:
Brooklyn: 718-832-7300
Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

We welcome you to find relief with the help of Nachmias Chiropractic!