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NEWS RELEASE

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DR. CLUM SPEAKS ABOUT THE VALUE OF CHIROPRACTIC CARE DURING AN INTERVIEW ON A BAY AREA RADIO STATION FOR NATIONAL CHIROPRACTIC MONTH ([Listen to the Interview](#))

HAYWARD, Calif, December 17, 2008 – Dr. Gerard Clum, president of Life Chiropractic College West, was interviewed on a San Francisco Bay Area radio station on Sunday, October 26 in honor of National Chiropractic Month. Dr. Clum began by talking about the history of chiropractic care and its relation to overall health. When Tim Jefferies, a radio personality from KFOX and KCNL, asked how students become chiropractors, Dr. Clum explained the type of undergraduate coursework required to enroll in a chiropractic college. He further expounded upon the board and state exams that must be passed in order to practice in a chosen state.

Dr. Clum stated that, according to statistics, eighty percent of Americans will experience loss of work and disability for lower back pain at some point in their lives. In this case, chiropractors place primary attention on repositioning the vertebra in the lower lumbar spine. After repositioning, active rehabilitation is often applied to strengthen the muscles where the adjustments occurred. Furthermore, chiropractors may suggest lifestyle changes pertaining to diet, exercise and ergonomics to protect the body from additional injury.

Dr. Clum also offered suggestions about how patients can participate in their own recovery. He recommended exercises that help to strengthen the spine, such as stretching and swimming. He said, "As we age we need to shift from traumatic movements such as running towards more strengthening exercises such as walking." The abdominal wall is also important to maintaining the integrity of the spine. People need to do core exercises to strengthen the tiny muscles between the vertebrae.

In conclusion, Dr. Clum spoke about the Foundation for Chiropractic Progress. The organization has been responsible for a major national education and information campaign about the value of chiropractic care. The organization's website, yes2chiropractic.com, offers helpful information about why to see a chiropractor and what to expect.

Life West, established in 1976, is an accredited non-profit institution of higher learning. Currently over 400 students from across the United States and abroad are enrolled, and over 3,700 graduates of Life West are now providing chiropractic care worldwide. The college's Health Center, a public outpatient facility staffed by approximately 150 senior interns who are guided by licensed doctors of chiropractic, provides affordable health care to more than 1,500 patients per week in the city of Hayward, California. The college and Health Center maintain a Web site at www.lifewest.edu.

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