



FOR IMMEDIATE RELEASE

Never Too Old To Go For Gold: Chiropractic Care Improves Fitness, Restores Balance to Three Figure Skaters In Their Late 30's

2007 U.S. Adult Singles and Pairs Champions apply chiropractic care to their ice skating regimens

Santa Rosa, Calif./CARMICHAEL, Calif. – June 20, 2007 – Young or old, amateur or professional, figure skating at any level is a sport that causes discomfort and consistently strains muscles in the back, neck, legs and arms. For “30-something” skaters Ninotchka Aschow, Choeleen Loundagin and William Abel – all from Santa Rosa, California -- chiropractic care has not only been an important and necessary staple in their training and preparation but has also helped each one to realize a dream of winning a gold medal..

Along with competing at around the same age bracket, the three skaters have something else in common: they all work with chiropractor Dr. Christina Dumbadse, who not only offers the skaters physical relief from their injuries, but also takes a holistic approach to patient management, introducing ways to improve the skaters’ wellness, nutrition and mental acuity. Dr. Dumbadse is a member of The Foundation for Chiropractic Progress (www.f4cp.org), a not-for-profit organization providing education about the benefits of chiropractic care.

“I am thoroughly impressed with Dr. Dumbadse’s approach, especially her attention to the latest research, best approaches for athletes and her pro-active approach to care,” says Loundagin, a 39-year-old singles skater throughout her entire career who did not actively compete for almost 22 years.

As a skating coach, she was constantly around the rink watching and interacting with the skaters, and assisting with their training. When the opportunity to participate in a pairs competition was presented to her, Loundagin embarked on an intense training schedule with skating partner, William Abel.

“Going from singles to pairs was a tricky transition, however seeing a chiropractor two to three times a week allowed me to develop the additional muscle and upper body strength for lifting, as well as keeping my alignment consistent,” explains Loundagin, who along with Abel won gold in the first championships pair’s competition at the U.S. Adult Championships. “I think it is important to take care of your body and appreciate what it is doing for you. Chiropractic care definitely helped me become stronger in areas that I was lacking.”

In the beginning, Abel would only visit with his chiropractor for adjustment purposes. Soon his office visits increased when he learned that chiropractic care was just as useful for preventative care.

“Skating is an unbalanced sport – you are jumping and landing on the same side of your body over and over,” says Abel. “Pairs skaters are always lifting with one arm and continuously favoring one side of the body. Over time, you begin to feel various pain sensations that can put your body into an uncomfortable state. For me, chiropractic care is the only thing that can turn around this type of situation. I would not go to a medical doctor for something like this.”

Ninotchka Aschow also understands the health and wellness benefits that come with chiropractic care. At age 37, she captured her second championship, the Gold Ladies Title at the 2007 U.S. Singles Championship.

“I have been seeing a chiropractor for the last 15 years and am confident that if I fall awkwardly and feel some discomfort during my performance, my chiropractor will fix my alignment and get me back on the ice later that day,” says Aschow. “I feel more vibrant and alive at age 37 than I did at age 27, and I can say that is a direct result of chiropractic care.”

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About F4CP

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) embraces a singular mission to promote positive press for the profession in national, regional and local media. Through effective and ongoing initiatives, the Foundation’s goal is to raise awareness to the many benefits provided by doctors of chiropractic. The F4CP relies upon strategic marketing campaigns that span prominent spokespersons, monthly press releases, public service announcements, and advertisements in high-profile media outlets. To learn more about the Foundation, please visit us on the web at www.foundation4cp.com or call 866-901-f4cp.