

BLOOMINGTON, Minn., Oct. 1, 2013 /PRNewswire-USNewswire/ -- Minnesota Governor Mark Dayton

has once again proclaimed October as Chiropractic Awareness Month. During this month long event, the Minnesota Chiropractic Association (MCA) joins healthcare leaders all over the country in promoting an active lifestyle as essential to overall health and wellness.

"Right now is a perfect time for Minnesotans to learn about chiropractic care and its connection to maintaining an active way of life," explained MCA Exec. Dir. /CEO, Debra Hurston. "As part of our year round public education initiative, during the month we will spotlight the benefits of chiropractic care for every stage of life. We're taking this time to encourage the public to take a moment and gain a better understanding of how this cost effective, drug free preventive care can have an amazing impact on their life today as well as years from now," Ms. Hurston stated.

A 2007 study conducted by the Integrative Medicine Independent Physician Association showed that, over a seven-year period, patients seeking alternative care realized:

- 60.2% decreases in hospital admissions
- 59% decreases in hospital stays
- 62% decreases in outpatient surgeries and procedures
- 85% decreases in pharmaceutical costs

The result is an overall reduction in healthcare costs. Chiropractic treatment is safe and effective, and is the largest, most regulated, and best recognized of the complementary and alternative medicine professions. While chiropractors are uniquely trained in identifying and correcting spinal dysfunctions, they advise on the patients overall health. To locate an MCA member chiropractor near you, contact the MCA at 1-800-864-3769 or click on "Find-A-Doctor" on the MCA website at www.mnchiro.com.

About Minnesota Chiropractic Association *Created in 1927, the Minnesota Chiropractic Association is the only professional organization in Minnesota that solely represents the chiropractic professional on a multi-level and integrated service basis.*

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