



July 19, 2010

**FOR IMMEDIATE RELEASE**

Media Contact: Healy Nardone

Phone: 304-243-1055 office / 202-262-4620 mobile

Email: HealyNardone@AOL.com

**In Case You Missed It: Nardone Chiropractic & Wellness  
Featured in *The Intelligencer / Wheeling News-Register* in  
“Is Your Check Engine Light On?”**

July 19, 2010 (Wheeling, WV) – Today, Nardone Chiropractic & Wellness™ ([www.NardoneChiropractic.com](http://www.NardoneChiropractic.com)) was featured in *The Intelligencer / Wheeling News-Register* concluding its inaugural public awareness campaign entitled “Wellness in Wheeling” – a free healthcare event open to the public which garnered more than 500 attendees. “Is Your Check Engine Light On?” – authored by Phyllis R. Sigal – shed light on Dr. Emil Nardone (Nardone Chiropractic & Wellness Founder and Chief D.C.) and his “Eat Well, Think Well, Move Well” lecture – a part of Nardone’s healthcare public awareness campaign that is a mind, body and spirit wellness program supported by 150 chiropractors and created by Dr. James Chestnut, who has been studying human wellness for nearly a quarter of century and is chair of the International Chiropractors Association (ICA) Council on Wellness Science.

Key highlights of the article: “‘Nutrition is a big part of chiropractic philosophy,’ he noted. In fact, training for a chiropractic degree includes at least 200-300 hours of nutrition education. (*Who knew? And I thought they just adjusted spines.*) ‘It’s the American diet that gets people sick,’ he said. ‘We’ve got to start to teach people. 75 percent of diseases can be prevented by lifestyle changes,’ says Dr. Nardone, quoting Dr. S. Boyd Eaton, a proponent of Paleolithic nutrition or the “caveman diet.” ‘Our genes haven’t changed in hundreds of thousands of years, but our lifestyles have, according to Dr. Chestnut. Pollutants, poor nutrition, lack of exercise and emotional stress lead to illness. Eating fruits and vegetables, exercise, meditation — all will lead us to a healthier existence,’ Dr. Nardone believes.”

To read the article in entirety, please visit *The Intelligencer / Wheeling News-Register* at the following link: [http://www.news-register.net/page/blogs\\_detail/display/1124.html](http://www.news-register.net/page/blogs_detail/display/1124.html).

“With the changing trends in the healthcare and insurance industries, the wellness arena is finally becoming a household initiative – with more and more individuals finally being proactive and taking charge of their health through wellness and prevention. Through such prevention, we’ll see a decrease in many things nationally in all ages and demographics, including heart conditions and obesity – of which West Virginia now has one of the highest rates.” said Dr. Emil Nardone, founder and owner of Nardone Chiropractic & Wellness™ and #1-rated chiropractic and wellness physician in the Ohio Valley (*Readers Choice*, October 2009). “Therefore, ‘Wellness in Wheeling’ was our first public awareness campaign to give people the tools they need to succeed being healthy – from nutritional counseling, exercise assessment, whole-food supplementation and chiropractic care. Our goal is simple – we want people to feel their best and be their healthiest – and utilize us as a resource to achieve those goals. We hope to partner with other cities in the Ohio Valley region to host wellness events and bring good health to as many people as possible.”

To host a wellness campaign in your town, please contact Nardone Chiropractic & Wellness™ at 304-243-1055.

###

**About Nardone Chiropractic & Wellness™ ([www.NardoneChiropractic.com](http://www.NardoneChiropractic.com)):**

Nardone Chiropractic & Wellness is a national leader in chiropractic and wellness healthcare with comprehensive practice groups including Individual & Corporate Care, Wellness Plans, Nutrition/Whole Foods Counsel & Supplementation, Workers Comp, Pregnancy, Orthotics and Personal Injury & Expert Testimony among other services. Please call (304) 243-1055 to make an appointment or schedule a consultation. Hours are Monday 1:00 PM – 7:00 PM; Tuesday & Wednesday 8:00 AM – 6:00 PM; 9:00 AM – 5:00 PM; Friday 7:00 AM – 1:00 PM. We are located at 1076 E. Bethlehem Blvd, Wheeling, WV 26003.