

## **Chicago Chiropractic Announces Holiday Special for Current & New Patients**

*Chiropractic Treatments Can Relieve Holiday Stress, Cure Aches & Pains*

CHICAGO, Ill., December 1, 2011 – With the holidays right around the corner, everyone might be feeling the stress of the season...literally. The next few weeks can be both mentally and physically straining, causing neck, back and body aches. But relief is easy to achieve with a new promotion from Chicago Chiropractor, Dr. Michael Kauf.

Dr. Kauf, who has more than 15 years experience under his belt at Chicago Chiropractic, is offering a referral program for patients to receive complimentary treatments through December 31, 2011. Current patients who refer a friend or family member will receive a complimentary chiropractic adjustment and the referred friend or family member will receive a complimentary initial examination. For new patients, who have never been to the office, refer a friend or family member, and receive a complete exam for free plus a complimentary back adjustment. Your referral will also receive a complimentary examination!

“The holidays can be mentally, emotionally and physically draining,” said Dr. Kauf. “A quick adjustment can relieve aches and pains, and get the body back into the healthy shape it was in, prior to all of the holiday stress.” To ease holiday aches and pains, Dr. Kauf recommends:

- Don't overload your backpack or purse with all those presents
- Skip that last piece of pie and try to eat healthier during the holidays
- Exercise regularly to relieve the typical holiday stresses
- Stretch your legs and back after each hour whether it's at a desk or on the go
- Buy yourself a holiday treat-you deserve it! Book a massage or adjustment to relieve tension in the shoulders and back

Chicago Chiropractic is open Monday through Friday and is located at 1 E. Delaware Place in downtown Chicago. Call to make an appointment for each patient before the holiday season is over and the special has expired.

### About Chicago Chiropractic

Chicago Chiropractic specializes in all types of back pain, shoulder and neck pain, sciatica, muscle pain as well as sports & personal injuries. Feel free to visit <http://www.chicago-chiropractic.com> for more information on services, experience, reviews and research. Most insurance accepted.

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