

every day,
Chiropractic
makes a difference
in millions of lives.

One of those lives is Sarah Harding.



Sarah Harding is Ms. Fitness USA, a Stanford University All American and professional athlete. Her resume is impressive. Even more impressive is her full recovery from a career-threatening back injury a few short years ago. How did she do it? According to Sarah, Chiropractic care was the key. Her chiropractor helped her avoid surgery and quickly return to top form. Success stories like this play out every day in Chiropractic offices across the country. All natural and highly effective, Chiropractic care begins with your spine but can benefit your entire body. **To learn more about how Chiropractic can help you, visit www.foundation4cp.com and download a free Health Seekers Calendar.**



Sarah's Story

There is no way I could perform at this level without regular Chiropractic care. Chiropractic works. It's as simple as that.



—Sarah Harding
Ms. Fitness USA 2006

Foundation for
Chiropractic Progress
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