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Local Chiropractor, Dr. Charles Schuster, Participates in Stress Less America: A Nationwide Health and Wellness Campaign

Charleston, IL (December 2008) – Local chiropractor, Dr. Charles Schuster, has teamed up with hundreds of health and wellness professionals across the country to provide relief for a nation under stress. The brainchild of Dr. Eric Plasker, health and wellness expert and bestselling author of *The 100 Year Lifestyle*, the Stress Less America campaign (www.StressLessAmerica.com) has attracted more than 2,000 outlets across the United States, including chiropractic offices, health clubs, yoga studios and dental practices, who are offering free consultations, products and services, tips and hands-on help to alleviate the effects of stress on people around the country. During the holiday season, and with the New Year approaching, it's time to adjust your lifestyle, get off the couch, get moving and eat healthy.

“We want to make people aware of the destructive effect that stress has on the body, and I am encouraging the residents of Charleston, and surrounding areas, to free themselves of the worries that are responsible for this stress by taking an active part in this worthwhile campaign,” says Dr. Schuster. “As part of Dr. Plasker’s Stress Less America campaign, throughout the holiday season, I will be offering local residents a free spinal stress screening.”

In addition to Dr. Schuster’s local involvement, residents can take a break from stress by accessing other participating providers—including Gold’s Gym, Crown Council, Isagenix International, Les Mills and Nightingale-Conant—who will be offering free services such as a complimentary week of fitness or a dental consultation. A list of specific locations for these free services is available on www.StressLessAmerica.com.

As recently reported in the *Wall Street Journal*, 84 percent of women and 75 percent of men are stressing about the economy, similar numbers stress about money, and more than half of men and women stress about housing costs and job stability.

“The stress reaction can get out of control and put one’s physiology into a destructive pattern of chronic stress, resulting in pain, disease and premature aging. Sixty percent of doctor visits are stress-related. If you learn to manage your stress you can reduce the aging and disease-causing impact it has on the body,” Dr. Plasker says.

Americans spend billions of dollars each year on stress-related illnesses. Treatment of back pain costs \$90 billion a year, and during the Stress Less America campaign, participants will be able to get free services throughout the country, as well as learn tips for living a healthier life.

Dr. Schuster is available for interviews on stress-beating topics such as, *Staying Young: The First 100 Years*.

For more information or to set up an interview please contact Dr. Charles Schuster at Back To Health, 25 W. Lincoln Ave, Charleston, IL 61920 (217) 345-9600 www.myback2health.com

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