



PRESS RELEASE

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For immediate release

Zen Chiropractic Center Provides Free Body Fat Assessment and Nutritional Consultation

(Honolulu, HI-June 15, 2008) In an effort to promote a healthy lifestyle in Hawaii and educate the public on the dangers of obesity, the Zen Chiropractic Center is offering a free, one-day only, body-fat percentage assessment, diet and nutrition consultation and exercise recommendation to all those interested in fostering or maintaining optimal health. The event takes place downtown on Wednesday, June 25, 2008 from 12pm to 4pm at 1188 Bishop Street, Suite 712.

The Zen Chiropractic Clinic specializes in providing its patients with natural methods of chiropractic care and offers a holistic health approach by looking at the mechanical aspects of the human body's musculoskeletal system, and providing nutritional and dietary consultation (the body's building blocks), as well as stress and anxiety management through a natural approach.

The free event addresses 'normal weight obesity' as an emerging risk factor. According to Mayo Clinic research in a recent April release, "more than half of American adults considered to have normal body weight in America have high body fat percentages — greater than 20 percent for men and 30 percent for women — even people with normal weight may have excessive body fat, and these people are at risk for metabolic abnormalities that lead to diabetes and, eventually, to heart disease." "Using the term 'normal weight obesity' is really a way of being more precise about the changing conceptualization of obesity, because the real definition of obesity is excess body fat," says Francisco Lopez-Jimenez, MD.

Persons wishing to attend the free health event may contact the clinic at (808) 599-2700 for more information.

For more information about this press release, please contact our office at (808)599-2700.