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BRANCHBURG, NJ (March 31, 2009) – The Association of New Jersey Chiropractors (ANJC) will provide a forum for communicating health information to the general public when it launches a bi-monthly half-hour internet radio show on Blogtalkradio.com beginning Tuesday, April 14th at 12 noon. Moderated by Dr. Sigmund Miller, Executive Director for the ANJC, the program, airing every other Tuesday, will explore health topics that can improve the quality of life for listeners and their families, friends, neighbors and co-workers, as well as answering the public's questions on chiropractic care.

The show will stream live on the internet at www.blogtalkradio.com/Assoc-NJ-Chiro every other Tuesday at noon ET and then be archived for download as a podcast through the ANJC website at www.njchiropractors.com. The call-in number for the show is (347) 826-7212.

"With over 1500 ANJC members throughout the state working hard to provide patients with healthy choices and solutions, we thought creating a radio show that features some of our members' expertise would be beneficial to consumers not only in New Jersey, but throughout the online world," said Miller.

Dr. Steven Clarke, ANJC President states, "This is a great way to introduce chiropractic care to consumers who have always speculated but were unsure as to what services we provide. We feel this show will give us a platform for showcasing not only the knowledge of our chiropractors, but also address some important health issues by providing much needed information."

The subject of the debut show on April 14th will be "*Backpack Safety*," presented by Dr. Kenneth Freedman of Freedman Chiropractic Center in East Brunswick. Given more than ½ of all children in school are carrying backpacks that are too heavy, this topic will be of great interest to parents. Special focus will be on the do's and don'ts of backpack safety, design, weight limits, proper packing and much more.

On Tuesday, April 28th, Dr. William Charschan, Medical Director for USA Track and Field NJ since 1992, will be the guest to discuss "*Preventing Running Injuries*," a topic that should be of great interest to weekend athletes getting ready for the warmer weather, as well as long-distance runners of all ages. Dr. Charschan, who has private practices in Scotch Plains and North Brunswick, will address how to pick the right running shoes and how to improve performance.

Future topics will include:

- The "Wellness" Revolution
- Recession Proof Your Health
- Common Athletic Injuries
- What is Chiropractic All About?
- Chiropractic and Pregnancy
- Kids & Chiropractic

About the Association of New Jersey Chiropractors

ANJC is one of the largest associations of chiropractors in the nation, with 1500 members, statewide. ANJC's mission is to educate its members on the latest technology and advancements in the profession and to become a trusted, relied upon information resource to the public regarding the benefits of chiropractic care. For more information, please visit ANJC's public information website at www.njchiropractors.com or call (908) 722-5678.

About BlogTalkRadio

BlogTalkRadio is the social radio network that allows users to connect quickly and directly with their audience. Using an ordinary telephone and computer hosts can create free, live, call-in talk shows with unlimited participants that are automatically archived and made available as podcasts. No software download is required. Listeners can subscribe to shows via RSS into iTunes and other feed readers. Our network has produced tens of thousands of episodes since it launched in August of 2006.