



AdvaCare Clinics: Chiropractic Adjustments Relieve Stress

In our hectic and fast paced world, many of us are stressed with struggling to balance work-life, family-life, and trying to implement personal time into our busy lives. We, as a North American culture, are OVER stressed, leading us into a fast paced frenzy, with an increasing population suffering from muscle tension and pain, depression, anxiousness and other stress-related conditions and illnesses. Stress can actually take the joy out of living.

What a lot of people don't know is that stress is a very real medical condition.

Stress can have wide ranging effects on emotions, mood and behavior. Equally important but often less appreciated are effects on various systems, organs and tissues all over the body.

And to be clear, stress is not all bad. A 20-minute workout at the gym for a fit 25-year old is good stress. The same workout for an out-of-shape 75-year old grandmother would likely be bad stress!

Whether your body considers stress good or bad is largely a function of how well it can accommodate it. Ultimately, this capacity is based on the condition of your nervous system.

Your nervous system controls EVERY cell, tissue, organ and system of your body. When the nervous system is compromised, it can have a dramatic impact on your overall wellness and performance. *The long-term effects of stress can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems.*

Every day we are exposed to chemical, physical and mental stressors in our environment that continually bombard our system. It is the job of our nervous system to detect, interpret, and adapt to them.

Physical Stress

A whiplash injury from a car accident is an obvious source of physical stress. As is repetitive motions, (painting the ceiling), postural distortions (falling asleep with your neck twisted), a slip and fall or overdoing it in the garden. Early on, even the birth process itself is a source of physical stress.

What a Chiropractor may be able to do is help you better ADAPT to the stress around you and help reduce the effect the potential physical damage on your body.

Mental Stress

Fear, grief, anger and other emotions affect our entire body. Notice the posture of someone who is sad or depressed. Frustration, or a sense of powerlessness at work, is a common form of emotional stress. All this is exactly what many of us are suffering from in today's hectic world. This stress is often felt as worry and anxiety, and can lead to poor health.

Clearly, it's not the stress, but our response to it that is critical. Chiropractic care, because its focus is to reduce tension to your nervous system, can help you respond and adapt more resourcefully.

Chemical Stress

Common sources of chemical stress include poor nutrition, sugar, refined carbohydrates and unhealthy fats. Drugs, preservatives, tobacco, alcohol, vaccinations, pollen and a host of other substances also affect our nervous systems, muscle tone and our spine.

Symptoms can appear when you lose your ability to adapt. Chiropractic care has helped millions reduce or eliminate reactions to many types of chemical stress.

A Healthy Spine Is A Key Factor To Effectively Managing Your Stress

If you lack the reserves to adapt to stress in a healthy way, it takes a toll. If your body reacts by "tripping a circuit breaker," causing subluxation, chiropractic care is likely to help. Chiropractors are experts in spinal health and how misalignments (vertebral subluxations) can negatively impact your nervous system, overall health and yes, YOUR ABILITY TO ADAPT TO STRESS. Chronic stress can result in these Subluxations negatively affecting your nerves causing pain or even organ dysfunction (digestion, lungs, etc.) Chiropractors detect and correct these subluxations with a safe and gentle Chiropractic adjustment thus promoting healing and health.

Modern life is full of pressure, stress and frustration. While Chiropractic Care cannot make your job less stressful, nor can it create a quieter, calmer world around you. Chiropractic Care can however, help you develop a healthier response to your stress and begin addressing the physical symptoms immediately.

Contact AdvaCare Clinic today at 952-835-6653. Stress is a fact of life. But it does not have to be a way of life!