

# STRESS RELIEF:

## A welcome side effect of Chiropractic

**S**tress ranks at an all-time high in the United States and throughout the world. A lack of confidence breeds uncertainty and worry. Emotional stress and depression comprise two of the worst conditions on earth, resulting in a foundation for the most doctor visits and drug prescriptions annually. **Stress represents the single biggest contributor to all disease.**



Some people experience high levels of stress yet feel few effects. The difference exists in the body's ability to manage or cope with the stress. And the ability to cope with stress is not entirely voluntary. The body comes equipped with internal systems managed by an autonomic nervous system which influences a person's adaptability to stress.

The Covid-19 chapter represents one of the most unique and stressful events in human history. The real hardships of anxiety and sickness combine with economic uncertainty and fear. Employment and financial challenges now plague millions of people as domestic disturbances and calls to suicide hotlines recently showed an exponential increase.

**The year 2020 will be remembered amongst the most stressful years in history.** Many people will persevere while experiencing minimal effects because the body adapted and effectively coped with stress. The brain and central nervous system process all stress both internally and externally. A key aspect in managing the stress of uncertainty and life's variables comes from the management and care of the body's regulatory system. Chiropractic adjustments help hit the reset button on the central nervous system and reduce stress hormones. A strong nervous system helps alleviate the burden of mental and physical stress. Research published in 2014 showed that a Chiropractic adjustment reduced specific hormones in the body which carried stress while allowing the subjects who received an adjustment to circulate more calming chemistry throughout the blood stream.

Some researchers compare receiving a spinal adjustment to hitting 'control-alt-delete' on a computer. People commonly recognize the key pattern designed to trigger the resetting mechanism in the computer's software. The same analogy applies to a spinal adjustment. The intimate

connection between the spine and the central nervous system translates into a reset of the autonomic nervous system when healing adjustments occur. **The outcome produces a calming effect throughout the body.**

Many people only associate Chiropractic with pain relief. Chiropractic adjustments produce healing in the body and

side effects of healing usually arrive in the form of positive outcomes as stress and pain both dissipate. The body contains an incredible ability to heal and demonstrate resiliency. Chiropractic allows the body to operate at maximum capacity, reducing stress hormones that rob life and vitality. A reduction in physical and mental stress translates into increased levels of calming chemicals in the brain. Change the course and pursue a healthier 2020. Now is the time for Chiropractic.

**Utilize these three stress-reducing strategies in partnership with Chiropractic adjustments to reduce stress in the body:**

1. Move the body - Any movement is good movement
2. Breathe deeply - Practice deep breathing two to three times per day for 10 breaths at a time
3. Fun in the sun - Do little things that increase daily exposure to sunlight

**The Journal of Orthopaedic and Sports Physical Therapy 2014**

*"Changes in Biochemical Markers of Pain Perception and Stress Response After Spinal Manipulation"*

Gustavo Plaza-Manzano, Francisco Molina-Ortega, Rafael Lomas-Vega, Antonio Martínez-Amat, Alexander Achalandabaso, Fidel Hita-Contreras



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