

# A Stress-Dissolving Strategy

**'T**is the season for fun, family, friends... and stress. November and December go hand-in-hand in with increased amounts of sugar, financial obligations, parties, extended family time, alcohol, vacations, and carbohydrates. Even the things meant for fun and enjoyment tend to bring a certain level of stress. Each and every spike of stress stands toe-to-toe with the body's most powerful asset in the war on peace: **the central nervous system.**

Too often the body's stress defense system enters the holiday season ill-equipped for the barrage of concerns that come knocking. The nervous system filters and processes stress and hormone related spikes. An improperly functioning central nervous system tends to become compromised by sickness, fatigue, and general disrepair. **The solution starts now.**

A proactive approach to health care beats any sort of medicinal reaction after unwanted symptoms descend on the holidays. The key to managing health begins with preparing the body with optimal defense. More people get sick around the holidays than at any other time of the year. Cold weather, poor eating habits, sugar, and stress wipe out even the healthiest and strongest men and women in the room. Yet many people living in those same homes and eating the same foods remain healthy. The reasoning starts at the source of all health: the nervous system.

The brain and central nervous system direct immunity within the body. Immune capacity originates from a group of organs which coordinate and direct specific blood cells to monitor, fight, and clean up areas of concern. **The cleaner the body, the lesser the stress on immune fighters.** The flip side mirrors a dirty trash dumpster filled with flies and other parasites hunting for a free meal. Toxins weaken the body and sap energy. The key to staying well involves keeping the body clean, strong, and full of energy.

Lifestyle plays a significant role in keeping the body clean and immunity strong. Eating well, exercising, taking good supplements, and working on mental and emotional health prove to be key ingredients in creating a healthy and resilient body. Yet the most pivotal area which directly influences stress levels remains the hub of all bodily health. **The benefits of improved spinal health through chiropractic**

**spinal adjustments provide the essential key to overall empowerment.**

Research from 2014 demonstrated a link between chiropractic spinal adjustments and stress. The study showed that one adjustment improved blood plasma biomarkers linked to stress response. Blood samples were taken before, immediately after, and two hours after the intervention. Remarkable results showed how chiropractic spinal adjustments improved hormones linked to reducing stress and pain in the body. The landmark study helped explain why so many chiropractic patients experience benefits far beyond back and neck pain relief. Chiropractic reduces stress in the nervous system and subsequently opens

a doorway for better sleep, energy, healing, and function.

According to the American Institute of Stress, 44 percent of Americans feel more stressed than they did just five years ago. Stress presents a significant challenge to men and women of all ages, especially around the holiday season. Chiropractic provides a proactive, stress-dissolving strategy that begins with more people understanding the power within the body. 'Tis the season for vibrant joy, laughter, and memories. **Welcome the season by empowering the whole family with chiropractic.**

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*"Changes in biochemical markers of pain perception and stress response after spinal manipulation."*

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