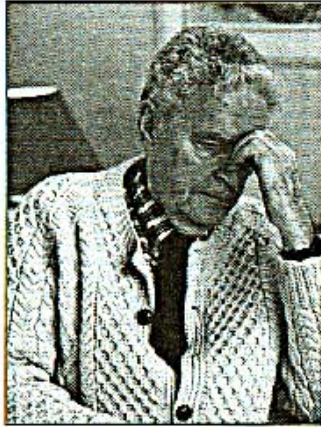


STRESS AND CHIROPRACTIC



The intelligence of the human body has especially equipped the body to be under "constant" protection without which we would not survive today's world for very long. Notice however, that some folks seem to be able to handle much greater amounts of stress or to be in stressful situations for longer periods without becoming ill or emotionally duressed. This is because the complex and delicate hormone system is under the "direct" control of the master system of the body, the nervous system.

The autonomic nerves stimulate the release of the hormone adrenaline. This is the body's response mechanism to stress and is also responsible for such actions as alleviating pain and affecting the circulation by the release of red blood cells. The increased red blood cells increase energy by carrying oxygen to consume food substances. The liver is also stimulated by this tiny adrenal gland to produce more sugar in order for the oxygen to have more fuel to burn. These are just a few of the body's responses to stress. As you can tell, many complex reactions have to take place in order for us to be able to adapt to stressful situations.

Because stress is a daily occurrence, we cannot afford our nervous system to be working only part-time. We need all of the nerves exiting the spine to be open and free of interference all the time. The powerful hormone system responding to stress can only work as efficiently as the nervous system that governs it. If your glands receive only partial messages, they will respond with only partial reactions. This will greatly affect how you handle stressful situations.

Unfortunately, some of our simple daily routines or habits, such as sitting in chairs for lengthy periods, or riding in cars actually "cause" subtle stresses to our spines. Eventually this adds up to the muscle tightening which you feel as tension. This tension, which builds without release, will slowly move the spinal bones out of normal position. This is known as a subluxation and causes interference to the nerve fibers which need to carry the important messages to the various glands. These subluxations, therefore, prevent you from full protection from the dangers of stress.

HEALTH THROUGH CHIROPRACTIC

All healing of lasting value comes from within the body. You were born to be healthy, and health is within you now. But good health depends on good nerve function.

Nerves are the electrical system of the human body, and the spinal column is the "switchboard" controlling health. Any pinching of these nerves as they leave the spine can cause trouble in the organs or limbs serviced by these nerves.

The doctor of chiropractic works with the spine and nerves. He has spent many years studying and learning the innermost secrets of the human nerve system. His objective is to locate and correct the nerve trouble that may be causing the abnormal functions and disorders in your body. By freeing the "blocked nerves" your chiropractor releases nature's wonderful healing power.

A simple, painless and inexpensive spine and nerve test can quickly reveal if you are a chiropractic case. You owe it to yourself and your family to have your nerve system tested. Every health problem has a cause and the cause must be found and corrected before you can get well.