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## Are You 'Overloaded' with Stress?

This is a common theme in our culture in America today. Too much going on and not enough hours in the day to do it. Kids activities every night and the family seldom have downtime to be together. Work hours keep getting extended because of deadlines and there is less free time than ever. Sound familiar?



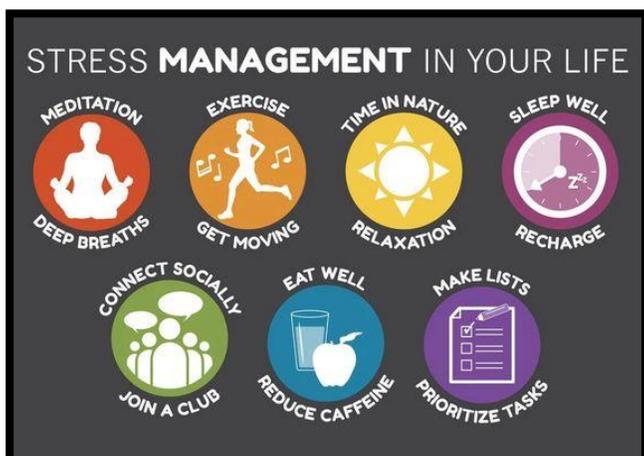
The human body is designed to be able to adapt itself to almost anything we do in life. If we walk out of a house that is 72\* and into the -30\* winter cold, our body raises our internal temperature so that we do not freeze to death. Likewise, if we are in 120\* desert sun, our body will begin to sweat to cool off and maintain as normal of a temperature as possible.

This ability is what allows the human body to survive extreme amounts of physical, mental, and chemical stresses each day of our lives. When our body begins to lose that ability the first place we should look is the system that coordinates the entire process, the nerve system.

The brain, spinal cord, and nerves work together to see that the body responds as quickly and efficiently as possible to everything the body does. When the system is compromised it is necessary to check the nerves to see that they are all working appropriately. This is where a Chiropractor comes in.

A Chiropractor will analyze the function of the nerve system to see that communication pathways from the brain to the body are working as optimally as possible. If it is not, then a Chiropractic adjustment may be necessary to correct the problem.

If you think you may be dealing with stress overload, find a Chiropractor who analyzes the spine and nerve system and takes structural x-rays to see how they can help!



# **Adapting to Stress:** Body and Mind -Dr. Ben Lerner, [www.thebodybygod.com](http://www.thebodybygod.com)

**Health is a state of well being in three distinct areas: 1. Physical 2. Mental 3. Social.**

One of my major rules for “Maximized Living” is “**Peace Management.**” A negatively stressful life will rarely lead to a healthy body. A struggling, desperate individual will likely experience illness despite following most of the other important rules of wellness. Even if you could be healthy while experiencing stress, you'd just be a **healthy miserable person.** And, who wants that?

On the other hand, someone who has peace of mind, knows who he or she is, works hard to emerge victorious over struggles and experiences loving relationships will very likely enjoy ongoing good health. If you're not having a good time living in your body, it's hard for that body **to be well** or for you **to call it healthy.** The fact is, you can't separate your wellness from your emotions. Every feeling you have affects some part of your body.

All feelings create physiologic change. Skin, heart rate, digestion, joints, muscle energy levels, the hair on your head and endless cells and systems you don't even know about change with every emotion. These changes can be called **the stress response.**

Celebrations and tragedies alike cause a stress response in the body. Some stress is unavoidable. The only stress-free people on the planet **can be visited at any local cemetery.** On the other hand, stress becomes negative only when:

- ❑ Your response to it is negative.
- ❑ Your feelings and emotions are inappropriate for the circumstances.
- ❑ Your response lasts an excessively long time.
- ❑ You are feeling continuously overwhelmed, overpowered and overwrought from circumstance.

Our personality and emotions are not pre-determined and pre-programmed as we once thought. You are not who you perceive yourself to be! Many of us feel stuck inside a brain that doesn't work the way we want it to. What science has discovered is that we control our genes. They don't control us! Although your DNA is your basic blueprint, it is triggered by our attitude and environment. By beginning to embrace and cooperate with life and recognizing how powerful you are, you can start to have a spirit of overcoming, experiencing positive, healthy stress, rather than living as a victim in a state of overwhelm, and negative stress.

**Stress has become a serious health hazard.** If you don't get a handle on it quick, stress can take a huge toll on your physical, mental and social well-being. **Let me share with you the most simple way to turn stress into your ally and not your enemy...**

***Regular chiropractic adjustments are the quickest and most effective way to reduce stress to your nerve system.*** Spinal nerve stress caused by a vertebral subluxation is a dangerous mechanism that damages nerves, weakens health and depletes energy stores. Many people may walk around with a painless subluxation for years without knowing it. As your wellness team, we specialize through the Gonstead method of chiropractic, in detecting vertebral subluxations, the cause of spinal nerve stress, which leads to increased energy, improved health and a rejuvenated body.