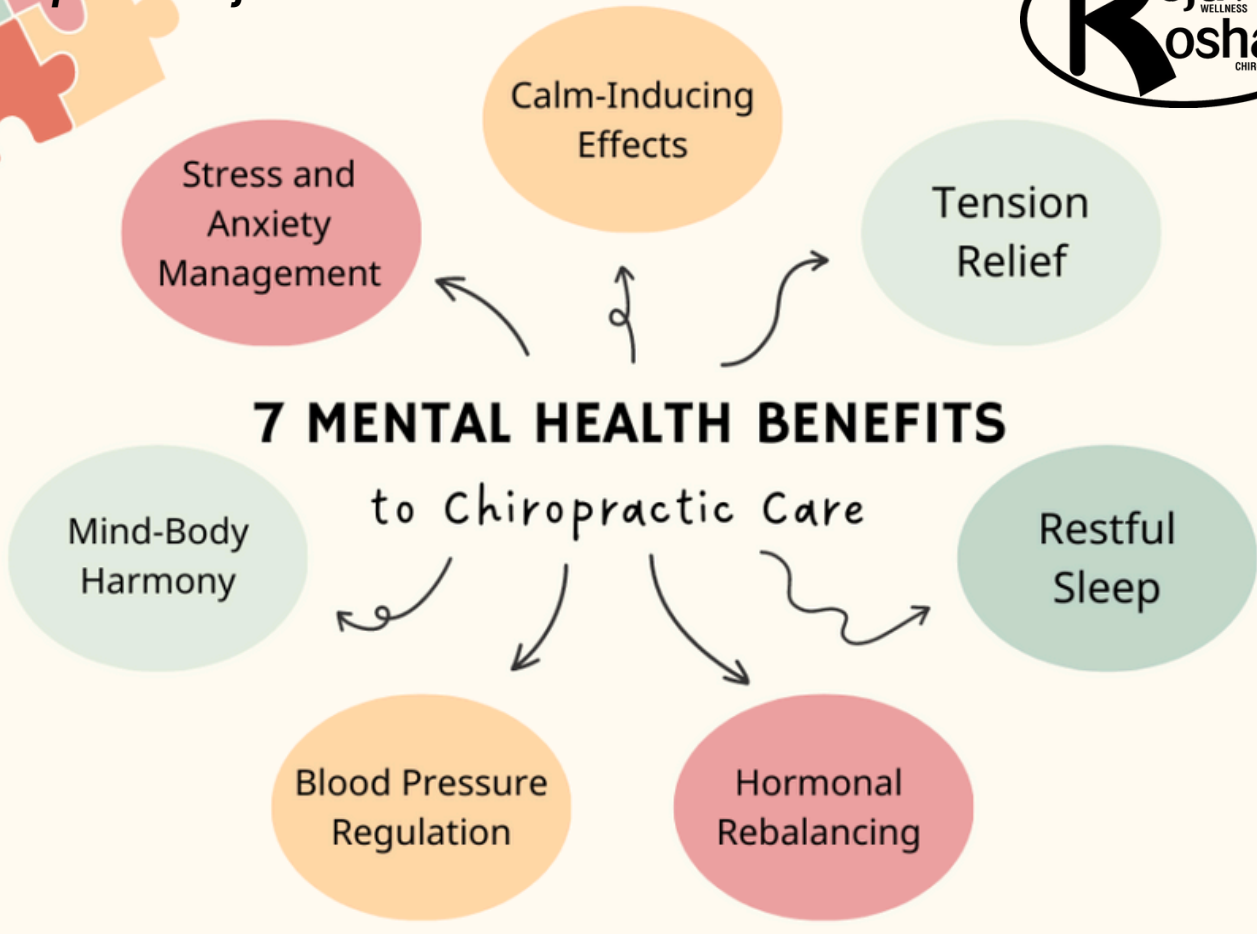


AUGUST 2024



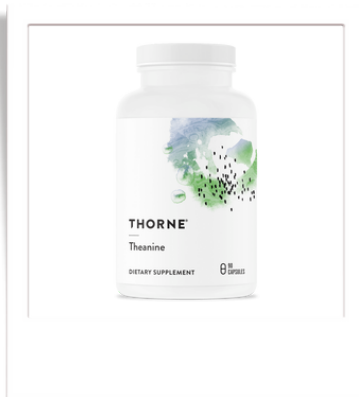
# WELLNESS NEWS

### Highlight of the Month: Stress & Stressors



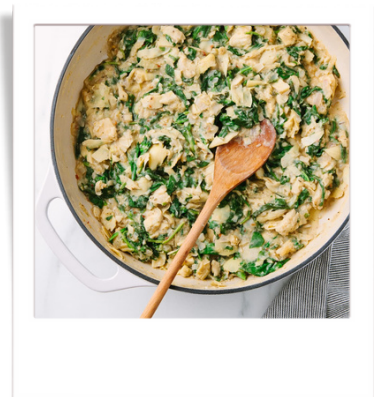
Spinal adjustments performed by Dr. Brad and Dr. Riley are designed to correct subluxations and restore the natural alignment of the spine. These adjustments help alleviate tension and pressure in the nervous system, which can have a direct impact on stress levels.

### Supplement of the Month: Theanine



Theanine, found almost exclusively in the tea plant, helps modify brain waves by increasing alpha-wave production. It also enhances brain neurotransmitters involved in stress management.

### Recipe of the Month: Artichoke, Spinach, and White Bean Dip



All carbs prompt the brain to make more serotonin. For a steady supply of this feel-good chemical, it's best to eat complex carbs, which take longer to digest.

## Stress & Stressors

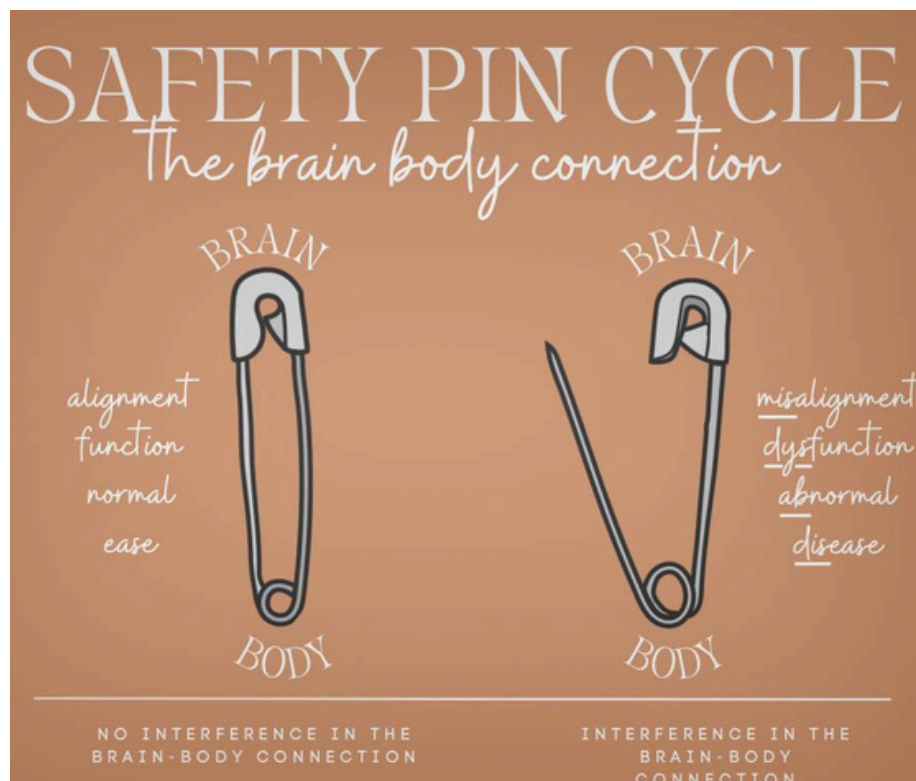
In a 2020 study, members of the American Chiropractic Association cited stress as a factor that was contributing to their patients' musculoskeletal problems. Chiropractic treatment is an effective way to combat stress-related pain and ailments, allowing patients to feel more relaxed and in control of their bodies.

## Chiropractic Care - An Overview

Chiropractic care is a non-invasive, holistic healthcare discipline that focuses on the diagnosis and treatment of mechanical disorders of the musculoskeletal system, particularly the spine. The profession is based on the premise that a well-aligned musculoskeletal structure, especially the spine, allows the body to heal itself without the need for surgery or medication.

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## How Chiropractic Impacts Stress



## Understanding Stress & Its Effect on the Body

When you encounter a perceived threat—be it a looming deadline or a large bill—your body responds by releasing stress hormones, including adrenaline and cortisol. This is known as the 'fight or flight' response. Your heart rate increases, your breathing quickens, and your muscles tighten, preparing your body to face the threat.

While this response can be life-saving in dangerous situations, continuous stress means your body is always in high gear, which can lead to serious health problems.

Over time, chronic stress can cause wear and tear on your body, resulting in physical symptoms like chronic headaches, tight muscles, high blood pressure, chest pain, and problems with sleep. In addition to heart disease, mental health disorders, and digestive issues, chronic stress can also lead to a variety of musculoskeletal conditions.

It's not uncommon for stress to manifest itself in the form of chronic low back pain, upper back and neck pain, jaw pain, and even joint pain.

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# Theanine by Thorne

Theanine is a unique amino acid that is found almost exclusively in the tea plant *Camellia sinensis* which has been used safely in Japan for decades. Theanine has been shown to positively modify brain waves and the key neurotransmitters involved in mood, focus, and memory.

Theanine enhances the production of the neurotransmitters dopamine and serotonin, and also appears to play a role in the formation of GABA – a neurotransmitter that acts like a "brake" during times of runaway stress. Theanine also enhances brain alpha-wave activity, a marker of relaxation. This effect has been observed to be most pronounced in individuals subjectively feeling the highest levels of stress.

A Japanese study of university students found that 200 mg of Theanine led to increased brain alpha-waves and a subjective sense of relaxation.\* In the same study, L-theanine administration also caused a dose-dependent relaxed, yet alert, state of mind without sedation, beginning approximately 40 minutes after ingestion.

Theanine helps establish balance in the neurotransmitter system, resulting in improvements in the mental/emotional and physical disturbances resulting from being overly stressed.



## Recipe of the Month: Artichoke, Spinach, and White Bean Dip

Carbohydrates are thought to increase the amount of serotonin in your brain, which has a calming effect. Eat foods rich in complex carbohydrates, such as whole grains – for example, oatmeal, quinoa, whole-grain breads and whole-grain cereals. Steer clear of foods that contain simple carbohydrates, such as sugary foods and drinks.

## Ingredients

- 2 cups artichoke hearts
- 1 tablespoon black pepper
- 4 cups chopped spinach
- 1 teaspoon minced dried thyme
- 2 cloves garlic, minced
- 1 tablespoon minced fresh parsley
- 1 cup cooked white beans
- 2 tablespoons grated parmesan cheese
- 1/2 cup reduced-fat sour cream.

## Directions

Heat oven to 350 degrees. Mix all ingredients together. Put in a glass or ceramic dish and bake for 30 minutes. Serve with vegetables or whole-grain bread or crackers.