

MANAGING STRESS WITH CHIROPRACTIC

The overall truth about life is that stress is a major factor. Most everyone is affected, starting with the birthing process. The daily heat and trying to keep cool is stressful. Our environment creates stress, the food we eat, the air we breathe, and the relationships we have increase the stress on our bodies. Most stress is of a chemical, physical or emotional origin which includes accidents, strains, postural deviations, diet, medications, environmental toxins, anxiety, finances, the economy, our jobs, the personal pressures we cause ourselves and accept from others are just a few of the stresses of daily life. Many of the complaints that medical doctors treat are caused by stress and include headaches, fatigue, anxiety, back and neck aches, and it is no surprise that anti-depressants and pain medications are so widely prescribed in an effort to help alleviate these problems. Our bodies struggle to adapt to these stresses while trying to maintain normal nervous system function, but when our body is pushed to its limits our body revolts, and “pain” and “dysfunction” ensue. The problem is that when we wait until “pain rears its ugly head” the damage has already been done. Research has shown that over 80% of all illness is stress related--from diabetes to cancer. We must remember that the nervous system controls and organizes all body systems and processes including the IMMUNE SYSTEM, cardiovascular, hormonal, digestive, respiratory and musculo-skeletal systems, and the optimum way to address these issues is to balance the nervous system.

CHIROPRACTICS ROLE

Chiropractic works with the spinal column which houses and protects the spinal cord and nerves that with the brain comprise the “central nervous system” and control all body function. The nerves exit between the 24 vertebrae or bones that make up the spinal column and when the bones are out of alignment (called a

subluxation) nerve interference can occur and interfere with normal body function. Stress and disease also cause vertebrae to misalign and negatively affect the central nervous system. Chiropractors are specialists of the nervous system and are trained to diagnose, detect and treat disorders and dysfunction in this system. Chiropractors perform “spinal adjustments” to correct disturbances of nerve function and remove interference in the central nervous system, to restore normal function and health. A recent study at the University of Lund showed that long term Chiropractic care of two or more years was shown to “re-establish a normal physiological state independent of age, sex or nutritional supplements”, with some subjects producing higher than normal wellness values. These findings offer a scientific explanation for the positive health benefits reported by patients receiving Chiropractic care.

To improve health, decrease stress, and alleviate pain see a Chiropractor today for a natural approach and get back on the road to wellness and to a better life.

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