

How does stress affect you?

Stress has been with us since the beginning of time. Every era has faced its share of threatening situations. Today, the stress of work, project deadlines, personal conflicts, and the demands on our time and money, take a huge toll on our health.

It may surprise you that your “feelings” of stress may have nothing to do with the stress in your life. Poor posture, prolonged sitting, an accident, or even an old injury can lead to spinal stress. Chronic pain and muscle tension can cause you to experience nervousness and irritability.



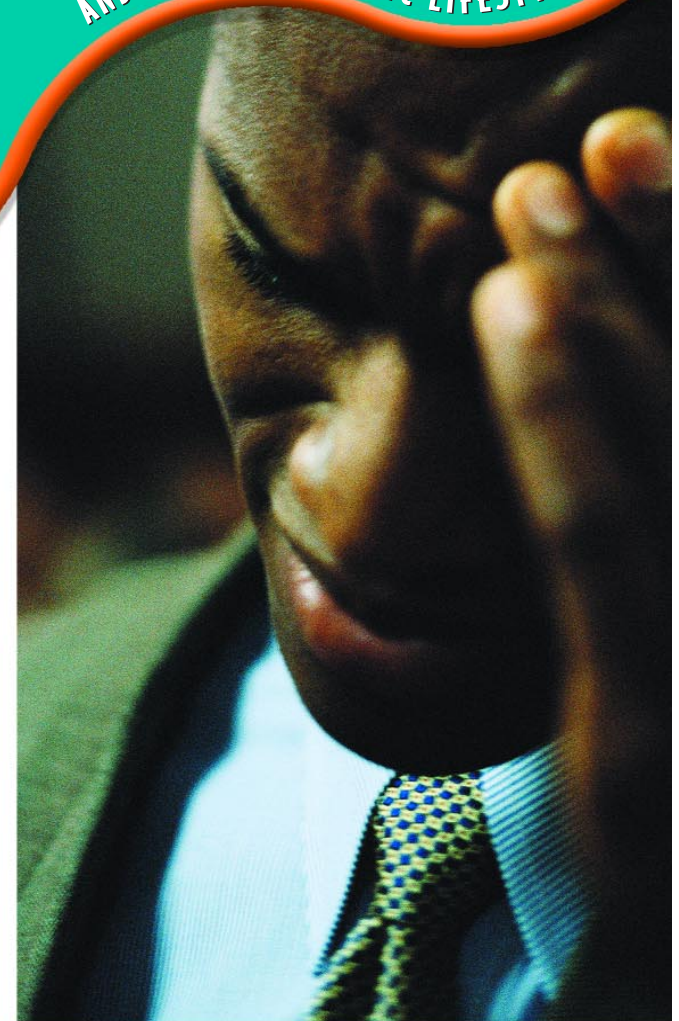
Emotional stress is just one of many types of stress that cause damaging wear and tear on your body.

THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

Stress

AND THE CHIROPRACTIC LIFESTYLE



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SHARE WITH YOUR FRIENDS AND FAMILY

How well do you adapt to stress?

Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies.

Like a relaxing vacation, chiropractic care can help give your nervous system a greater capacity to adapt to stress.



Similar to exercise, chiropractic adjustments can help reduce tension in the nervous system, improving your ability to tolerate and adapt to the stresses of modern life.

For some, it's an upset stomach. For others, recurring headaches, back pain, or muscle stiffness. Still others respond with nervous twitches, allergic reactions, or sensitivities to chemicals. Regardless of your particular response, the function of your nervous system is involved. That's why chiropractic can be so helpful.

The chiropractic approach to stress is to help normalize the function of your nervous system by removing interferences caused by the Vertebral Subluxation Complex or spinal joint dysfunction.

Finding the "weak links" in your spine (the major communication pathway of your nervous system) and helping restore better function, can make a profound difference in your response to stress.

It may not be possible to remove the stress from a busy life. However, with the help of your chiropractic doctor, you can respond better to the unique challenges you face.

