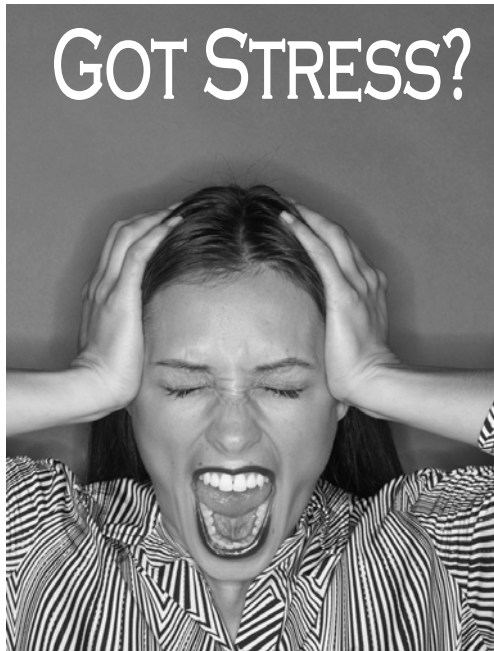


## Will Everyday Stress Finally Do You In?



We're surrounded! Surrounded by stress, that is. Stress at work, stress at home, it really is the new epidemic.

Stress is a normal part of life and a certain amount of stress is the stimulant we need to achieve our goals. It's when stress becomes constant that our bodies become overwhelmed and strained.

When stressed, our bodies release adrenalin and a series of reactions take place. Heart rate increases, muscles tense, blood pressure rises, pupils dilate, your body jumps to attention preparing to fight or retreat. The body also shuts down functions not needed for immediate survival, such as the immune and digestive systems, choosing instead to funnel all available energy to the situation at hand.

This response is critical to surviving any dangerous situation; however, the body reacts to physical, emotional and chemical stress in all the same way—regardless of whether you are in the path of a speeding car or struggling with a conflict at work, your body jumps to attention preparing for your next reaction. If stress continues over a period of time, the body gets locked into this defense reaction and it's this long term stress that causes your body to adapt in ways that are unhealthy. The

Centers for Disease Control sights a significant link between stress and the leading causes of death; heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

Most likely, you've never considered chiropractic for stress-relief. Many people think of chiropractors as back and neck doctors when we are actually doctors of the nervous system. To completely comprehend the link between chiropractic, the nervous system and stress relief, we must first understand how the body works.

Each of us is born with an innate intelligence that keeps us functioning every minute of our lives. This intelligence is far superior than our educated minds. Although you didn't consciously tell your body how it needed to perform today, among its long list of accomplishments, it will digest your morning breakfast, provide the energy for your morning run and heal yesterday's paper cut. All this is accomplished through your nervous system, which is the master system of the body, controlling and coordinating every function of your body.

One major cause of physical stress is vertebral subluxation complex, the technical term used to refer to misalignments of the spine. Spinal misalignments interfere with the nervous system, causing stress on the body, as well as compromising the body's ability to adapt to stress. Untreated, they can lead to any number of conditions including headaches, digestive problems, back and neck pain, decreased immunity and many more. The job of the chiropractor is to remove these subluxations with an adjustment, relieving the stress to the nervous system and allowing the body to function at its full potential.

While many people resort to treating symptoms with medications, this does nothing to correct the underlying cause of their problem. Chiropractic itself doesn't treat these conditions, but rather removes the stress from the nervous system, allowing the body to function better. Then we watch as the body miraculously heals itself!

When this happens, we see miracles. We have had patients that were told they were infertile who were able to conceive after correcting the subluxations in their spine. Children suffering from chronic ear infections no longer needed their antibiotics. Migraine sufferers were able live an active life without pain medications.

Regular chiropractic adjustments are the ultimate stress-relieving technique. Removing subluxations ensures that you are not only getting relief for your symptoms but are correcting any underlying conditions that may be hindering your body's performance.

*Dr. Jack Hinderman is a licensed doctor of chiropractic. His practice, Family First Chiropractic Wellness Center, is Dubuque's newest and fastest growing wellness center. They specialize in wellness care for the entire family, from infants to adult. Dr. Hinderman can be reached at (563) 556-6921.*