

Safe and Natural



Chiropractic is a team approach to better health. As you enjoy results, tell those you love. Explain how millions enjoy relief and better health by restoring the integrity of their spines and nervous systems with safe and natural chiropractic care.



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stress

WHAT PATIENTS WANT TO KNOW ABOUT STRESS

Not all stress is bad. A 20-minute workout for a fit and trim 65-year old is good stress. The same workout for an out-of-shape 35-year old would likely be bad stress!

Whether your body considers stress good or bad is largely a function of how well it can accommodate it.

Ultimately, this capacity is based on the condition of your nervous system.



Not all stress is bad! Our reaction to stress is based upon our conditioning and overall health.



How Well do You Adapt to Stress?

It's Not Reaction

The Stress - It's Your to It That Matters!

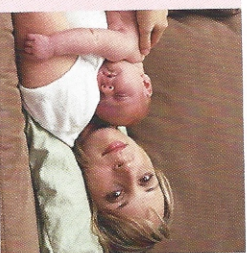
Stress is part of everyday living. In fact, a stress-free life would be boring! Life is enjoyable when we have ample resources to experience and overcome the stresses we face.

Physical Stress

A whiplash injury from a car accident is an obvious source of physical stress. As are repetitive motions, a slip and fall, lack of sleep or overdoing it in the garden. Early on, learning to walk or ride a bike and even the birth process itself are sources of physical stress.

Accumulated stress exhausts our reserves. Then, something as simple as mowing the lawn can put us over the edge. Chiropractic care helps restore your adaptive capacity.

Stress from the birth process can interfere with the sucking response or cause colic, ear infections and other health issues.



Emotional Stress

Fear, grief, anger and other emotions affect our entire body. Notice the posture of someone who is sad or depressed. Frustration, or a sense of powerlessness at work, is a common form of emotional stress.

Clearly, it's not the stress, but our response to it that is critical. Chiropractic care, because it focuses on reducing tension in your nervous system, can help you respond more resourcefully.

Chemical Stress

Common sources of chemical stress include poor nutrition, sugar, refined carbohydrates and unhealthy fats. Drugs, preservatives, tobacco, vaccinations, alcohol, pollen and a host of other substances also affect our nervous systems, muscle tone and our spine.



Research suggests that many low back problems can be traced to sometimes hidden emotional issues.

The problem isn't the pollen or chemical, because not everyone reacts. Symptoms can appear when you lose your ability to adapt. Chiropractic care has helped millions reduce or eliminate reactions to many types of chemical stress.

If you lack the reserves necessary to adapt to stress in a healthy way, stress takes its toll. If your body reacts by "tripping a circuit breaker" causing vertebral subluxation, chiropractic care is likely to help.



Instead of fainting or going unconscious, think of a vertebral subluxation as a "tripped circuit breaker."

Can chiropractic care solve all my stress?

Of course not. Much of the emotional stress we experience is largely self-induced. Imagine how much pain and suffering result from attaching inappropriate meaning to events in our lives. Or the constant burden we experience by not forgiving others. Stress is a natural part of life. Chiropractic care can't eliminate stress, but it can help increase your capacity to accommodate it.



How can stress affect my spine?

Think of your spinal cord as a guitar string. The greater the tension, the higher the note. Your nervous system has "tone" as well. With each stressor, your body tightens up, like bracing yourself for a tight curve on a roller coaster. The weakest joints of your spine are forced out of their normal position. Like the shrill notes from an over-tightened string, your body loses its capacity to respond to the full range of human experience.