



Learn The Three Types Of Stress... And How You Can Control Them All

Our body's first experience stress during birth and it goes downhill from there. Health is a condition of wholeness in which all the organs of the body are functioning at 100% all of the time. 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.

- 80% of infants have subluxation
- 47% of children fall on their head by age 1
- 12 year of poor posture and sitting in school
- Teenage stress
- 70% of teens are in an accident within 2 years of receiving their license
- College stress
- Junk food
- Occupational stress
- Failure to exercise
- Financial stress

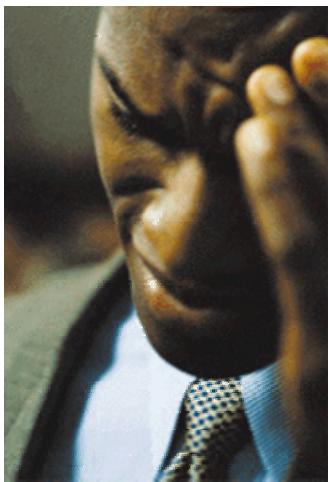
At this point our bodies are functioning at 40% of its capabilities due to years of stress. Stress can be grouped into three categories:

1. Mental/Emotional Stress – What we think or feel
 - Work, home, family, financial, etc.
2. Chemical Stress – What we ingest
 - Eat and drink
 - Drugs, legal and illegal
 - Alcohol
3. Physical Stress – What we do with our bodies (e.g. birth)
 - Lack of exercise
 - Work, lifting, sitting (poor posture)
 - Sleeping - position



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

Stress is not a person, place or thing; it's an emotional, chemical and physical reaction to change. Stress is a reaction to a stressor and a stressor is anything positive or negative that urges you to make a change. Stress is caused by uncertainty, inconsistency, instability and insecurity. You can't eliminate stress altogether, but you can "tame the beast" so that you can live with peace. Sometimes it is an upset stomach, other times it can be headaches, back pain, muscle stiffness, nervous twitches, allergic reactions or sensitivities. Just as a chain breaks at its weakest link, we seem to show stress and strain in the weakest regions of our body. Regardless of which response you have, the function of the nervous system is involved. All the functions of your body are controlled by your nervous system. Without a healthy nervous system your body will cease to function correctly and illness may result.



Is Stress Good Or Bad? Two sides to stress

1. Positive/Bright side

- Short term stress is good; it can help you become more alert, efficient and productive.
- It's short term
- It can motivate you to meet demands
- 2. Negative stress/Bleak side
 - Occurs too often
 - Lasts for a long time. Long term stress and the inability to handle that stress is what will kill someone

How To Tell If You Are Under Stress

Major symptoms caused by stress

How does stress affect you?

Many things can lead to stress on our body's' organs.

- A. High blood pressure
- B. Musculoskeletal disorders – stiff neck, achy joints, low back pain
- C. Digestion disorders – ulcers, heartburn (Tums, Rolaids)
- D. Headaches (Tylenol)
- E. Fatigue
- F. Sleeplessness (not getting 6-8 hours of good sleep)
- G. Allergies, sinus problems



Don't Gamble. It's Your Life. 5 Things Everyone Needs To Know About Managing Stress

Managing stress can be rewarding as it will increase the overall functionality of your organs and enable you to perform close to 100%. Following a prescribed plan can make all the difference. You will have a stronger immune system for fighting disease, it will lower the risk of heart disease and other chronic illnesses, it will improve relationships and it will reduce burnout in both your work and personal life.

The 5- Step Plan To Managing Stress

1. Better eating habits
2. Consistent daily exercise
 - Stretching
 - Deep relaxation breathing
 - 30 minute aerobic workout
3. Get plenty of rest
4. Positive, Happy attitude
 - Stop worrying about what was and start planning what will be
 - The most important opinion you have is that of yourself
 - Identify your stressors and take care of them
5. Proper functioning spine and nervous system
 - Back pain is the second most common ailment
 - Back pain is the second most common surgery

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



How Well Do You Adapt To Stress? 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. Chiropractic health care helps to reduce tension on the nervous system, improving your ability to tolerate and adapt to the stresses of modern life.



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.

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.

Stress has been with us since the beginning of time. Throughout time there have been threatening situations. Today, the stress of careers, deadlines, conflicts, and the demands on our time and money, take a huge toll on our health. It may not be possible to remove the stress from a busy life but the doctors of chiropractic at South Orange Chiropractic Center will help you to respond better to the unique challenges that you face.

The doctors of chiropractic at South Orange Chiropractic Center are able to restore joint function and therefore the function of your nervous system, which has a profound effect on your response to stress. Our chiropractors are qualified to diagnose, treat and assist in the prevention of mechanical disorders of the musculoskeletal system (relieve pain), which enables your body to work at a more optimal level.
