



CATER CHIROPRACTIC

CLINIC

Stress Relief and Chiropractic Care

Stress: a little word that has the potential to invoke major implications within the life of many individuals. On a daily basis, our bodies are enduring stressors whether we are aware of them or not. Within each and every one of us, we are born with the ability to handle stress (stress threshold). Throughout the course of our lives our bodies are doing everything imaginable to keep us below our stress threshold. Every individual has their own threshold, whether it is high or low. This stress threshold is one that may be met gradually or it could come on quite suddenly.

Stress from a chiropractic standpoint is viewed from 3 major areas referred to as the “3 T’s”: Thoughts (emotional), Traumas (physical), and Toxins (chemical). Thought stressors are related to emotions, work, family, money, death, depression, etc. Stressors related to Traumas are from car accidents, falls, sports/exercise, birth, etc. Toxin related stress is a direct result of poor nutrition (standard American diet), beverages, tobacco, drugs, etc. When the body is continually bombarded with the “3T’s” it causes the body to overload with stress (stress threshold) and then the spine misaligns (vertebral subluxation) and causes interference in the nervous system. This systemic overload will manifest as outward physical ailments such as: common illnesses, impatience/anger, insomnia, fatigue, mental fog, impulsivity, and the list goes on.

The goal should be to take a preventative/proactive approach to stress reduction before any of these symptoms rear their ugly head. Specific spinal adjustments by your chiropractor will help reduce your stress levels and alleviate or even prevent many of the stress induced ailments. Therefore, regularly scheduled chiropractic care is necessary to achieve optimum health.

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