

WHY DO WE NEED TO LOOK AT THE EFFECTS OF YOUR STRESS RESPONSE?

The reason we need to look at the stress response is because no one else does. Part of everyday life is to experience or feel some sort of stress whether that stress is in the form deadlines, financial problems or being chased by a hungry lion. This stress response gives you the best possible chance for survival in your environment. However, the majority of stress your body endures is not felt by you. For example, you are unaware of the changes your body makes when you have been sitting and then need to stand and you are unaware of the changes your body endures when you go from a cool, air conditioned room to the hot outdoors. The bottom line is that no matter the type of stress your body undergoes it is critical that there is an appropriate response to normalize itself. When your body cannot respond and recover from stress appropriately for an extended period of time it will eventually show signs and symptoms of illness, fatigue and even disease. The following list portrays part of the body's stress response:

1. **Increased cortisol** (*increases blood sugar, decreases bone formation, suppresses the immune system and aids metabolism*)
2. **Increased adrenal hormones** (*increases heart rate, constricts blood vessels*)
3. **Increased heart rate**
4. **Increased constriction of blood vessels**
5. **Increased blood pressure**
6. **Increased blood glucose levels**
7. **Increased blood lipid levels**
8. **Increased LDL** (*"bad" cholesterol*)
9. **Increased clotting factors**
10. **Increased protein degradation of muscle and connective tissue/ tight muscles**
11. **Insulin resistance** (*insulin helps to use up your body's sugar*)
12. **Increased feelings of stress, fear and anxiety**
13. **Decreased short term memory, ability to concentrate or learn**
14. **Decreased serotonin levels** (*serotonin helps promote sleep*)
15. **Decreased HDL** (*"good" cholesterol*)
16. **Increased sensitivity of sensory systems; including those for pain**
17. **Decreased hormones that help the body grow and repair** (*no recovery*)
18. **Decreased sex hormones**
19. **Bone Density Loss**



As your chiropractor my job is to assist your body in balancing the nervous system. The nervous system is broken down into two major categories: the central nervous system and the peripheral nervous system. The peripheral nervous system is further broken down into the autonomic nervous system. The function of the autonomic nervous system is to run all the *automatic functions* of the body like breathing, heart rate, digestion and hormonal systems. The autonomic nervous is the major player in the health of your stress response and is the main focus of both our exam and treatment at this office. Heart disease, stroke, diabetes, obesity, depression, anxiety, sleeplessness, fatigue, *chronic pain*, osteoporosis, fibromyalgia, ADHD, decreased fertility and indigestion are all major disease processes in the United States. Look at the list of physiological changes above and determine for yourself if a chronic, unhealthy stress response may contribute to many of the problems you may experiencing? Does it make sense to treat all the individual symptoms caused by an unhealthy stress response with drugs or surgery? Or does it make more sense to at least try to balance out your nervous system and allow the body to heal itself?

DO YOU HAVE A "BACK" ISSUE OR IS IT REALLY A HEALTH ISSUE?

How do we know if your nervous system is functioning normally?

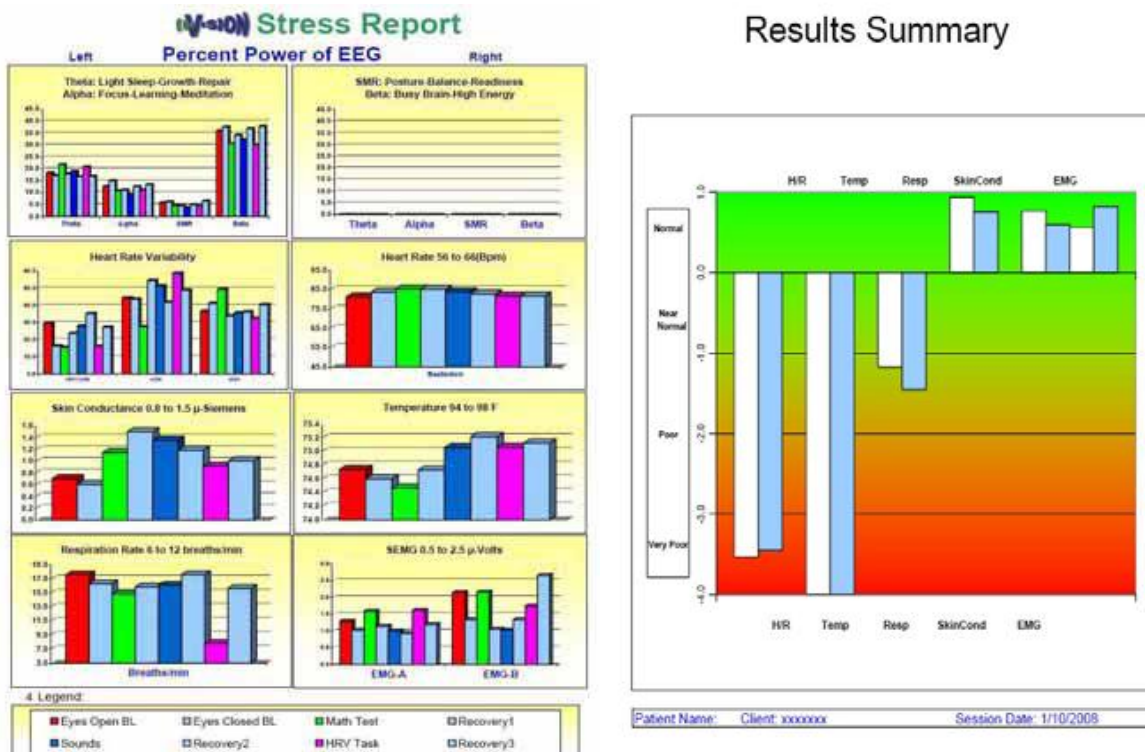
The stress response evaluation (SRE) is a very effective and accurate method of measuring your physiological stress response. It is a 12-15 minute computerized, totally non-invasive exam using technology found in research facilities and athletic facilities around the world. Sensors are attached to the skin of your shoulders, head and hands. There are no needles or any form of skin penetration. From the interactive, computerized test, we can compare YOUR neurological response and recovery to three different types of stress challenges.

What does the SRE tell us?

This simple test gives us a detailed picture of how balanced your nervous system is....it will tell us if your body is working in a coordinated manner and if your body is doing what it's supposed to be doing, when it's supposed to be doing it! The SRE looks at 7 different nervous system activities and it will clue us in on your stress physiology during each "stressor" and it will tell us if or how well your system "recovers" after each stressor. The information provided then gives us crucial information regarding the type of care your body needs. Even more important, the SRE will allow us to actually see the improvements in your neurologic function as you progress through your chiropractic care.

What is the relationship between the stress response and Chiropractic?

The public's misconception of what chiropractic care does is the greatest challenge of the chiropractic profession. Most people think that the adjustment moves joints and bones and this has been the common misconception for over 50 years! While that appears to be what we do, it is FAR from the real benefit of the chiropractic adjustment. The chiropractic adjustment ACTUALLY stimulates a complex nervous system response which has the power to alter the body's physiology so that it can return to a healthier state. We are able to demonstrate this with pre-care and post-care stress tests (SRE). Thanks to this new technology we can now prove what chiropractic has been doing for the last 100 years—helping the body's nervous system restore natural balance and healthier function.



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