

Manage Everyday Stress with Chiropractic Care

Stress has become a reality of modern day living. Between longer working hours and a constant stream of media, it's easy to understand why a large percentage of the U.S. population feels a significant impact from stress in their daily life. Many times stress symptoms can take a backseat to more pressing medical concerns, but they shouldn't be taken lightly. It's important to address the symptoms and reduce stress before more serious medical issues arise.

The impacts of stress:

- Can lower the immune system
- Can destroy brain cells
- Can encourage barriers to a restful sleep
- Can cause your body to tense



Unfortunately many people go through life with excessive stress and fail to treat the symptoms. Chiropractic care, along with other healthy lifestyle choices, is an easy way to prevent and manage the stress of everyday life.

Reduce Muscle Tension

Posture can have a great deal of impact on stress you're putting on your body. Encountering stress will enable you to tense your muscles even more, and over the course of time, this takes a toll. Your chiropractor will help you work on posture exercises, and provide relaxation techniques that help your body get into a state of relaxation to restore quality of sleep.

Restore Body Function

Your spine is central to your neurological system, communicating everything you do. As stress creeps in, your spine will begin to move. Regular appointments with the chiropractor can help adjust your spine and restore function to your body; including immune system improvements, more energy, and the feeling of less stress overall.

Review Your Nutrition

You may not correlate food with stress right away, but often times poor nutrition can put a large amount of stress on your body. Good nutrition is a strong foundation for maintaining your health, and chiropractors can help in this area with a nutrition assessment, providing guidance to best practices and even supply nutrients your body may be lacking.

Feeling stressed? Ask for help. Chiropractors cannot rid you of stress completely, but they are equipped with powerful tools, for both the mind and the body, that are helping patients better cope with stress and improve their quality of life.

September



Brain Tap & Meditation: Activate your Brains Peak Potential

We are excited to bring Brain Tap Technology to our office. Brain Tap features harmonizing tones synchronized with gentle light pulses sending direct signals to your brain and guiding you into a deep relaxation. Your brain is your control center, meaning it controls every aspect of your life! A 20-minute session will help you reduce brain fog and negative mind chatter, increase your energy, promote relaxation, helped with unwanted habits and behaviors, enhances memory and focus and improves quality of life. Do not let Stress rob you of a great quality of life.

To make things even better we have combined Brain Tap technologies with the luxury of the Infinity Massage chair. The two combined will allow you to decompress, relax and allow your body to heal from the inside out. Start your relaxation, packages start at \$25.00 per 20 minute session or but 10 sessions and get one free.



September is Self Improvement Month! Here are some tips to help you become a better you:

- Love yourself
- Meditate
- Face the FEAR of failure when you do something new
- Eat Better
- Accept Change
- Cut off Negativity
- Set Goals
- Accept the Past
- Be your own Masterpiece

Have you heard about the great results from Stem Cell Therapy we have had? If you would like to learn more about Stem Cell check out our upcoming STEM CELL Seminars:

Tuesday-September 11th at 5:30pm

Tuesday-September 25th at 5:30pm



Our office will be closed:

Monday, September 3rd for Labor Day

Saturday, September 29th



Chiropractic
is the *Key* to good Health