



Livingston County Chiropractic Center &

Whole Body Medical Wellness

July 2019 Newsletter

The best part of my day is being able to start a baby's life off right with a chiropractic adjustment. Both of my kids were adjusted before leaving the hospital. Our philosophy is that "It is better to grow healthy kids, than to fix injured adults" #getadjusted

-Dr. Ashley



July 4th-Office Closed

July-Stem Cell Seminar-Tuesday, July 9th @ 5:30 pm

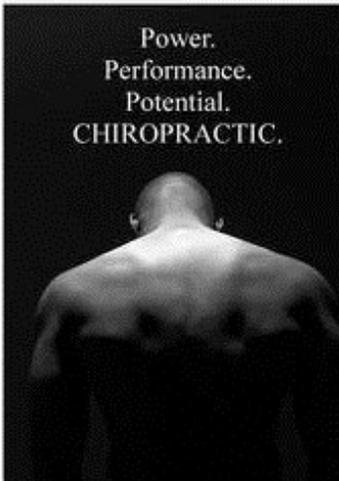


## Can Chiropractic Improve How the Body Handles Stress?

The human body and its functions are incredibly complex. We have the ability to adapt to physical, mental, and chemical stress at a fundamental level. Our lifestyles create or diminish stress depending on diet, physical activity, attitude, posture, past history of trauma, and the environment we live in. The automatic operating system (aOS) is the primary portion of the nervous system that helps the body recognize the interactions we have with our environment in the form of short-term stress and long-term or chronic stress.

We have a particular response pattern to sudden or severe stress called the "fight-or-flight" mechanism. This is the primary portion of the aOS that helps us deal with or adapt to changes in our environment. The responsibility of the aOS in times of stress is to allow our bodies to continue to self-regulate. The best way to evaluate stress is by intensity, frequency, and duration. In a healthy individual, the nervous system will adapt to stress based on its intensity or severity, the frequency of exposure, and the duration of the stress. In severe cases, the aOS will create the fight-or-flight response. During fight-or-flight, the body will go into a defensive mode and out of a growth mode. This is a very beneficial state during short-term stress, but a very bad state to be in throughout life.

During a stressful event, our bodies will release stress hormones, primarily adrenaline and cortisol, for increased energy and short bursts of physical activity. The blood vessels will constrict around our organs and blood will be delivered to the muscles to help us get away from stress quickly and efficiently. Our heart rate will increase and our breathing will become shallow. We will become more acutely aware of our environment, but have less ability to consciously make decisions. The body and mind at this time are not in a normal state because the order of the moment is to survive the event—not to thrive, grow, or repair tissue. The problem we run into is when we have chronic long-term, low-intensity stress and the nervous system adopts a prolonged fight-or-flight state. When the body has accumulated stress and the nervous system learns a pattern of prolonged stress responses, the only outcome can and will be a state of imbalance and eventual disease. Most of the diseases that affect people are caused by the stress response, not a lack of medicine or pills.



## WHY ATHLETES SHOULD USE CHIROPRACTORS

If you're an athlete, you know you're constantly beating up your body. Staying fit and active—whether running, jumping, kneeling, kicking, or hitting—can be great for overall health, but it can also come with some aches and pains. To maximize your performance, help prevent injury, and improve recovery time, a chiropractor can play a key role. The central nervous system is located in the brain and spine, which means it should come as no surprise that a misaligned spine can cause all sorts of issues, including pain, imbalances, pinched nerves, and more. These things can slow you down and even leave you on the sidelines. Additionally, when you play sports, you open yourself up to potential injury on the field, court, or in the gym because you're pushing your body. Seeing a chiropractor can potentially help not only prevent injury, but help you recover more quickly.

School will be starting sooner than we think. Make an appointment with our Nurse Practitioner, Cheryle to get your children's Back to School Physicals and an Adjustment while you're here!



Make an "adjustment" in your summer plans and make sure to get "adjusted" today!

## Chiropractic for Babies: Mother Approved

Babies can't tell us how important chiropractic is for their health and wellness, so let's listen to what their mothers are saying. A survey of mothers whose infants received chiropractic care reveals high levels of satisfaction relative to improvements in infant behavioral issues such as feeding problems, excessive crying, sleep issues, problems with supine sleep position (on the back; the recommended position to minimize SIDS risk), time performing prone positioning (on stomach; an important position for developing early motor skills ) and restricted cervical (neck) range of motion.

On average, mothers reported two problems affecting their child at the first visit, and took their infants (80 percent of whom were 12 weeks of age or younger) to the chiropractor approximately 3-4 times during the study period. Overall, mothers were overwhelmingly satisfied with the impact chiropractic care had on their infants:

- More than 80 percent reported definite improvements on a global impression of change scale.
- 91 percent rated their satisfaction with care received as an eight or higher on an 11-point scale.
- 95 percent felt the care provided by the chiropractor was cost-effective. What's more, maternal ratings of depression, anxiety and satisfaction with motherhood also improved during the study period. In other words, healthier baby, healthier – and happier – mother!

