



Health Problems?

Stress is more contagious than the common cold.

Health Solutions

September 2014

"It's great to see your back!"

10/18/14
Football
Jersey Day
\$5 OFF
Adjustment

Empty Your Stress Waste Basket!

Having inconsistent energy? Moody or depressed? Anxiety? High blood pressure? Nagging headaches? Struggling immune system? Chronic pain? Having a hard time losing "belly" fat? You could be "blind dating" **CORTISOL**, the highly popular stress hormone.

Cortisol has been around since the dawn of time. It aroused prehistoric man to escape danger, like running from a tiger. This is our handy, inborn, "**Fight or Flight**" Stress Response. Unfortunately, modern times have us on high alert almost nonstop. Our cortisol-drenched lifestyles have our brains believing we are being chased **continuously**. The predator, in this case, is not the tiger, rather our **everyday** stressful situations.

We all have our "stressor" list: workload, family and financial obligations, traffic, to-do lists and negative thoughts, just to name a few. This simultaneous barrage of daily stressors makes it nearly impossible for our brains to shut off. And we wonder why we are not sleeping well, not losing belly fat, aging faster than we want, or

dealing with chronic health problems. Think of our cortisol-saturated lives as an overflowing waste basket. If you don't regularly empty the waste basket, the garbage will build up and eventually overflow and stink! Likewise, if you don't frequently empty your stress basket, tension will build up and spill over as symptoms. Over time, a more serious health issue can develop.

Warning: do not be seduced with the "I don't have the time to manage stress" mantra. This only adds to the stress basket and further

increase one's risk of future health problems. Research has shown that chronic over exposure to stress can lead to accelerated aging and such chronic degenerative diseases as cancer, heart disease and diabetes, to name a few.

The good news...**YOU can** handle stress! Our brain has also been remarkably equipped with what is called the **Relaxation Response**,



the polar *opposite* of the Stress Response. It's really just a matter of learning how to "turn it on." The benefit of activating your Relaxation Response is **MONUMENTAL**: cortisol levels drop. Consequently, blood vessels relax, blood pressure lowers, immunity strengthens, muscle tension eases, hormones work better and mood improves.

Research has shown that the Chiropractic Adjustment actually "turns on" the Relaxation Response. Ultimately, the Chiropractic goal is to help you stay more in touch with your Relaxation Response. By following our chiropractic lifestyle recommendations, we believe we can help keep your stress waste basket from overflowing and thereby feel, perform and stay at your best! So empty your stress waste basket before you have pain and symptoms, because they are the last thing to show up!

We're Nuts About Coconuts!

Coconut oil is one of the few foods that can be classified as a Superfood, because it provides many health benefits far beyond its nutritional content. Coconut oil doesn't contain your average run-of-the-mill saturated fats like you would find in cheese or steak. They contain Medium Chain Triglycerides (MCTs) -fatty acids of a medium length. Most of the fatty acids in the diet are long-chain fatty acids, but the medium-chain fatty acids in coconut oil are metabolized differently. Once mistakenly believed to be unhealthy because of its high saturated fat content, it is now known that the fat in coconut oil is unique and different from most all other fats

Therapeutic Massage

Therapeutic massage plays a huge supporting role in Dr. Trish and Dr. Kevin's efforts to help you "Empty Your Stress Waste Basket."

How? Massage helps release tightly bundled muscles that are connected to the spine. As the spine relaxes, the spinal cord and nerves exiting off the spinal cord also relax. This allows the person receiving Chiropractic to experience a deeper and longer lasting Relaxation Response. This, in turn, means the body's natural ability to heal and repair itself will be greater! Ideally, we encourage patients who want to maximize



their healing potential, to try Chiropractic AND Therapeutic Massage, back to back (no pun!).



and possesses many health giving properties. It is now gaining long overdue recognition as a nutritious health food.

Coconut oil is great for cooking because it can withstand higher temperatures and makes your food taste great. It can increase your energy expenditure causing weight loss. Also the fatty acid, lauric acid, found in coconut oil can kill harmful pathogens.

Other uses for coconut oil include use on skin as a great moisturizer, a mild sunscreen and insect repellent. Try some organic coconut oil, which is available at your local grocery stores, and go coconuts!

STRESS BUSTERS!!!!!!

When the body elicits the Relaxation Response your metabolism increases, your heart beats slower, your blood pressure decreases and your muscles relax. Here are some things you can do on your own to relax and empty your stress waste basket!

- Breathe slowly and deeply
- Practice "letting go" in upsetting situations
- Do a quick posture check and a few stretches
- Take a walk
- Exercise (of all sorts)



- Write in a journal
- Use visualization to help clear your mind
- Meditation
- Yoga, Tai Chi and other Western relaxation practices
- Do an activity you love!

Get your regular chiropractic adjustment & massage!

HOURS OF OPERATION:

Tues 2:00-6:00p Fri 9:00a-12:00p & 3:00-6:00p
Wed 9:00a-12:00p & 3:00-6:30p Sat 8:30a-12:00p

THERAPEUTIC MASSAGE hours are different, please contact us to schedule an appointment.

770-565-5510

www.YourHealthSolutions.org

Check out our website at www.YourHealthSolutions.org to see Dr. T & Dr. K take the ALS Ice Bucket Challenge!