

# #324 Stress Transcript

## Stress Brochure

Header: Stress  
And the Chiropractic Lifestyle  
Photo: Stressed out executive

Photo: Family arguing on front steps on way to work

### HOW DOES STRESS AFFECT YOU?

Stress has been with us since the beginning of time. Every era has faced its share of threatening situations. Today, the stress of careers, deadlines, conflicts, and the demands on our time and money, take a huge toll on our health.

Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies.

### HOW WELL DO YOU ADAPT TO STRESS?

For some, it's an upset stomach. For others, recurring headaches, back pain, or muscle stiffness. Still others respond with nervous twitches, allergic reactions, or sensitivities to chemicals. Regardless of your particular response, the function of your nervous system is involved. That's why chiropractic can be so helpful.

The chiropractic approach to stress is to help normalize the function of your nervous system, by removing interferences caused by the Vertebral Subluxation Complex. Finding the "weak links" in your spine (the major communication pathway of your nervous system) and helping restore better function, can make a profound difference in your response to stress.

It may not be possible to remove the stress from a busy life. However, with the help of your chiropractic doctor, you can respond better to the unique challenges you face.

Photo: Close-up of large chain

Caption: The effects of stress often show up in the weakest areas of our bodies.

Photo: Relaxing on a hammock

Caption: Like a relaxing vacation, chiropractic care can help give your nervous system a greater capacity to adapt to stress.

Photo: Patient being adjusted

Caption: Chiropractic adjustments help reduce tension to the nervous system, improving your ability to tolerate and adapt to the stresses of modern life.

### THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

### References

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