

# ***Stress & Your Health***

The most common symptoms include headache, backache and fatigue as well as cardiovascular disorders (high blood pressure, etc.) digestive problems (ulcers, colitis, IBS, etc.) and sleeping difficulties.



## ***Definition***

Traffic Jams. Paying Bills. Deadlines. These unpleasant or challenging situations create stress in our lives. So why is it some people deal with these stress situations better than others? The answer is complex and includes many factors from genetics to weather conditions, but an interesting study in the journal of Manipulative and Physiological Therapeutics indicates that there is a relationship between chiropractic and the effect it can have on dealing with stress situations in your life.

This study revealed that nearly one in three patients viewed their lives as moderately to severely stressful, and more than 50% felt that stress had a moderate to severe impact on their health problems.

Most people know that improving nerve and spinal function as a dramatic impact on improving emotional, mental and physical function. Which may help in dealing with the everyday stress from life.

**Source:** JMPT, July/August 1999 (originally published in the PCD Chiropractic Newsletter)

## **TREATMENT**

Chiropractic involves touch; this factor alone sets the state for release of muscular tension. Your chiropractor administers one or a series of adjustments to the spine and surrounding musculature. The adjustments may help the fatigue or stress by removing nerve irritation, releasing muscular tension and improving blood circulation. To see if chiropractic may be able to help you call (434) 293-6165 today for a complimentary consultation.

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