



What is the Impact of Stress?

Many have studied the effects of chronic stress in direct relation to disease. Hans Selye, was an endocrinologist, whose groundbreaking research conceptualized the physiology of stress as having two components. A set of responses he called the general adaptation syndrome, and the development of a pathological state from ongoing, unrelieved stress. This changed the scope of health care to include stress as a causal factor in illness and disease.

As chiropractors we are interested in stress on many levels, one is the structural response of your body as it adapts to stress. Our system should be able to quickly respond to stress with the fight or flight response. The body should be able to rebound within 20 minutes. The demands we have on a daily basis create a chronic state of fight or flight stress in our body leading to defense posture, as our spine rarely gets a change to rebound and we get stuck in a posture because the brain perceives that the stress that put us there is still occurring. Our heads and shoulders start moving forward, our muscles become tight and braced, and we become rigid as if to fight an attack.

Every moment the brain scans the body asking “are all systems okay”?

How is your body wired to adapt to stress?

Adrenalin is Released ...Provides More Energy
Blood Sugar Elevates...Provides More Energy
Blood Pressure Rises... Provides More Oxygen to Muscles
Pulse Increases...Provides More Oxygen to Muscles
Muscles Tense...Provides Readiness for Action
Pupils Dilate...See More In Less Light
Immunity, Digestion and Sexual Function turns off...These three functions use a lots of energy and are not necessary for immediate survival

These are important survival responses if we are avoiding a car accident or pulling away from a hot burner, but what happens if there is no recovery in the system between events?

Adrenalin is Released...Anxiety/Depression
Blood Sugar Elevates...Diabetes
Blood Pressure Raises...Hypertension
Pulse Increases...Cardiac Arrhythmia
Muscles Tense...Fibromyalgia, Neck and Back Pain, etc.
Pupils Dilate...Far-vision
Immunity turns off ...all immune related diseases
Digestion turns off...Irritable Bowel Syndrome, Indigestion, etc.
Sexual Function turns off ...Impotency, Infertility

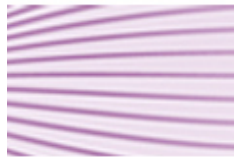


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Yikes! Those are all quite familiar to us in the US by now; thanks to the billions of dollars spend on advertising medications to 'treat' them.

According to the Center for Disease Control, this is the cause of 95% of all disease and is directly what Network Spinal Analysis (NSA) addresses. NSA helps the spine recover from stress physiology and defense posture and move to a state of safety and growth.



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