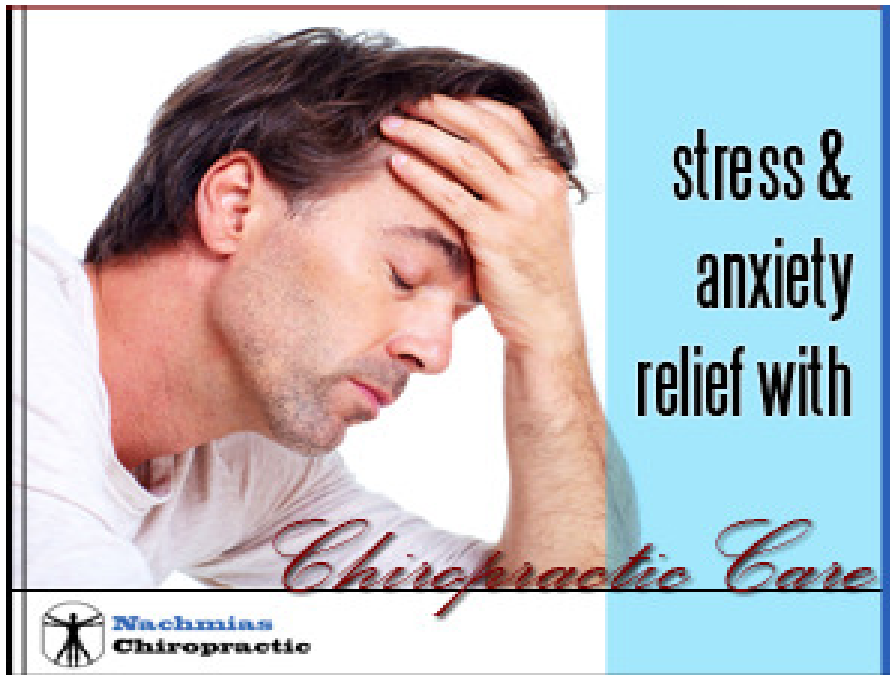


Be Surprised....Chiropractors Can Treat These Conditions

(Part 2)



We are continuing our mini series and are happy to present part 2 of conditions that might be surprising chiropractors can treat. Condition number 2 is:

Stress/Anxiety

People perceive stress from three basic sources: environment, body and emotions. Environmental stress includes; noise, weather, physical threats, time pressures and performance standards.

Body stress includes disease processes, organ malfunction, poor nutrition, poor sleep and physical injury. Emotional stress is more difficult to define, but it encompasses our reactions, in both thought and emotion, to environmental and physical stressors.

Many illnesses are caused or worsened by stress, which activates our "fight or flight" reaction. This systemic reaction affects almost every part of the body, as the hypothalamus in the brain stimulates the sympathetic nervous system, which causes an increase in heart rate, blood volume and blood pressure, redirecting blood away from our digestive system and extremities.

When these stress reactions are prolonged, the long-term effects can be disastrous to good health and cause high blood pressure, muscle tissue damage, diabetes, infertility, damage to the immune system and slowed healing from disease and injury.

Chiropractors work primarily with the spine – the root of the nervous system through which nerve impulses travel between the brain and the rest of the body – and can help the body manage and process this stress in a healthier way.

What Can Your Doctor of Chiropractic (Dr. Adam Nachmias) Do?

- Dr. Adam can release muscle tension, which is one effect of chronic stress that leads to nerve irritation and creates uneven pressures on the body's bone structures. This in turn can cause the spinal column to become misaligned. When releasing the muscle tension and re-align the spine the body can return to a more balanced, relaxed state.
- Furthermore, by performing spinal adjustments Dr. Adam can reduce spinal nerve irritation and improve blood circulation, which will tell the brain to turn off the "fight or flight" response and begin the healing process.
- Dr. Adam might also suggest nutritional supplements, like B complex vitamins, to help the body cope with stress.
- And also recommend relaxation techniques; discuss posture and environmental changes to help you recover from chronic stress as fast as possible.

If you suffer from any of these stress symptoms, don't hesitate to book a chiropractic exam and consult with Dr. Adam! With 25 years experience he knows how to relieve patients from many different symptoms and chronic pain.

To book your appointment, call any of our offices:
Brooklyn: 718-832-7300
Manhattan: 212-924-1700

Or book your appointment online here:
<http://calldradam.com/contact/book-online/>

Welcome to relieve stress and anxiety at Nachmias Chiropractic!