

Do You Experience Fatigue? I did, but Not Anymore Thanks to Chiropractic!



Fatigue is a symptom that most people will experience at some point in their life. If you feel you are experiencing extreme weariness, are unusually fatigued, or are constantly feeling exhausted, adrenal fatigue may be a major factor in your exhaustion.

Our bodies are made to respond to stressful situations appropriately as they arise, but sometimes we can become overwhelmed by stress in severe situations. Sometimes it's the culmination of stress over long periods of time, or the deluge of multiples stresses inundating us at the same time, that may in time cause our bodies to overwork our adrenal glands — whose main function is to respond to stress.

Symptoms of Adrenal Stress

- Brain fog
- Craving sweet or salty snacks
- Decreased sex drive
- Depression
- Difficulty getting over illness
- Fatigue even if there seems to be no reason
- Inability to get restful sleep
- Inability to think clearly
- Insomnia
- Low energy levels especially in the morning
- Muscle and bone loss
- Muscular weakness

- Poor memory
- Weakened immune system

A success Story from the Author

Let me introduce myself; my name is Stina Pettersson, and I'm handling the marketing for Dr. Adam Nachmias, but I'm also his patient. Before my last treatment with Dr. Adam, I had experienced fatigue for weeks and didn't understand why. It was to the extent that it was difficult to keep up with work and my everyday duties. I started to worry if there was something wrong with me and was about to go to the doctor for a check up. I also suffer from a whiplash injury, which had bothered me a lot the last months. After receiving an adjustment from Dr. Adam, he didn't only cure my neck and relieved me from my tension headache, but also made me energized again! It struck me at noon the next day that I wasn't tired anymore and I also felt happier. Such a relief!

How Does this Work? How Can Chiropractic Help Fatigue?

The spinal column is designed to protect the spinal cord but sometimes a vertebra can become misaligned and pinch the nerves, blocking their energy impulses. The result is physical and mental fatigue. By realigning the spine with gentle maneuvers known as adjustments, chiropractors correct the underlying cause of chronic fatigue syndrome and reopen the energy pathways within your nervous system.

(Sources: kempsvillechiro.com & atlaschiropracticphoenix.com)

It's amazing how chiropractic allows the body to heal itself naturally, with no painful surgeries or harmful chemical drugs. Dr. Adam is a fantastic chiropractor that helps me to live the best possible life I can. I'm so grateful for his outstanding work.

With this being said...if you feel tired and are low on energy, visit Dr. Adam right away. I promise you that it's well worth it, and you will feel fully energized and happy again!

Book your chiropractic exam and consult by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

We warmly welcome you to boost energy levels with the help of Nachmias Chiropractic!