

How Does Stress Affect Your Body and How to Relieve Stress



Stress is any change in the environment that requires your body to react and adjust in its response. The body reacts to these changes with physical, mental, and emotional responses.

In other words, stress is your body's way of responding to any kind of demand or threat. When you feel threatened, your **nervous system** responds by releasing a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper.

The Body's Stress Response

When you need (or think you need) to defend yourself or run away from danger, your body prepares for mobilization. The **nervous system** is getting ready for emergency action, preparing you to either fight or flee from the danger at hand.

If mobilization fails, the body freezes instead, a response known as immobilization. In extreme, life-threatening situations, you may even lose consciousness, enabling you to survive high levels of physical pain. This can leave you traumatized or unable to move on.

People can experience good or bad forms of stress from the environment, body, and thoughts. The human body is designed to experience stress and react to it. Stress can be positive ("eustress"), such as a getting a job promotion or being given greater responsibilities.

However, stress becomes negative ("distress") when a person faces continuous challenges without relief or relaxation between the challenges. As a result, the person becomes overworked and stress-related tension builds.

Distress can lead to physical symptoms including; headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Research suggests that stress also can bring on or worsen certain symptoms or diseases.

Examples on Common Causes of Stress

- Major life changes
- Work or school
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family

Consider the following:

- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five to ninety percent of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as; headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.

How Dr. Adam Nachmias Can Relieve You from Stress

Dr. Adam Nachmias at Nachmias Chiropractic works primarily with the spine - the root of the **nervous system** through which nerve impulses travel from the brain to the rest of the body. One effect of chronic stress is prolonged muscle tension and contraction, which in many cases also leads to nerve irritation.

With **chiropractic adjustments**, Dr. Adam Nachmias, will release muscle tension that helps the body return to a more balanced, relaxed state. Adjustments also reduce spinal nerve irritation, and improve blood circulation. These changes may be enough, in many cases, to convince the brain to turn off the fight or flight response, beginning the process of healing. A healthy and balanced spine is the key to effectively managing stress.

Dr. Adam Nachmias, or any other chiropractor, can't make a job less stressful, or create a quieter, calmer world, but what Dr. Adam can do with the help of chiropractic adjustments, is to help you develop healthy responses to stress, reducing potential physical damage.

Chiropractic is based on the concept that given the opportunity, the mind and body can heal itself. In relieving some of the effects of chronic stress, chiropractic care provides just such an opportunity (parts taken from: webmd.com, altmd.com & helpguide.org).

To book your chiropractic exam and consult with Dr. Adam Nachmias, call any of our offices to book an appointment:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

Stress relief is here with chiropractic care at Nachmias Chiropractic!