

Stress



Not all stress is bad. A 20 minute workout at the gym for a fit 25 year old is good stress. The same workout for your 75 year old grandmother would likely be bad stress.

Physical Stress

Repetitive motions , postural distortions, and whiplash injuries from a car accident are physical stress. So are slips and falls. Even being born!

Mental Stress

Ever faced an impossible deadline at work? Or grieved the loss of a loved one? Notice the posture of someone who is depressed. Frustration, or a sense of powerlessness at work are common forms of emotional stress.

Chemical Stress

Today's environment constantly assaults us with chemicals. Drugs, preservatives, tobacco, alcohol, pollen and a host of other substances can affect our nervous system and muscle tone.

Stress can't be eliminated, but regular chiropractic care may help you better accommodate and adapt to it... Call us TODAY...