Stress has been with us since the beginning of time. Every era has faced its share of threatening situations. Today, the stress of careers, deadlines, conflicts, and the demands on our time and money, take a huge toll on our health.

Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies. For some, it’s an upset stomach. For others, recurring headaches, back pain or muscle stiffness. Still others respond with nervous twitches, allergic reactions, or sensitivities to chemicals.

Regardless of your particular response, the function of your nervous system is involved. That’s why chiropractic can be so helpful.

The chiropractic approach to stress is to help normalize the function of your nervous system by removing interferences caused by the changes of tight muscles, shifted joints and choked nerves. Finding the “weak links” in your spine (the major communication pathway of your nervous system) and helping restore better function, can make a profound difference in your response to stress.

It may not be possible to remove the stress from a busy life. However, with the treatment provided Fairfield Spine Center, LLC, you have the potential of responding better to the unique challenges you face.

Are You Stressed Out?
So you often:
◆ Feel pressured or overwhelmed?
◆ Have problems getting along with others?
◆ Experience changes in behavior such as temper outbursts, unexplained anger or crying for no reason?
◆ Have erratic sleep patterns including too much or too little sleep?
◆ Have difficulty communicating with others?
◆ Feel impatient?

Tips For Managing Holiday Stress
◆ Take control of your celebration.
◆ Slow down.
◆ Lower your expectations.
◆ Eat healthy.
◆ Exercise.
◆ Let loose to laugh… or cry.
◆ Relax and reflect.
◆ Consult your doctor of chiropractic!

CALL (740) 687-5002 FOR A COMPLIMENTARY NO-COST CONSULTATION.

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Fairfield Spine Center is Passionate about your Total Health!