

Wellness

TRINITY
CHIROPRACTIC
THE CHOICE
OF A HEALTHY
GENERATION



HOW DOES ONE ATTAIN WELLNESS IN TODAY'S ENVIRONMENT?

We will begin by addressing Stress, which is at the root of most health problems. Stress has 3 dimensions, but interestingly enough they affect your body in the same way.

1. **Physical Stress** – Car accident, repetitive injury, poor posture, exercise
2. **Biochemical Stress** – what you eat, what you drink, pollutants, skin products
3. **Psychological Stress** – the emotional aspect work, home, financial (this is how you can “think yourself sick.”)

Stress can be good (eustress) or bad (distress). For instance, eating healthy, drinking water, and exercising are all a form of stress that benefit you positively. Conversely eating fast food, drinking soda, and low physical activity all work against your body cumulatively. Lets see how stress changes your body.

Stress » Muscles » Joints » Nervous System

Stress puts your body in a defensive mode, known as fight or flight. Your body reacts the same way to the stress of running away from a bear as it would to your computer crashing when you did not save your work, or a supersized value meal. When your body assumes this defensive mode it is focused on survival, not on healing, growing, and becoming more efficient.

Stress will first affect your muscles, making them tight. Since muscles move bones, if the stress is not dealt with, it begins

to change or limit your joints movement. Joints have position sensors that tell your brain their location at all times (close your eyes and have someone move your finger up & down, you will know which way it is going). When the joints are not moving properly for long enough, it changes the nervous system control of the body. Since nerves control every muscle, organ, gland, and cell in your body, if they are not working at 100% your body is not regulating at 100% and not repairing/healing at 100%.

Receiving Chiropractic care when you do not have symptoms releases the deeply held stress from the nerves, joints, and muscles. This results in increasing your body's ability to handle stress, adapt to the environment, and approach optimum health. When you approach optimum health you build up a buffer against lifestyle stress so you no longer fall into symptoms/poor health. This was demonstrated by a ten year long study.

Alternative Medicine Integration Study

–Richard Sarnat, MD

Over a period of ten years, regular utilization of Chiropractic care resulted in:

- 60% decrease in hospital admissions
- 59% decrease in days stayed at the hospital
- 62% decrease in outpatient surgeries
- 85% decrease in pharmaceutical costs



The Bottom Line

What does this mean to you?
Happier, healthier, well-adjusted families that have less time off due to injury, fewer sick days, and are more productive at work/home.