

WHAT'S KILLING YOU?



If you study the risk factors for any fatal illness like heart attack, stroke, high blood pressure, cancer, diabetes; you will see “STRESS” at the top of the list. Even if you consider less life threatening illnesses such as headaches, migraines, digestive problems, neck, shoulder and back aches, general fatigue, and poor general health; Guess what’s at the top of the list of causative factors? **“STRESS!”**

But, here’s a challenging thought: Stress cannot cause your body to become sick. And the type of stress you struggle with doesn’t determine the type of sickness you will get.

The founder of Chiropractic, D.D.Palmer, way back in the late 19th century, observed that you could put two similar looking people in the same stressful situation, and one would thrive, while the other became sick. ***The difference was not the stress: The difference was in how each person responded to the stress.*** How their individual engineering either utilized the stress for positive, or for negative consequences.

This difference exists in your nervous system: If your nervous system is able to effectively dissipate the stresses that it is exposed to it will allow your body the flexibility to thrive in the circumstances; regardless of whether the stress is physical, emotional, mental, spiritual or chemical. If your nervous system stores and even amplifies the stress, then your body will progress towards overload – **BLOWN FUSES – DIS-EASE – AND ULTIMATELY SICKNESS.**

One of the earliest signs of a body that is storing too much stress is commonly known as **TENSION**. From a chiropractic point of view we see this tension building up and focusing itself in the spinal column, the home of the central nervous system. We call these localized blown fuses **SUBLUXATIONS**.

What does the build-up of tension and the development of spinal subluxations do to you?

- Makes your motor nervous system too tight and stiff – More likely to ache and strain muscles.
- Makes your autonomic nervous system malfunction – More susceptible to being “tied up in knots” internally – immune, circulatory, hormonal and/or digestive problems.
- Fatigues your central nervous system – More likely to be “sick and tired of feeling sick and tired”.
- Makes you stiffer – More likely to “put your back out” and sprain ligaments.

■ Makes you imbalanced – Poor posture, coordination and alignment.

■ Physical tension – Leads to emotional tension – Leads to physical tension.

This is one of the reasons why we have found the improvements in chiropractic methods to be such a fantastic evolution in chiropractic practice. We now appear to be able to reduce the build-up of tension in the spine and nervous system more noticeably than ever before, reducing the effects of tension on the entire body.



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