

JUNE NEWSLETTER

ALLERGY SEASON

CHIROPRACTIC HOURS:

Monday - Thursday

8:00AM - 12:00PM

2:00PM - 5:00PM

Friday

8:00AM - 10:00AM

MASSAGE HOURS:

Monday – Thursday

8:00AM – 6:30PM

Friday

8:00AM-5:00PM

If you're suffering from allergies this month you're not alone. Many people suffer from some type of allergy. Allergic reactions can be as mild as sneezing when you sniff a flower but can also be life-threatening in people who are allergic to bee stings or certain drugs, such as penicillin. Whether mild, severe, or somewhere in between, most allergies have the same underlying cause.

The symptoms of an allergic response are triggered when the body's infection-fighting (immune) system over reacts to the presence of something not normally found in the body—the most common allergy “triggers” are pollen grains, dust, molds, and foods. Other triggers include animal proteins from hair, fur, or dander; substances that cause skin allergic reactions, such as the oils found on poison ivy leaves; and medicines, perfumes, and even jewelry. Breathing problems and skin irritations are common allergic responses, along with sneezing, runny nose, congestion, itchy eyes, wheezing, skin redness, hives, and itchy skin. The allergy sufferer may have only one of these symptoms or many.

WHAT CAN CHIROPRACTIC DO TO HELP?

By releasing stress on the nervous system, chiropractic permits the immune system to function more effectively, which is beneficial to all allergy sufferers. Recent understanding in psychoneuroimmunology reveal that when the nervous system functions better the immune system benefits. The chiropractic approach is to remove vertebral subluxation, a common spinal distortion that puts stress on your nervous system. Freed of nervous system stress, your body will work more effectively to neutralize the allergy-causing chemicals in your environment.

Follow us on Facebook to stay up to date on openings and all the exciting things happening at Family Chiropractic Clinic.

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