

MARCH NEWSLETTER

OUR CONTINUED VISION

We have offered Chiropractic care to the wonderful people in our community for over 21 years! A lot of changes have happened over the last few years that have allowed us to offer even more health and wellness Services! Our new Spine and Wellness Center will offer Chiropractic, Naturopathic, Massage Therapy and Nutritional

services. In addition, we will have onsite x-ray, a espresso stand, large meeting room for rent by the day/half day, kids lobby area, and updated phone system.

-John Hammer, D.C.

STRESS AND ANXIETY

Stress and Anxiety are two of today's top health issues. We perceive stress from three basic sources: our environment, our body and our emotions.

Environmental stress includes noise, weather, physical threats, time pressures and performance standards. Body stress includes disease processes, organ malfunction, poor nutrition, poor sleep and physical injury. And emotional stress is more difficult to define, but it encompasses our reactions, in both thought and emotion, to environmental and physical stressors.

Physical stresses such as sound, air and water pollution have also grown worse over the last century and so have emotional and psychological stresses caused by an increasing awareness of troubles and tragedies around the globe, brought to our attention every hour by the Internet and its instant and continuous access to news.

Many illnesses are caused or worsened by stress, which activates our "fight or flight" reaction. This systemic reaction affects almost every part of the body, as the hypothalamus in the brain stimulates the sympathetic nervous system, which causes an

increase in heart rate, blood volume and blood pressure, redirecting blood away from our digestive system and extremities.

When prolonged, the long-term effects of this state can be disastrous to good health and cause high blood pressure, muscle tissue damage, diabetes, infertility, damage to the immune system and slowed healing from disease and injury.

Chiropractors work primarily with the spine – the root of the nervous system through which nerve impulses travel between the brain and the rest of the body – and can help the body manage and process this stress in a healthier way.

What Can a Doctor of Chiropractic Do?

Chiropractors can release muscle tension, one effect of chronic stress that leads to nerve irritation and creates uneven pressures on the body's bony structures, which can cause the spinal column to become misaligned. This, in turn, helps the body return to a more balanced, relaxed state.

Chiropractic adjustments can reduce spinal nerve irritation and improve blood circulation, which can help signal the brain to turn off the "fight or flight" response and begin the healing process.

A Doctor of Chiropractic can suggest nutritional supplements, like B complex vitamins, to help the body cope with stress.

A chiropractor can also recommend relaxation techniques and discuss posture and environmental changes to help you recover from chronic stress

SLEEP RELIEF

Trouble sleeping is one of the most common complaints of American adults. As a society, we get far less sleep than we need. As a result, we suffer from excessive fatigue, poor concentration, more instances of illness, and many other negative side effects. To improve your sleep, take a look at these common causes of sleeplessness, followed by how adding chiropractic care to your routine may be the answer you need.

Insomnia

Why It Happens - Insomnia happens for a variety of reasons, and in many cases, it's hard to pinpoint. Some of the more common causes include high levels of stress, emotional distress, certain medications, anxiety and depression, and excessive worry.

Signs and Symptoms - The classic sign of insomnia is the inability to fall asleep. You may lie awake for hours, staring at the ceiling, just hoping for a few hours of shut-eye. Another common sign is waking up in the middle of the night, and then being unable to fall back asleep. The bottom line is that insomnia is an inability to sleep, so if you're tossing and turning with little sleep success, insomnia may be the culprit.

Sleep Apnea

Why It Happens - Sleep apnea happens when breathing is obstructed during sleep, which then causes a brief pause in breathing, and an awakening sensation by the sufferer. This can be caused by the shape of the mouth and airways, head trauma, or excessive weight.

Signs and Symptoms - A person suffering from sleep apnea may experience symptoms such as sudden waking and gasping for air, snoring, sleepiness during the day, extreme dry mouth upon waking, and literal pauses in breathing through the night.

How Chiropractic Care Helps

Since chiropractic care is mostly viewed as a means for managing back pain, many people fail to understand its importance in improving your sleep. Chiropractors focus on your spine, correcting any misalignments that are present and boosting the spine's overall health. What does this mean for sleep? It means that pain and tension that build in the spine may be released, and the more comfortable the body, the easier it is to relax and fall asleep.

Chiropractic care also enhances the body's central nervous system. And the central nervous system is a key player in allowing efficient function of the body. The more efficient your body, the less wasted energy, and the easier it is for your body and mind to wind down and fall asleep.

Quality Chiropractic care may lead to better sleep, and quality sleep may lead to better health. Start your cycle of better health by visiting Family Chiropractic Spine & Wellness Center.

WE ARE MOVING

Follow us on Facebook and/or our website to stay up to date on the progress of our new location at 208 S. Main St in Omak. The estimated move in date is April 2019.

VISIT US AT WWW.FAMILYSPINEANDWELLNESS.COM