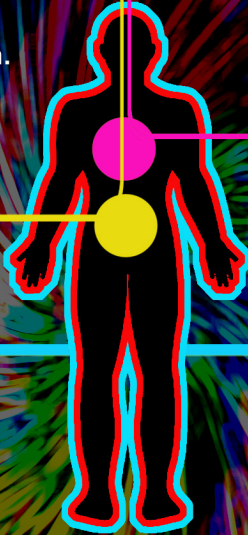


How the **Body** **Reacts** to **Stress**

When a body senses stress, it automatically gets ready to run or fight. It is one of the wonders of the human body.

FIRST the natural response causes the stomach and colon to shut down.

SECOND the body's metabolism changes. The body needs energy and it needs protein.



Luckily, chiropractic care can help you manage your stress. After all, chiropractic focuses on the spine, which is the root of the nervous system. One of the effects of chronic stress is muscle tension and contraction, which can lead to uneven pressure on the skeleton, which in turn leads to subluxations.

Adjustments help ease muscle tension, which in turn eases the stress on certain parts of the skeleton and helps ease subluxations.