



Chiropractic Newsletter

Your Amazing Body

The Zombie Apocalypse?!

When you think zombies, (and it's hard NOT to think zombies around Halloween) what outstanding feature first comes to mind? There's the crazy eyes and typically really bad, rotten teeth. But then there's the zombie skin!! The discolored, green maybe gray, even blackened, mottled, dull and lackluster flesh. YIKES!! Yes, October means Halloween and costumes and zombies!!

But listen, sometimes people who are NOT zombies, who are definitely alive, get yucky skin! Ever notice how your face breaks out when you're under pressure? It's classic. Who hasn't gotten a pimple just before a big date or a big presentation or a ____ (fill in the blank.) And undoubtedly it appears right in the middle of your forehead or nose, right!?! The simple explanation for this phenomenon consists of just one word: stress!

When the brain perceives stress, a small area in the brain's center that's responsible for many vital functions, including coordinating the endocrine system, regulating body temperature, and controlling appetite (called the hypothalamus) stimulates the pituitary gland. This signal triggers the adrenal glands to produce androgens and cortisol (stress hormones.) This particular body chemistry thickens the hair follicle's lining causing blackheads and/or whiteheads. If bacteria get trapped there, a large pimple results!

With a little help from you, your AMAZING body can keep your skin clear and lovely even during stressful times and here's how.

1. **Address the source of your stress.** Sometimes just knowing what is causing you stress and what you can and can't do about gives you back some control.
2. **Stick to a good skin care routine.** Keeping your skin clean and moisturized each day and night is a good idea whether you are stressed out or not.
3. **Smile.** Smiling actually reduces stress and anything that reduces stress may help keep your skin clear.
4. **Take good care of your body.** Eat better, sleep more, exercise, and set aside time each day for reflection and relaxation. The healthier you are, the better you can adapt to stress.

Of course, one of the best things you can do to keep your AMAZING body working optimally is to keep your nerve system working at its best. It's important to understand that body chemistry, including stress hormones, is controlled by glands. Glands produce specific chemicals as directed by your brain via your nerve system. If there is any disruption in your nerve system, the glands may not be properly directed to produce the specific quality and quantity of any given chemical.

Your family chiropractor can help you with one such disruption in your nerve system. He or she will check

your spine for misalignments, called vertebral subluxations, which disrupt the function of your nerve system and can interfere with the messages going to the glands that control your body chemistry.

Your body is so AMAZING that it's constantly making, altering, and destroying compounds to keep an ideal balance of over 100 different chemicals. Whenever your chemistry is off, you cannot be YOU. Don't be the zombie version of you. Be your best YOU. See your

family chiropractor regularly.

—By Judy Nutz Campanale, DC, ACP

