

# Chiropractic Adjustments Reduce Stress Hormones

Chiropractic adjustments began producing a litany of evidence-based outcomes that benefit males and females of all ages dating back over 100 years. People do not often think of chiropractic being an essential part of proactive health for both adult and adolescent development, but research proves that a healthy and well-regulated nervous system sets the stage for a lifetime of optimal health.

One of the most important and often overlooked benefits of chiropractic care comes in the form of a positive impact on stress relief. Those children and adults yet to experience the benefits of chiropractic carry a stress load that could otherwise be uniquely reduced by simply initiating care for the spine and nervous system. The brain and nervous system direct hormones in the body. Hormones turn specific functions in the body on and off. Certain hormones produce peace, ease, and growth. Other hormones create heightened levels anxiety, stress, and inattentiveness.



Stress hormones regulate feelings commonly known as fight or flight responses. Stress hormones serve a great purpose when under specific circumstances such as being chased by a bear or trying to save a child from danger. These same hormones produce stress and anxiety when activated during normal, peaceful times of day during work, school, or at home with family.

Studies show that stress hormones increase when the spine rests in a misaligned or immovable position. Chiropractors expertly assess and correct spinal misalignments to reduce stress in the nervous system and body. Research from 2014 showed that a chiropractic adjustment reduced stress hormones in the blood, an indication of reduced overall stress load in the body.

Many people believe current issues and stressors exist at an all-time high. Individuals and families face anxiety over a pandemic, fears of sickness, political divisiveness, financial security, and other tensions that cause a surge in worry and fear. Chiropractors help people of all ages reduce stress loads so that their body becomes free to experience relief and calm in moments of fear and challenges.

Spinal misalignments and nervous system interference usually occur without the presence of physical pain. The body attempts to adapt to adverse spinal positioning but does so at the expense of heightened stress loads and increased stress hormones. People may not physically feel a misaligned vertebra, but most people feel the physical presence of elevated stress and tension. Chiropractic offers the natural health alternative of a well-functioning body rather than pills and pharmaceutical drugs offered by other medical providers. A nervous system operating and healing at optimal levels offers a unique stress-relieving option for long term harmony and health building. Experience a more peaceful tomorrow with chiropractic.