

The Chiropractic Advantage for Reaching Goals in 2022

Improving physical fitness, losing weight, quitting smoking, debt reduction and enjoying life more are at the top the list of most common resolutions for 2022. A new year brings new opportunity! Most people resolve to improve in the same categories of health, fulfillment, and happiness. Chiropractic adjustments positively impact all three in a very unique way. The benefits of chiropractic care extend far beyond the alleviation of pain and health problems and focus on elevating life quality.

An intimate connection exists between the spine and the central nervous system. A chiropractic adjustment helps to open nerve pathways that contribute to creating a stronger and more efficient body. Medicine uses a reactive approach to treating the symptoms or condition experienced by a patient, but chiropractors focus on proactively improving function. Interference to proper function occurs when spinal alignment and mobility become abnormal. The stresses created by poor spinal health make the body's entire operating system less efficient and less effective.



Research from 2009 confirmed that a specific hormone called norepinephrine increases when the body experiences stress. Increased norepinephrine indicates higher stress levels. Increased stress requires more energy to complete normal daily activities. A body consistently dealing with stress over time begins building more disease than health. The study determined that diseases linked directly to an increase in norepinephrine include cancer, bipolar disorder, excessive body weight, hypertension, type 1 autoimmune diabetes, type 2

diabetes, glaucoma, osteoarthritis, rheumatoid arthritis, asthma, and immune system function.

The resultant condition proves just how delicate and significant norepinephrine levels are to health, function, and the longevity of the body. Chiropractic adjustments improve so many aspects of human health and performance – including improved response to the presence of stress. According to research published in 2011, chiropractic adjustments helped balance norepinephrine and other hormone levels by reducing stress from the nervous system.

Chiropractic elevates any health resolution. Whether implementing a new weight loss strategy, exercise program, or dietary change to improve overall health, people exponentially improve their outcomes by utilizing the chiropractic advantage. Opening the communication pathways from the brain to the body help increase the body's ability to accomplish physical, professional, and relationship goals in 2022. Stress levels remain at an all-time high due to fear, uncertainty and loss during the challenges of the pandemic and life in general. Chiropractic provides a safe and effective choice for performance-enhancement and accomplishing goals.