

Chiropractic Will Help Maximize Health & Fitness Goals in 2021

The top resolutions for 2021 include weight loss, improved physical fitness, smoking cessation, increasing financial revenue, minimizing stress, and simply enjoying life more. A new year brings new challenges and opportunities. The majority of adults approach a new year with fleeting commitments to look better, feel better, accomplish more and merge onto a more fulfilling path. Chiropractic offers a lifestyle change bearing tremendous power to positively impact a variety of resolutions.



A year of lockdowns, the pandemic, and working from home created more challenges and stress than any year over the last five decades. Millions of people enter 2021 needing an intervention that reduces stress without the use of drugs or surgery. Chiropractic does not simply alleviate pain and improve movement. The benefits of an adjustment extend far beyond the alleviation of pain and symptoms. The intimate relationship between the spine and central nervous system means that every adjustment helps open neural pathways that contribute

to creating a stronger and more efficient body. Greater efficiency requires less energy to operate normal daily systems in the body and the body experiences less stress.

Medicine focuses on treating symptoms and specific conditions. Chiropractors spend years studying scientifically based methods of improving natural function and healing. Research confirms that a specific hormone called norepinephrine increases when the body experiences stress. Norepinephrine enters the blood when the brain perceives that a stressful event occurred or will soon take place. According to studies, diseases linked directly to an increase in stress hormones 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 observation of those conditions proves just how delicate and significant stress hormone levels are to health, function, and the accomplishment of any life improvement goal. Chiropractic adjustments improve many aspects of human health and performance. Research done using expensive PET scan technology proves that gentle chiropractic adjustments help reduce stress hormone levels by removing stress from the central nervous system.

Starting a new weight loss strategy, exercise program, or dietary plan should utilize chiropractic to maximize overall health improvement. A body functioning in harmony naturally uses energy to accomplish intended purposes that include better fitness, weight loss, or any number of health outcomes. Start the New Year by opening the communication pathway between the brain and body with evidence based spinal adjustments. Chiropractic continues to be the most safe and effective choice for optimal health performance in 2021 and beyond.