



5 WAYS STRESS IMPACTS YOUR MIND, BODY AND OVERALL HEALTH.

We all have stress in our life. In this eBook we will review 5 ways that stress affects your mind and your body, along with the importance of stress management.

BY DR. JOSIAH FITZSIMMONS

ABOUT.

DR. JOSIAH FITZSIMMONS & VERO CHIROPRACTIC

Dr. Josiah Fitzsimmons



Josiah's passion is to educate and support the families of West Des Moines and the greater Des Moines area through neurologically based chiropractic care so that babies, children, and adults may live a life of greater health.

Dr. Josiah has extensive training and experience in pregnancy, pediatrics, athletics, and overall wellness promotion. He is a member of the International Chiropractic Pediatric Association and is certified in the Webster's Technique.

He has seen results with chiropractic varying from infertility, multiple sclerosis, Parkinson's disease, fibromyalgia, chronic pain, migraines, sinusitis, arthritis, acute pain, and many more. He has also had the opportunity to watch many children benefit from chiropractic care with health issues like autism, ADHD, colic, bed wetting, and ear infections.

About Vero Chiropractic

While traditional chiropractic focuses on the muscles and bones, Vero Chiropractic takes a unique approach by addressing the master control system of the body, the nervous system. Vero Chiropractic gets an exact assessment of your overall health by performing a full neurological and structural analysis which are utilized in helping you reach your optimal health.

We offer the most advanced and researched chiropractic corrective care through a customized health plan. Our goal is not just to provide you with short term relief but true long term correction. We at Vero Chiropractic are on a mission to help create one of the healthiest communities in the world right here in central Iowa.



INTRODUCTION

Stress. We all have some form of it. The everyday stresses we face in our daily lives have more of an impact on our overall health than most realize. Stress directly affects not only your thoughts and feelings, but your body and even your behavior.

While we normally associate stress as something negative, certain stressors can have a positive effect, helping to stimulate creative thinking, problem-solving skills, productivity and awareness. You may even experience an increase in energy levels.

Considering this, what then makes stress impact your health in negative ways? Stress that is unmanaged, unaddressed and accumulative. This type of stress decreases your overall ability to function, runs the risk of becoming chronic and may have irreversible impacts on your health.

In this eBook, I will review 5 ways that stress affects your mind and your body, along with the importance of stress management. We will go a step further and discuss what you can do to address stress at the source, so that your body and mind can handle the stresses found in your life and continue to function more efficiently - even under stress.

REALITY CHECK:

5 WAYS STRESS IMPACTS YOU.

Individual stress levels are continuing to rise and it's evident stress and the effects of untreated stress can't be ignored. Studies upon studies show a direct correlation between untreated stress, disease or illness, and overall health.

Let's discuss 5 ways stress impacts YOU, as well as how YOU can reduce your stress and increase your body's chance to fight-off it's negative consequences.

- 1** Stress is woven into all aspects of your daily life, including work, home and finances.
- 2** Effects on your livelihood and well-being from your immune system to sleep to even your decision-making.
- 3** Stress can strike at any age, including infancy and have long-term impacts on a child's health.
- 4** Changes in overall attitude from feelings of sadness to tiredness and depression.
- 5** Stress that goes untreated considerably decreases your overall health.

Stress levels are continuing to rise and study after study shows that there is a direct connection between untreated stress, disease and illness.

NO. ONE

HOW DAILY STRESS TAKES ITS TOLL ON YOUR BODY.

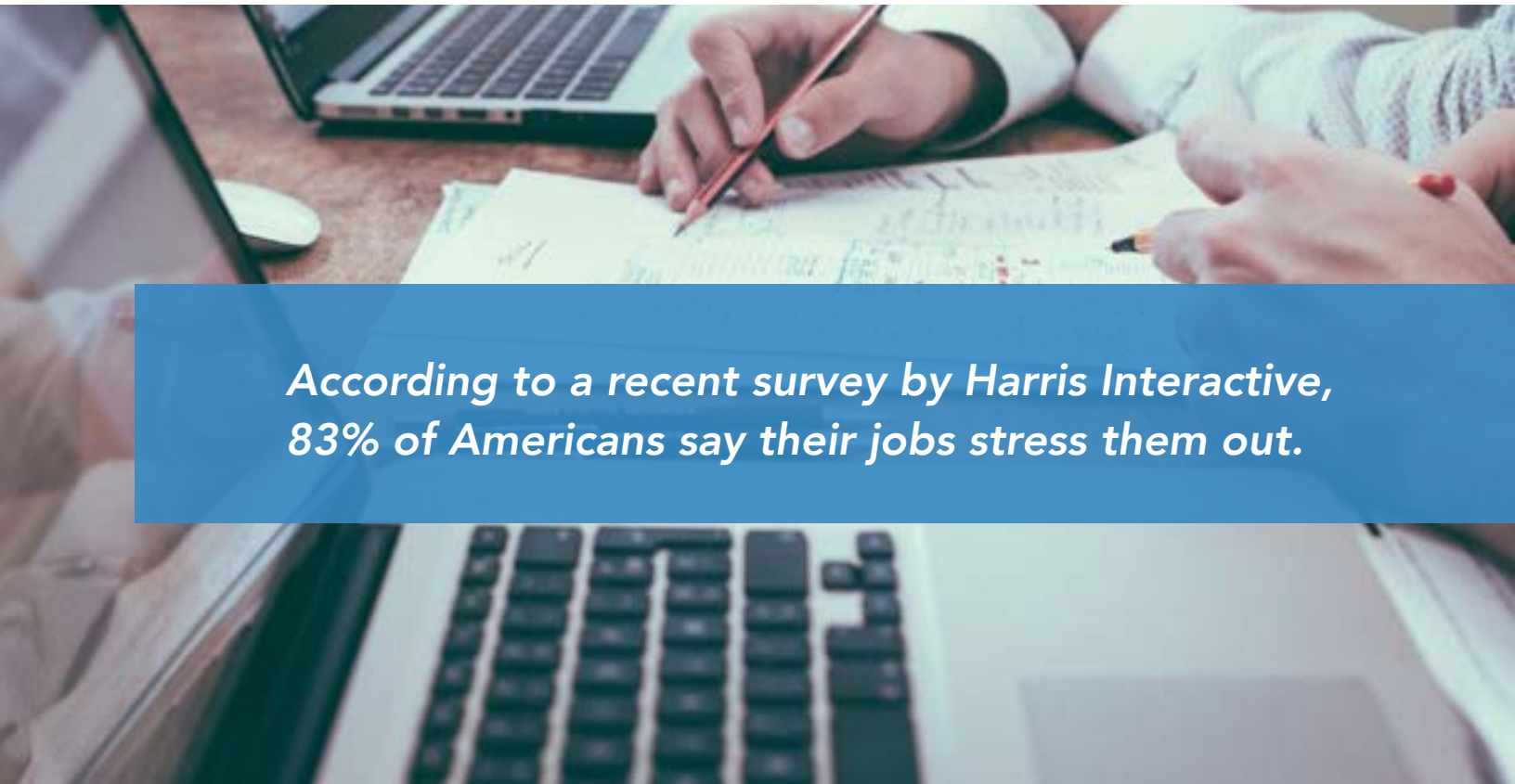
Most people are faced with some sort of stress on a daily basis. Even everyday routine actions and encounters can present stressful situations, that we likely diminish and don't consider the deeper impact of. If the thought quickens your heart rate, then it's causing stress.

Main Sources Of Stress:

- **Work** :: Stress at work may seem like an obvious cause of stress, however what you might not be aware of is that stress at work is more than just deadlines. It can be as small as running out of coffee, last minute meetings or feeling unhappy with your job.
- **Home** :: What's for dinner? Seems simple enough, but planning meals, juggling children's schedules, keeping the house cleaned, the list goes on, causes ample stress on a daily basis.
- **Finances** :: One of the largest sources of stress are finances. As cost of living continues to rise faster than the rate at which wages are increasing, this unproportionate shift breeds stress.

Even a daily namaste, can't prevent these stresses from creeping into our lives. One stress tends to add to another and then another, building a literal stress ball inside ourselves.

Add in nerve interference and nervous system issues, which can also cause internal stress on the body and mind, makes dealing with mundane stresses magnified and that much harder to process.



According to a recent survey by Harris Interactive, 83% of Americans say their jobs stress them out.

NO. TWO

HOW STRESS AFFECTS YOUR LIVELIHOOD AND WELL-BEING

When we encounter stress, the impact on our overall well-being extends beyond external signs like sweaty palms and quickened breathing. The real damage is happening on the inside.

Internal Impact of Stress:

Your Body :: Your body has to exert higher amounts of energy when it is under stress. This as a result drains our bodies quicker than normal and causes us to feel sluggish.

Your Immune System :: If your body is focusing all its resources on managing stress, it won't be able to fight-off bacteria or viruses attacking the body, leaving you more susceptible to illness.

Your Sleep :: Stress keeps our bodies on constant defense, preventing us from engaging in normal sleep cycles. This does not allow our sympathetic nervous system to produce melatonin, which is our body's natural sleep hormone.

Your Decision-Making :: A lack of energy, feeling drained and sleep deprivation impact your ability to make decisions and use your judgment.

Even though internal stress can't be directly witnessed from the outside, its impact renders itself in secondary by-products caused by a weakened immune system, for example coughing due to cold or fever due to flu, exhaustion from lack of quality sleep and even more stress due to poor decision-making.

SEE THE CYCLE THAT IS STARTING TO FORM? ONE STRESS CAN BREED ANOTHER, WHICH CAN BREED ANOTHER.

NO. THREE

DEVELOPMENTAL IMPACTS STRESS CAN HAVE ON CHILDREN.

Likely, the most under-recognized consequences of stress is on children and their development. From early brain development into teen years, stress can have long-term ramifications if not addressed early and proactively.

Impact Stress Has On Development In Children:

Brain Development :: Any dysfunction in the body, even as a newborn, doesn't allow the brain to develop at its full potential, thus not allowing the body to develop adequately.

Body Development :: Kids are starting to show signs of headaches, allergies, asthma and even stomach issues at earlier ages, which could be caused by a disruption in the development process. Sick children, become sick adults, making it imperative to treat the stress as early as possible.

Social Development :: In the U.S., 6.4 million children have been diagnosed with ADHD, approximately 11% of children 4 to 17 years of age. Research indicates that the symptoms

of ADHD are similar to the reaction our body has during fight or flight mode. Due to misalignments in the spine and nerve interference, children are stuck in a constant state of stress. The autonomic nervous system is not functioning properly creating hyper energy, impulse and behavioral issues. Addressing the underlying stress causing the outward behavior is imperative.

According to the American Psychological Association, stress is a top health concern for U.S. teens between 9th and 12th grade. Psychologists say that if these teens don't learn healthy ways to manage stress now, there could be serious long-term health implications.

**HEALTHY KIDS ARE
MORE LIKELY TO GROW
AND DEVELOP INTO
HEALTHY ADULTS!**



NO. FOUR

HOW STRESS CHANGES YOUR OVERALL ATTITUDE.

The feelings associated with stress typically aren't positive ones. Many people who are stressed feel sad, frustrated, even angry or quick-tempered. No one wants to or should live in a state of constant negativity. These feelings persuade how you view the world and conduct yourself within it.

Attitude is generally defined as how you respond to your environment, either positively or negatively. Under stress, your attitude becomes poor, impacting not only yourself, but your surroundings and the people around you.

Merely "trying" to be more positive is only going to get you so far, if your body is not functioning properly. Isolating and treating the root cause of your poor attitude (a.k.a cause of stress) will significantly improve your health, thus your overall outlook on life!

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NO. FIVE

HOW STRESS CAN DECREASE YOUR OVERALL HEALTH.

Our previous points have set the stage for this last one, which is a big one! Dysfunction caused by stress, over time will lead to symptoms and poor health.


You can have dysfunction in your body for up to 10 years before you actually see any outwards symptoms. Unfortunately, by the time these symptoms appear it may already be too late. For example, heart attacks or cancer build in the body even if you are showing no obvious signs of your body being under stress. Don't just judge your health by how you feel, make sure you are proactive in continually treating stress at the root source.

Think about it this way...

You regularly visit your dentist to keep up on your oral hygiene. You wouldn't want to wait until you developed a severe cavity or your tooth fell out. If you let a cavity or crack in your tooth worsen without any treatment, what happens? Sensitivity, potential gum bleeding, infection, discoloration, inability to chew in that area, pain, swelling, headaches, earaches, etc.

What about a leak in your roof? Even a small leak will, over-time, cause serious damage to your home if it is not fixed. Physical issues to the home could include: attic and ceiling damage, mold and mildew, and fire hazards from water damage near electrical panels or outlets. Not only that, but when it comes time to fix these issues, you're paying MUCH more than if you had just fixed the small leak in the roof initially.

The same principle goes for your mind and body. It is crucial to overall health and well-being to pinpoint and heal the source of added stress BEFORE it becomes a larger problem, by being proactive and seeking treatment even when there are no outward symptoms - YET.



DYSFUNCTION CAN BUILD
IN YOUR BODY FOR UP TO
10 YEARS BEFORE ANY
OUTWARDS SYMPTOMS
PRESENT THEMSELVES.

THE SOLUTION.

VERO CHIROPRACTIC

How to naturally decrease stress from the inside out using the latest chiropractic approach.

Vero Chiropractic is unlike traditional chiropractic offices, in that we address the master control system of the body, the nervous system, first. We get an exact assessment of your overall health by performing a full neurological and structural analysis, the results of which are utilized in helping you reach optimal health.

About Our Process, Your Stress and Your Body:

- Your brain controls every function of the body. It tells your heart to beat, your lungs to breathe and your stomach to digest. All of this communication takes place through the spinal cord and nerves, which serve as the pathways for your brain to communicate with your body.
- Have you ever heard of the term subluxation? Subluxation is when one or more bones shift out of proper alignment, putting pressure (or stress) on the nerves. This can cause irritation and inflammation of those nerves, which leads to aches, pains and dysfunction (even more stress).
- Of all the nerves that exit the spine, only 8% are pain nerves. The pain that you are experiencing is a warning sign, but it doesn't tell the whole story. It is our job as a Chiropractor to figure out how the remaining 92% of your nervous system, that you can't feel, is functioning.
- In our office, we use four technologies to assess your body for stress and correct it, allowing your body to heal from the inside out, naturally.
 - The first is a neurological evaluation of your entire spine. We use thermal-infrared technology to see exactly where any nerve interference is occurring, which is causing miscommunication between your brain and your body.
 - The second is a muscle assessment. We use surface electromyography or sEMG, which is the exact same technology as an EKG for your heart, only for your muscles. This allows us to see how your muscles are responding and reacting along your spine.
 - The third evaluation is a full spinal examination. This is where the doctor will assess your entire spine to see where structural shifts and subluxations have occurred.
 - The fourth assessment, if necessary, is using our state-of-the-art, digital x-ray system. This allows us to see the exact structure of your spine, which includes any curves, degeneration, or loss of disc space within the spine.
- Utilizing these two technologies, we can locate where each and every one of these misalignments or subluxations are located. This allows us to administer a very gentle, specific, chiropractic adjustment realigning those bones back into proper position, taking pressure off the nerves, and restoring the communication from your brain to your body.
- The results of this treatment provides more than just symptom relief, but optimal health over time.
- Giving the body time and repetition, we will see you reach your health goals, reduce stress and allow your body to heal from the INSIDE OUT.

The logo for Vero Chiropractic, featuring the word "VERO" in a large, bold, white serif font above the word "CHIROPRACTIC" in a smaller, white, all-caps sans-serif font. The text is enclosed in a white rectangular border.

VERO
CHIROPRACTIC

CALL US!

(515) 422-9552

Schedule an assessment today so you can get your lifestyle back and start managing your stress now!

Refer to code **GET-HEALTHY** and receive a special discount offer!

Vero Chiropractic

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