

# How is your heart affected by chiropractic care?

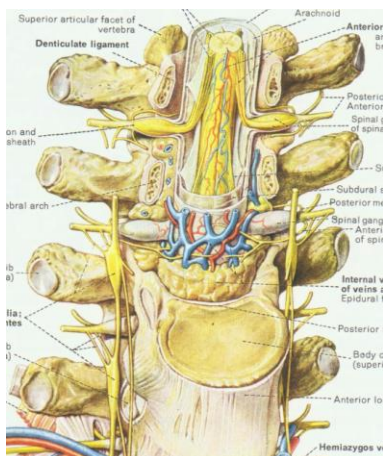


Much has been made about the effects of neck adjustments in lowering blood pressure. Restoring normal motion to spinal joints will often lower blood pressure a few points. The problem is that your blood pressure rose in response to one thing: STRESS. Stress induced high blood pressure is like The [aptly named] Terminator who says, "I'll be back."

The study of **stress** is an important part of the pursuit of wellness.

There are a lot of complex reasons why stress raises your blood pressure; most of them are good. You WANT your blood pressure high when you need to run from a burning building or to save a child in danger. Your body cannot tell the difference between good stress and bad stress. The good stress of preparing for 6 dinner guests is interpreted by your system the same way that a visit from the IRS is interpreted. Your heart rate increases, blood pressure increases, sugar is dumped into your bloodstream for energy, digestion temporarily shuts down to save energy, blood is sent to muscles, your alertness is elevated (and interestingly, concentration is diminished).

Being exposed to stress for most of our waking hours is extremely hard on our bodies. It's like driving around in first gear with the engine whining at a million miles per hour when we are just handling kids or phone calls. Diminishing stresses when possible and increasing "de-stressors" such as reading, praying, music, exercise, quiet hobbies, etc. can decrease blood pressure in remarkable ways.



## Stuck spinal joints in a nutshell:

When spinal joints are stuck (subluxation) whether painful or not, they send an "alarm signal" to the brain called "nociception". The nervous system slightly elevates all of our stress responses.

When spinal joints are moving (along with all of our other joints in our bodies) they send a healthy signal to the brain called "proprioception". The nervous system relaxes stress responses and actually increases other processes like digestion, focus, and concentration. Keeping your spine adjusted regularly will help keep the signals to your brain on the healthy side of the spectrum. This is why you can feel drowsy and wake yourself up by moving around. (Might work for school children.)

## Keeping your spine adjusted is only part of the solution.

At *Heresco Chiropractic & Associates*, we focus on chiropractic care PLUS lifestyle. Our thoughts, physical activity, and food are also critical to good health. Your body is a complex set of systems with a blueprint design for health. Our choices about how we eat, think, and move (including adjustments for spinal mobility), will move us toward a healthy heart and a healthy life.

**Healthy Heart**



**Healthy You**