



### Financial Spinal Stress

Ever woken up in the middle of the night wondering how you were going to pay the bills? Then you know that a car payment or the electric bill can affect your health!

There are three types of stress: physical, emotional and chemical. Financial worries (and other anxieties) fall into the emotional stress category. And chiropractic can be helpful.

All three types of stress affect your nervous system. Like a chain that breaks at its weakest link, stress tends to show up where we are most vulnerable. Our neck. Our low back. Tightness between our shoulders. Stress can increase the frequency of headaches and compromise our ability to get enough restful sleep.

Chiropractic care, with its purpose of reducing neurological stress, can be a helpful. Of course chiropractic care can't *eliminate* stress, but it can sure improve your ability to tolerate it. Regular chiropractic care now, especially with holiday stress around the corner, could be a wise investment for a healthier, happier and financially secure you!

### My Child Has a Fever...

Most people automatically think that a fever is something bad that should be lowered as quickly as possible.

Not so fast! It's important to remember that by itself a fever isn't an illness. It's usually a symptom of some underlying problem. Often, it's a natural way the body responds to fight viral and bacterial infections. Rushing in to artificially lower the body's temperature can actually serve to lengthen the time it takes the body to do the needed work.

Most fevers are usually not cause for concern until they reach a temperature of 104° F (40° C) and only then if the fever lasts for three days or longer.

That said, it doesn't mean you should ignore a fever and take a cavalier attitude. A fever means the body is in a battle and has "set the thermostat a bit higher," using temperature to help subdue the enemy. Careful you don't throw open the doors and windows and force it to work even harder. More helpful would be a chiropractic adjustment or two!



### Once You Go...

It keeps a lot of people from benefiting from chiropractic: they're afraid that they will somehow get "addicted" to our care!

While many of our patients choose to come in on a regular basis when they're feeling great, they don't have to. They *want* to. For...

- The early detection of vertebral subluxations
- Avoiding a relapse of their original problem
- Being their best and staying well

These are choices based on how they value their health and well-being. Each of us gets to choose how much attention we want to give our health. We honor that choice. Sure, we'll explain the benefits of periodic checkups, but our job is to offer the finest chiropractic care possible, and it's up to you to decide how much of it you want.

### The Good Kind of Feedback

You're probably familiar with the high-pitched squealing feedback of a public address system. But there's another kind of feedback that helps keep you alive.



We all know that the brain and the rest of the nervous system orchestrates the function of every cell, tissue, organ and system of the body. Most of these controlling impulses travel down the spinal cord and then out from between each spinal joint to service every part of the body.

Beat the heart! Secrete enzymes! Inhale! Blink! Make new blood cells! Perspire! Produce stomach acid! Beat the heart!

It's a full time job. Good thing we don't have to think about all this or we wouldn't have time to do anything else.

Of course, any interference or distortion of these controlling and regulating nerve messages and the heart doesn't beat correctly, the lungs don't fully inflate and our stomach produces too much or too little acid.

Organs and tissues originate their own messages that feed back up to the brain confirming that the instruction was received and acted upon.

Did it! Done! Got it! Sure thing! Will do! Okay! I'm on it!

This feedback is crucial. If a vertebral subluxation compromises the signal to (or from) any tissue, it won't work properly. And the result? Ill health.