

# ***Help your Body Heal Faster***

*Subluxations are caused by the body being exposed to stressors that it cannot overcome. There are three main categories of stress that the body can be exposed to. Help your adjustments hold longer by avoiding the three T's.*



## **Thoughts:**

These are the emotional stressors that we all experience. Financial worries, death of a loved one (including family pets), deadlines, arguments with our spouse or significant other, job changes, negative thoughts, worry and many others. Researchers studying the “mind-body” connection are finding that many types of complaints are related to poor emotional health. Stress builds up, muscles tighten, soft tissues are affected and subluxations are created. KST is a great way to uncover past emotional stressors that haven't been worked through.

## **Traumas:**

These can be “macro” trauma or “micro” trauma. Macro trauma are the big things associated with chiropractic care such as accidents, falls, slips, etc. However, traumas don't have to be major to cause subluxations. Smaller micro traumas happen over time and can include the birthing process, learning to walk, learning to ride a bike, falls from a bed, playing sports, improper lifting, and many more. Sitting for long periods can also put stress on the body.

## **Toxins:**

These are the chemical stressors that the body has to overcome. Food additives, chemical cleaners, hormonal changes, alcohol consumption, artificial sweeteners, air pollution, medications, drugs, are some of many examples. Exposure to these substances can cause reactions in the body which in turn can affect the nervous system. This can also come from the foods we eat or don't eat by the viscerosomatic response. Basically your viscera (gut) affects your soma (body). Add JuicePlus+ to your diet to help combat some of these internal stressors. If you think you may be reacting to something in your diet, talk to us about a KST food evaluation.