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Ask The  
**Experts**®

on Chiropractic Care

**Dr. Crystal Schmalz**

### Back To Stress!

Sometimes making the shift from those lazy days of summer to September can be even more stressful than the Christmas season. The feeling of freedom enjoyed over the summer can get lost in the hustle and bustle of trying to get your kids and yourself organized again in the fall.

Some stress can be a good thing, such as when our bodies to go into survival mode (flight or fight). An example of this is when you suddenly run into a bear while hiking through the forest. Chronic stress however, can have serious detrimental health effects. In our modern culture, low levels of chronic stress have become the new normal. In fact research shows that this chronic stress can lead to changes in the way we think. Cells in our brain actually shrink and can die, reducing our ability to learn and think rationally. Under chronic stress it can be hard to concentrate and make decisions! Now we know why.

So with the stress of September looming and the sad thought of summer ending, what can we do to help our bodies cope with the stress this may bring?

Interestingly, research is showing that movement stimulation (including spinal motion and exercise) reduces the effects stress has on the body. Motion

produces an increase in the size and number of brain cells. Movement actually helps to restore our ability to learn and remember.

Proper joint motion produces essential stimulation for our brains. Our joints must move through their full range of motion for this stimulation to occur. So if our joints our not moving we get more stress in our bodies and brains!! A healthy moving spine is necessary for healthy spinal joints and tissues and also for healthy body-brain neurological communication. Or to put it

simply, it helps our bodies deal with stress better.

So whatever September brings, whether its getting the kids back to school or getting back into some kind of routine, remember to take a deep breath, get out and move more, and very importantly, get your spine checked! You will stress less!

**Chiropractic helps people of all ages with all kinds of stresses**



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