

## of the Week...

### What You Should Know About T10...

is involved with providing the primary nerve supply from the control centers in the brain to the *Small Intestine* – When subluxated, it may be found to be associated with disturbed digestion and altered function of the small intestines. It may be a contributing factor in irritable bowel syndrome.

### Guess We Struck A Nerve Last Week

It looks like there are more people with stress issues and more people wanting to know more about stress based on all the questions we received last week. The most common concern was the effect of on-going stress on health so here's a short list:

1. Studies show that when we are under stress our cardio-vascular system is significantly affected. A rapid pulse or increased heart-rate are common as is a rise in blood pressure. Both can be attributed to the stress response of "fight or flight."
2. The stress response also includes the contraction of all muscles causing the muscle system to become overworked (heart included) causing the possibility of a chronically fatigued state.
3. Evidence shows (discussed last week) that increased levels of cortisol in the blood can lead to overall weight gain. Could this be a contributing factor to the current obesity epidemic?
4. Having your mind race about everything you are concerned about when you should be falling asleep can lead to insomnia.
5. Chronic stress is acknowledged to be the precursor to a wide variety of health issues.
6. And, how can you have a decent quality of life or be happy if you are under continuous stress?

### The Bottom Line...The Bottom Line...The Bottom Line...

As already mentioned, chronic stress is an acknowledged precursor to a wide variety of health related problems. An overwhelming number of medical visits are for stress-induced and stress related conditions. Some of these other stress-related conditions include depression, anxiety, migraine headaches, chronic fatigue syndrome, digestive problems, elimination problems, reduced immune function, memory loss, reproductive disorders, skin conditions and hair loss.

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