

# HealthTip

Feeding your hunger for information  
about your health...

SPOTLIGHT

## of the Week...

### What You Should Know About T9...

is involved with providing the primary nerve supply from the control centers in the brain to the *Adrenal Glands* (*the glands that sit on top of the kidneys*) – When the nervous system is impaired at this level, it may be associated with the diverse series of health complaints resulting from being overwhelmed by stress.

### Everyone is Stressed...So?

Other than the nervous system impairment mentioned above, most people understand that stress can be physical, chemical, emotional and environmental.

But is it stress or how the body is designed to deal with that stress and, more importantly, how the body can raise its level of adaptability to the stress it's under.

According to Dr. Steve Hoffman, the greatest benefit of regular chiropractic care is to widen the body's range of adaptability to stress. With that understanding, let's look at what you can do to reduce your stress levels.

Both the lack of exercise and the lack of sleep can affect stress levels. Exercise assists the body at moving lymph through it and this is needed to move waste out of the body.

Without proper exercise the lymphatic system can't do its job so the body retains those toxins and that contributes to a greater stress load. Clearly both exercise and rest will help you reduce your stress levels.

Inadequate rest can cause the body to produce more stress hormone that can raise one's stress level. 7 hours nightly seems to work for most.

Work issues can be physical, mental and emotional and are a key issue for many people. There are emerging technologies to assist employers in reducing on the job stress levels.

From an ultra simplistic nutritional standpoint, Vitamin C and the B Complex Vitamins have a positive effect on your ability to deal well with stress. And, watch what you eat...you already know what works best for your body.

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

As we have continually promoted, the key to reducing stress is to prevent it. Living a healthy lifestyle, making healthy lifestyle choices, being conscious of what we think, what we do and what we put into our bodies will go a long way in preventing stress overload. Getting enough sleep, eating a proper diet, avoiding excess caffeine and other stimulants and taking time out to relax are all common sense approaches that we recommend. Tell us what works for you!

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