

Options for Coping with Stress

Stress affects everyone. Your body's sympathetic nervous system produces a stress response that has been fine tuned over the millennia to enhance your ability to survive. While your stress response in Toronto isn't triggered by a large grizzly bear walking up Bay Street, it is triggered by the daily pressures of modern life. Work, family, trying to achieve balance. In short, your survival.

The response may not be as intense as if you did see that bear, but the cascade of events in your body is the same – increases in heart rate and blood pressure, tight muscles, and sweating, to name but a few.

Most people feel that chronic low grade stress is just something they have to live with. Truth is, the continual release of adrenaline and the responses it triggers in the body are NOT healthy. In the short term, you may suffer from fatigue, muscle spasm, tension headaches, and anxiety attacks. In the long term, there's a risk of much more serious health issues.

Trying to break this chronic stress cycle is important to your overall health and well being. Luckily, you have options.

Both acupuncture and chiropractic are safe, effective methods of modifying the body's sympathetic nervous system response. You can use them when events in your life become overwhelming. You can use them to stay on top of your game. You can use them as part of a strategy to achieve optimal health. Whatever your objectives, know you have options.

Feel better. Function better.

First Canadian Chiropractic and Acupuncture Centre

1 First Canadian Place (King & Bay), Mezzanine Level
Toronto, Ontario, Canada, M5X 1A4

Tel: 416-368-4858 Email: info@healingeffect.com Web: www.healingeffect.com