

# BACK <sup>to</sup> HEALTH

with Dr. Phillip Aragon Dr. Philip says, "Don't let your spine get on your nerves. Get adjusted!"

## STRESS

Did you know that stress and stress-related health problems is one of America's leading health epidemics?

Whether you suffer from stress on the job, or from strained relationships, economic and political pressures, or simply your own shortcomings, the relative effect is similar; an overall breakdown of proper bodily function. The human body is a complex network of nerves and connective tissues, all working together to sustain life. If any of these complex systems are impeded in any way, the result can be exponentially detrimental.

Stress can manifest itself in a number of seemingly unrelated disfunctions, but the root cause can be traced back to the effect of stress upon the immune system, and more specifically to the effect of stress on the infrastructure of the musculoskeletal system, which directly impacts the effectiveness of the immune system.

Every function of your body (including all of your vital organs) is regulated by the central nervous system housed in a complex network of nerves stretching from the brain stem at the apex of the spinal column to the base of the spine and down through the channels of the sciatic nerve. If your spine is in proper alignment, all of your autonomic systems should function at peak performance, given proper rest, exercise and diet.

When an individual begins to experience stress, however, the most common immediate manifestation is tension in the muscles of the neck and back. Over an extended period of time, the sensitive connective tissues in that region begin to over compensate for the additional burden, causing gradual vertebral shifting, or subluxation.

Under these conditions, just like the flow of water from a garden hose with a kink, the spinal nerves get pinched, impeding the flow of neurological responses, ultimately hampering the full function of critical systems.

Stop being a victim of the ravages of stress, and restore your body to optimal health today! Like Dr. Phillip says, "Don't let your spine get on your nerves...Get adjusted!"

**New Patients Seen Immediately!**

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**\$25 SPECIAL!**

**Special Back to Health Promotion\***

Includes the following services:

- Initial Consult
- Initial Exam
- X-Rays (If needed)
- Comprehensive Wellness Profile

*\*(offer only valid with coupon)*

**Back in Line Chiropractic**  
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