

How STRESS is Making You SICK

**THE HEALTH CASCADE
OF SYMPATHETIC
DOMINANCE AND WHAT
YOU CAN DO ABOUT IT**

Dr. Joseph Adams

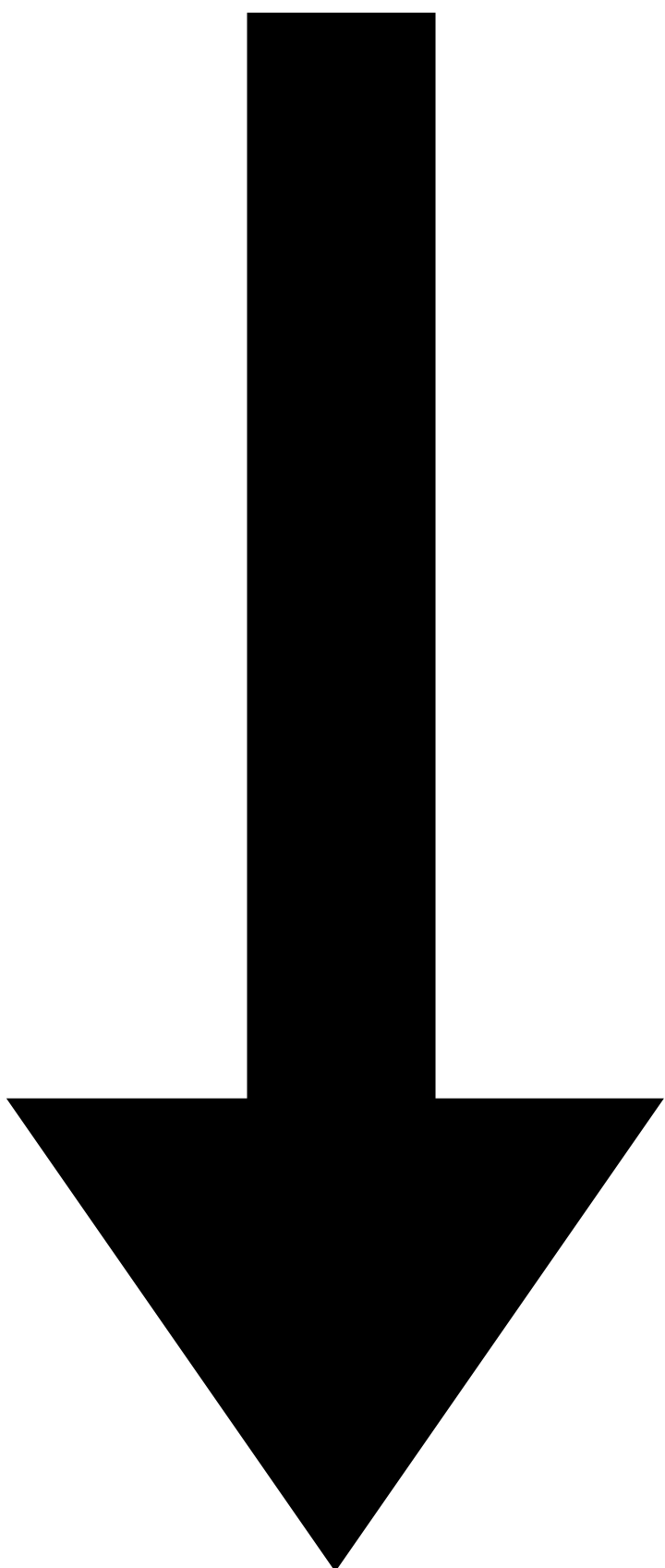
*It's not the stress that
kills us,
it's our reaction to it.
- Hans Selye*



HEALTHY STRESS VS. THE "STRESS HIJACK"

Normal, healthy stress serves an important purpose. It helps build the strength of our ability to adapt to an ever-changing environment and respond appropriately to immediate threats to our safety or bolster our performance during an important moment.

Stress is designed to be a short term response to a situation that calls for immediate action, but our fast paced lifestyle has our brains convinced that every day has numerous life-altering obstacles we must combat: the endless emails, the traffic, the >40 hour work weeks....



When the stress response is activated for too long, it reaches a tipping point and launches our body into a cascade of stress dominance (sympathetic dominance). Reaching this point takes a toll on our mental, physical, and physiological well-being.

WARNING SIGNS

of Sympathetic Dominance

Anxiety

Chronic Fatigue

Chronic Inflammation

Chronic Pelvic Pain

Depression

Digestive Difficulty

Frequent Illness

Gall Bladder Issues

Headaches

High Blood Pressure

Hormonal Imbalances

Infertility

Irritability

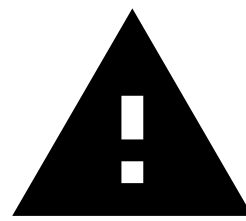
Light / Noise Sensitivity

Polycystic Ovarian Syndrome

Shoulder / Neck Tension

Sleep Disturbances

Uterine Fibroids



LIFESTYLE FACTORS



4 MAIN CAUSES:

Money

Work

Poor Health

Family Life

FACTORS THAT PLAY INTO IT:

Long working hours

Unrealistic expectations of work load

Financial obligations and debt

Getting less than 7 hours of sleep a night

Going to bed after 11PM/ Midnight

Skipping meals / rushed meals

Eating a heavily processed diet

Physical inactivity

Not taking time to unplug

Traumatic events

THE HORMONAL CASCADE

Prolonged stress increases
CORTISOL & ADRENALINE

Heightened cortisol leads to:

INSULIN RESISTANCE
(Diabetes)

ELEVATED ESTROGEN in women
(Infertility; PCOS; Fibroids)

Lower **THYROID FUNCTION**
(Hashimotos)

Dampened **IMMUNE** system
(More colds; increased risk of autoimmunity)

Increased **PAIN PERCEPTION & SENSITIVITY**
(Chronic pain syndromes)



TAKE CHARGE

SELF CARE IS HEALTH CARE

Find ways to schedule in self care / relaxation

Daily mindfulness / meditation / breathing

Develop healthy habits

Learn new things every day

Prioritize nutrient dense, anti-inflammatory foods

Stay socially active

Hydrate! 1/2 your weight in ounces of water / day

Get 7-8 hours of sleep a night

Do something physical every day

Chiropractic care

Mental Health

Dedicate time
for self care

1

Breathe

Slow down
and breathe

2

Habits

Prioritize
healthy habits

3

Stimulation

Continue to
engage your brain
by learning new
things

4

5

Eat Healthy.

9

Movement

Move every day

8

Sleep

7-8 hours
a night

7

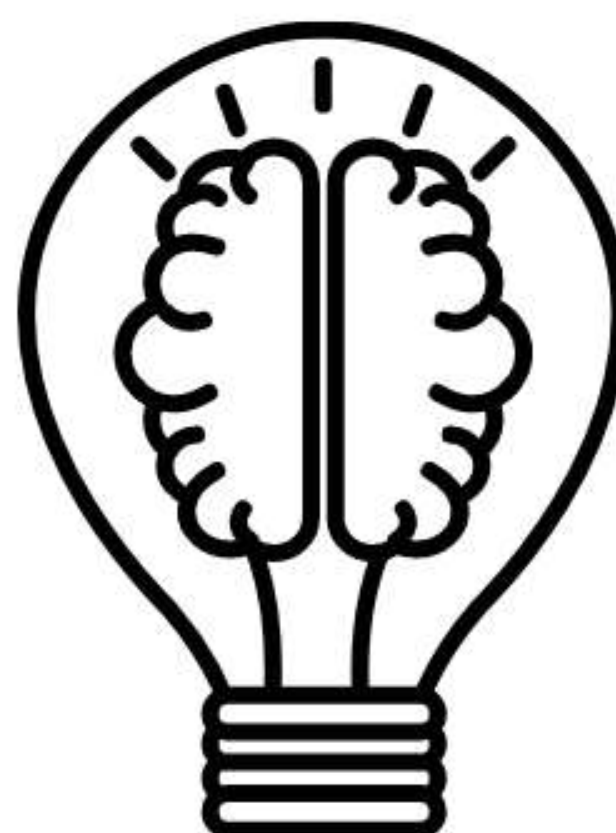
Hydrate

1/2 your weight
in ounces of
water

6

Connection

Stay socially
active



CALIBRATION
CHIROPRACTIC + FUNCTIONAL HEALTH

CHIROPRACTIC'S ROLE



It is widely known that chiropractic is phenomenal at relieving back pain, neck pain, and headaches, but there's another, perhaps more powerful mechanism at play when you get adjusted.

Not only does getting adjusted alter your brain's pain matrix due to the impact spinal adjustments have on the area of the brain responsible for pain perception (the prefrontal cortex), but spinal adjustments also fire up the frontal lobe in a way that helps inhibit the stress response, helping you live with a greater sense of wellbeing.

[Lelic D, Niazi IK, Holt K, et al. Manipulation of Dysfunctional Spinal Joints Affects Sensorimotor Integration in the Prefrontal Cortex: A Brain Source Localization Study. Neural Plast. 2016; 2016:3704964]

RESOURCES

MEDITATION APPS

Headspace
Insight Timer
Calm
10% Happier

SUPPLEMENTS

Magnesium
Melatonin
Vitamin D
Probiotics + Prebiotics
Ashwagandha

FITNESS

YOUTUBE:

Yoga with Adriene
Untethered Yoga Dr. Jordan
Fitness Blender

PAID:

Onnit Academy
Nike Training Club
Beach Body

BOOKS

The Deflame Diet - Dr. David Seaman
Full Catastrophe Living - Jon Kabat-Zinn
Four Agreements - Don Miguel Ruiz
10% Happier - Dan Harris



Dr. Joseph Adams, DC, MS

Dr. Joe knows what it's like to suffer and feels strongly that people deserve answers. He has a passion for helping people with significant health challenges through interdisciplinary care, including chiropractic, clinical neurology, as well as mindset, nutrition, and lifestyle modification. As a lifelong learner, he is in constant pursuit of education to best help those who are suffering.

Doctor of Chiropractic - Parker University
Masters in Clinical Neuroscience
Postgraduate training in head and neck pain
Local speaker and educator



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