

STRESS DETOX GUIDE



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Every day brings a choice:
To practice stress or
To practice peace.

What is stress?

Stress is multi-faceted, harmful and debilitating – and it affects all of us. Stress is not a one-size-fits-all issue, but one that manifests itself differently in each person. What is common is the ability of stress to cause real and lasting physical damage. It affects the thyroid, adrenal glands, digestive tract, nervous system, heart, and muscles.

It is readily apparent that we are an overstressed, malnourished, and sleepless society. This leads to pain, exhaustion and prolonged illness – which, in turn, causes even more stress! What a vicious cycle.

We all know that we should reduce the amount of stress in our lives, but before we can do that, we need to understand where it is coming from.

Stress starts in the brain, then spreads through the whole body. It falls under three different categories: physical, psychological, and chemical. All three are present in our lives every day, which may make you question whether we even have a fighting chance to reduce stress. The answer is **yes!**

We need to increase our body's ability to handle stress with what is called a person's General Adaptive Potential (GAP). The wider our GAP, the more we're able to handle the emotional difficulties that we experience.



How can I detox stress?

Boost the Nervous System

The first step in preventing lasting harm from stress is to make sure the nervous system is functioning as well as it possibly can. The best way to do that is to get regular chiropractic adjustments. This will take pressure off the nervous system and allow the body's self-regulating system to do its job.

Become Emotionally Resilient

The next step is to focus on your emotional response and becoming more resilient to your emotions. We need to acknowledge how we feel, and also know why we feel the way we do. This will help you identify and understand where your stress is coming from.

Focus on Well-Being

Exercise is often said to be the most underused antidepressant out there. When you're feeling stressed, moving your body – ideally, outdoors – can be powerful in fighting off those negative effects of stress.

Eating a balanced diet of whole, healthy foods is critical. The food we eat can either nourish the brain or destroy it, and good fats like coconut, fish, and avocado oil are great places to start.

If there are nutritional gaps in your diet, use high-quality supplements to fill them. Vitamin D and magnesium deficiencies are rampant in the U.S., and both are linked to diseases such as anxiety and depression. Making sure these are in your diet is important.

The link between your brain and digestive tract is a powerful one. The more healthy bugs in your gut, the better your brain will work. This is why a daily probiotic is a must.

As you can see, there is no single solution to this problem. The good news is that small changes can have a huge impact on your stress levels and overall health. Keep learning and working on your health, and you will see the results.

Try these things to help
reduce stress.



All Types of Stress

Chiropractic

Misalignment of the spine, or subluxation, occurs when an abnormal position or movement of the vertebrae disturbs

communication within the brain and spinal cord, causing a disturbance in the body. This leads to a lowered resistance to diseases, as well as pain, imbalances, and fatigue. It is sometimes called a “silent killer” because it can slowly affect your overall health without you even knowing it.



Many people who visit our office have health issues with no known origin. A misalignment is usually caused by a buildup of one or more of the three stressors (physical, mental/emotional and chemical) in a person's life. It rarely happens overnight. Many misalignments have been present for some time, but treatment is sought when they have finally done enough damage to cause pain.

CranioSacral Therapy

The CranioSacral system consists of the membranes and cerebrospinal fluid (CSF) that surround and protect the brain and spinal cord. It extends from the bones of the skull, face, and mouth, down to the sacrum, or tailbone area. CSF maintains the physiological environment in which your brain and nervous system develop, live and function. In other words, CSF nourishes the brain and spinal cord.

During CranioSacral Therapy, we use light touch to monitor the rhythm of the craniosacral system, aiming to detect potential restrictions and imbalances. Delicate manual techniques release those problem areas and relieve undue pressure on the brain and spinal cord. It is a gentle method of detection and correction that encourages your own natural healing mechanisms to dissipate these negative effects of stress on your central nervous system. In general, CranioSacral Therapy improves overall health and resistance to disease.

Acupuncture

Acupuncture has helped countless people reduce stress and improve overall well-being for centuries. Here are just some of ways acupuncture can help with stress and anxiety relief. Yes, there are needles, but they don't hurt. We use very fine needles inserted just under the skin to stimulate our body's acupressure points. After an evaluation, the best points to place the needles on your body will be determined and you'll lie on a padded table. Needles will be placed with a light tap at each site. The needles are so fine that you'll barely feel it. There may be one or two that feels “strong” or something like a mosquito bite, but that's about it.

Acupuncture uses your body's internal mechanisms to bring relief. When the fine needles stimulate nerves under the skin, the nerve sends a message to the brain, telling it to release our natural pain killers, called endorphins. These natural brain chemicals cause us to relax and feel euphoric or happy. Acupuncture also helps our body naturally reduce inflammation and pain which can increase with chronic stress.

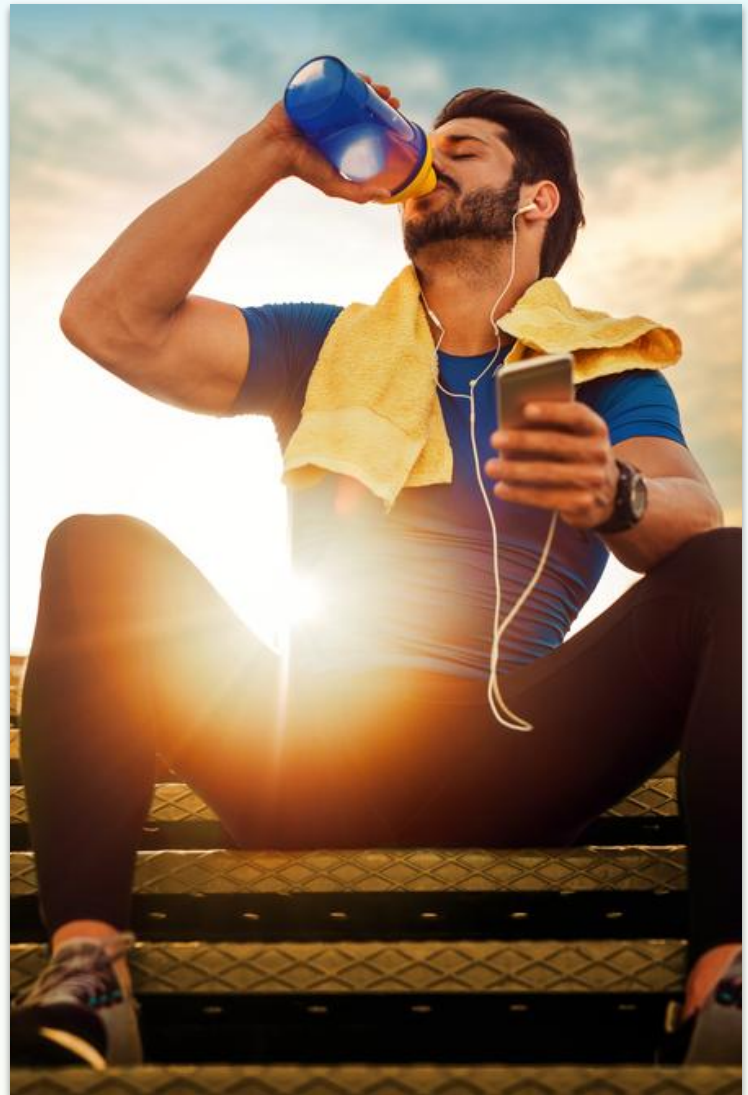
Massage

What an easy and simple way to release that tension! Massage can lower your heart rate and blood pressure, as well as release tension in muscles! It releases endorphins, dopamine and serotonin - chemicals naturally found in the body that help to make you feel calm and relaxed. Massage also reduces cortisol levels - one of the primary stress hormones. There is no way to lose with a massage!

Exercise

The mental benefits of aerobic exercise have a neurochemical basis. Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators. Endorphins are responsible for the "runner's high" and for the feelings of relaxation and optimism that accompany many hard workouts — or, at least, the hot shower after your exercise is over.

Behavioral factors also contribute to the emotional benefits of exercise. As your waistline shrinks and your strength and stamina increase, your self-image will improve. You'll earn a sense of mastery and control, of pride and self-confidence. Your renewed vigor and energy will help you succeed in many tasks, and the discipline of regular exercise will help you achieve other important lifestyle goals.



Water Intake

The link between water and stress reduction is well documented. All of our organs, including our brains, need water to function properly. If you're dehydrated, your body isn't running well -- and that can lead to stress.

Studies have shown that being just half a liter dehydrated can increase your cortisol levels. Stress can cause dehydration, and dehydration can cause stress. It's a vicious cycle. You can break it by building more water consumption into your day. Stress can result in many of the same responses as dehydration -- increased heart rate, nausea, fatigue, headache -- so if you can remain hydrated you can reduce the magnitude of the physiological responses we have to stress.

Hugs/Community

Oxytocin is a chemical in our bodies that scientists sometimes call the "cuddle hormone." This is because its levels rise when we hug, touch, or sit close to someone else. Oxytocin is associated with happiness and less stress, it even causes a reduction in blood pressure and of the stress hormone norepinephrine.

One study found that the positive benefits of oxytocin were strongest in women who had better relationships and more frequent hugs with their romantic partner. Women also saw positive effects of oxytocin when they held their infants closely.



Stressed and Wired

Gratitude Journal

Thankfulness is one of the most powerful emotions to feel and process. The cool thing is, it is something that is able to be chosen. It is not something that happens automatically when everything is going right - it is something that occurs when you are intentional!

The hypothalamus is the part of our brain that regulates a number of our bodily functions including our appetites, sleep, body temperature, metabolism and growth. A study done in 2009 showed that the hypothalamus is activated when we feel gratitude or display acts of kindness. In the same way that our breathing changes and our pulse quickens when we feel fear or anger, feelings of gratefulness and thankfulness create different physiological responses.

Thankfulness is also addictive! The more intentional you are with it, the more dopamine is released from your brain - which makes your brain very happy. Although addiction typically has a negative connotation, in this instance it is a positive one because it reinforces a cause and effect that is beneficial for the body.

Deep Breathing

Proper breathing is important for our overall health but most will never give it a second thought. The problem with not thinking about it is that most of us are not doing it right. By being aware of how we are breathing, we can bring focus to our mind, help control physical responses, and improve performance.

The first thing you should do is see how you are breathing. To see if you are breathing using your diaphragm, lie on your back and place one hand on your chest and one hand on your stomach. Take a deep breath in through your nostrils to a count of four. Is your stomach rising, or is your chest rising? Ideally, your stomach should be rising first. If your breath is deep enough, then your chest will follow.

The exhale is just as important. It is important to exhale as much as possible to clear all of the toxins. When you exhale, imagine your belly button pulling into your spine and pushing all the air out.

Try out these supplements:

- Stress Essentials Relax
- Copa Calm
- L-Theanine
- Melatonin
- Magtein



Stressed and Tired

Sleep Hygiene

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

Cold Shower

Cold showers have been proven to help improve blood circulation. When you cool down your body temperature, your system responds by moving fresh blood. Anxiety may cause an increase in blood pressure, so in theory, a cold shower may help bring it down.

Another way cold showers may work is by increasing endorphins, or the feel-good hormones in your brain. Endorphins can ease symptoms of depression and anxiety. Cold water may also decrease cortisol, a stress-inducing hormone. When using hydrotherapy for anxiety, you should only use cold water for a few minutes at a time. You can then finish your shower with lukewarm water.



Try out these supplements:

- B-Complex
- Stress Essential Balance
- Adreno Trophic
- Licorice Plus Complex



Stress doesn't have to rule your life!
Taking the right steps will lead you
to a life of balance.

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