

c4 men...

September is men's month at c4w which coincides with Father's Day. During September we will touch on some of the issues surrounding men's health and look at how chiropractic can promote and enhance greater health.

Stress is one of the leading health issues of men today. The physiological changes that occur as a result, are collectively known as the "**Stress Response**". Although the stress response is an intelligent adaptation which allows the body to cope with these stressors, long term or chronic stress can lead to many of the health problems we see in society today, such as type II diabetes, obesity and high blood pressure to name a few.

In an attempt to encourage more men to take charge of their stress and their health, we are offering a free EMG "stress test" to any new male clients that come to our office this month. For all our current male clients, don't be disheartened - just ask at reception to be booked in for your very own EMG "stress test".

David, our counsellor will be running an informal father's group where fathers are invited to share their stories. If you are interested please email David at david.cronin@c4w.com.au.

Happy health to everybody

The team @ c4w

thought for september...

"Stress is not what happens to us. It's our response TO what happens. And RESPONSE is something we can choose"

Maureen Killoran

c4 stress response...

Unfortunately, stress is part of life. Things that cause stress (stressors) not only include emotional stressors such as work, but can also take the form of physical stressors, such as poor posture and exercise, or chemical stressors, such as pollution and food substances.

Every second our body responds to its environment in the most appropriate physiological manner. This means that the inner workings of the body at a cellular level constantly change and adapt to information that is coming in via the nervous system. For example, red blood cell numbers begin to increase in response to moving to a higher altitude. This response is the adaptive processes that the body uses to cope at any point in time.

With this in mind, we were never designed to live in an environment that initiates a state of chronic stress. It is this environment which causes the majority of our health problems rather than things like a high red blood cell count and high blood pressure. These body signals are just the body's natural adaptations to these responses.

How does the stress response actually work?

To illustrate this response, we will use an example of an impending attack from a tiger :

The first thing that our nervous system detects is a stimulus: ***the tiger jumps out at you.***

The nervous system then initiates a stress response: ***fight or flight.***

The nervous system intelligently sends various messages to increase our body's functions which are needed immediately to survive the tiger attack, such as increased blood pressure and heart rate, and sends messages to decrease functions that are not immediately essential, such as digestion and sex drive.

c4 stress response...

The nervous system also sends messages which cause extra hormones to be produced to increase heart rate and blood pressure, ensuring rapid delivery of energy and other hormones.

sensory system : During this response the sensory system becomes heightened and concentration is reduced. Fats and sugars are released into our blood for energy. In periods of stress where fat is not used, it is stored around the waist, thighs and hips.

stress hormones : During stress, our body's instinctively crave stress hormones which are made up of fats and sugars. Fats and sugars have a good supply of ingredients ready to make more stress hormones. Stress hormones stop insulin receptors from being as receptive. This causes blood sugar levels to remain high and in chronic cases may lead to type II diabetes.

magnesium : Insulin resistance also lowers magnesium levels. Magnesium is required for muscle relaxation. Blood vessels are constricted which results in increased blood pressure. Tight muscles can also lead to things like tension headaches and postural disturbances.

serotonin : Under normal conditions, serotonin (a brain "feel-good" hormone) is released when we are anxious or stressed, but in chronic stress, production of this hormone is depleted. This results in feeling depressed, irritable, tired, poor sleep, tension headaches, decreased sex drive, rapid ageing and changes in appetite.

These adaptive changes that occur during the stress response are absolutely essential for short-term survival in a stressful environment, however, these changes were never designed to be chronic. When we force our body to produce them long-term we push our adaptability to the limit and cellular dysfunction is the ultimate result.

c4 stress response

To create balance and health at a cellular level we must decrease the **chronic stress response**. This is possible by minimising the stressors we come in contact with, or through lifestyle changes. Chiropractic is based on the belief that a fully functioning nervous system requires proper alignment of the spine. The chiropractic adjustment removes nerve interference, improves our general adaptive potential (GAP) to stressors and allows our body to better cope with stress!

How are your stress levels?

How well is your nervous system coping?

Taken from "The 14 foundational premises for the scientific and philosophical validation of the chiropractic wellness paradigm"

- Dr. J.L. Chestnut.

above - down - inside - out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

Greg Moore

Jason Cole

Sylda Jones

events

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 18th September

Tuesday 10th October

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