



Imagine...

You are hiking in the mountains and suddenly encounter a large grizzly bear! As you stand there in complete terror...

- ... your heart begins to race
- ... your respiratory rate increases
- ... your pupils dilate.

This response is entirely normal in a life-threatening situation like the one described above. Your body instinctively knows it needs to circulate more blood to your extremities so you can run faster, breathe more rapidly to exchange more oxygen, and dilate your pupils to expand your visual awareness.

This scenario is an example of a “sympathetic response,” a critical part of our survival mechanism. **However, the problem today is that many people experience an overactive sympathetic response even in non-life-threatening situations.**

The Modern-Day Sympathetic Overdrive

In our modern lives, stressors that trigger the sympathetic response are abundant. Running late for work can cause your heart to race. A coworker’s annoying behavior might spike your blood pressure. Even watching the news can activate your sympathetic nervous system. All these scenarios are unnecessary stress responses by your nervous system.

Constantly being in this state increases the risk of chronic diseases. When stuck in a sympathetic state, your body cannot rest, heal, or repair itself, as all energy is diverted to perceived survival threats.

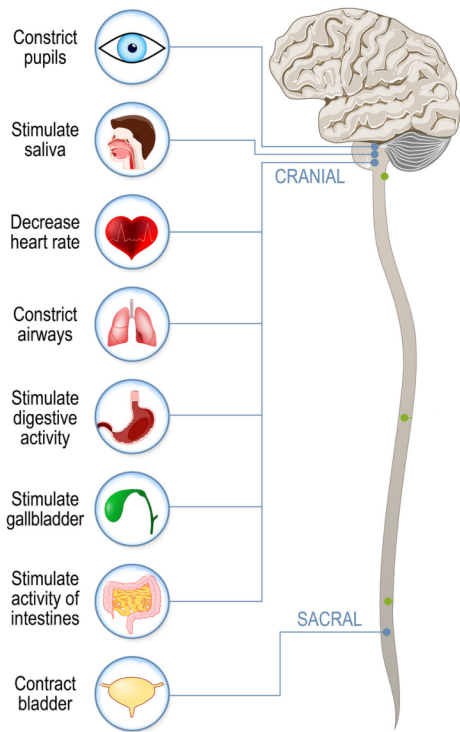
ACTIVATING THE PARASYMPATHETIC SYSTEM



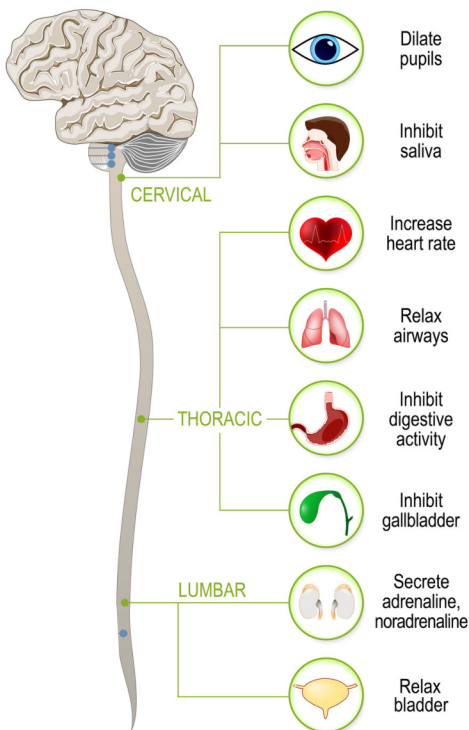
Balancing the Nervous System

One of the main objectives of chiropractic adjustments is to help balance the function of your sympathetic and parasympathetic nervous systems. New research shows that chiropractic adjustments can slow down and even reverse the sympathetic stress response. This balance is crucial for maintaining overall health and preventing chronic stress-related conditions. Regular chiropractic care can thus be a key component in achieving a more relaxed and resilient nervous system.

PARASYMPATHETIC nervous system



SYMPATHETIC nervous system



The Role of the Parasympathetic System

In contrast, the parasympathetic nervous system is responsible for "rest and digest" functions. It slows down the heart rate, reduces blood pressure, and promotes digestion and healing. For optimal health, a balance between the sympathetic and parasympathetic systems is essential.

Many people with chronic stress have an overactive sympathetic response and get stuck in this pattern daily. **This is where chiropractic care comes into play.**

Chiropractic Care and the Parasympathetic System

One of the main objectives of chiropractic adjustments is to help balance the function of your sympathetic and parasympathetic nervous systems. New research shows that chiropractic adjustments can slow down and even reverse the sympathetic stress response.

Chiropractic care works by addressing subluxations (misalignments) in the spine, particularly in areas that affect the nervous system. By correcting these misalignments, chiropractic adjustments restore proper nervous system function, promoting a shift from sympathetic dominance to parasympathetic activation. This shift allows your body to enter a state of relaxation, reducing stress hormones and enabling healing and repair.

Strategies to Mitigate Sympathetic Activation

- ✓ **Get Enough Sleep:** Adequate rest is crucial for your body to recover from daily stressors.
- ✓ **Exercise Regularly:** Physical activity helps regulate stress hormones.
- ✓ **Practice Mindful Breathing:** Deep, mindful breathing.
- ✓ **Healthy Diet:** Eating a balanced diet rich in nutrients.
- ✓ **Relaxation Techniques:** Practices like meditation, yoga, and progressive muscle relaxation.

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(561) 819 2225
15132 Jog Road
Delray Beach, FL 33446



WWW.ALTERCHIROPRACTIC.COM