

Stress, Hormones & Chiropractic



*How Stress Affects Your Body
—and How Chiropractic Helps
Restore Balance*

BY ANTIGNOLO
CHIROPRACTIC

Understanding Stress: More Than Just a Mental State

Stress isn't just something you "feel"—it creates real, physical changes in your body. Whether it's emotional stress (like work or relationships), physical stress (like poor posture or injury), or chemical stress (like poor nutrition or toxins), your body responds the same way:

➔ It triggers the **sympathetic nervous system**—your **fight-or-flight** response.

This response was designed to protect you in emergencies, but when it's activated constantly, it can lead to long-term damage.

What Happens When Stress Becomes Chronic?



When you stay in survival mode, your body produces high levels of cortisol and adrenaline. Over time, this causes:

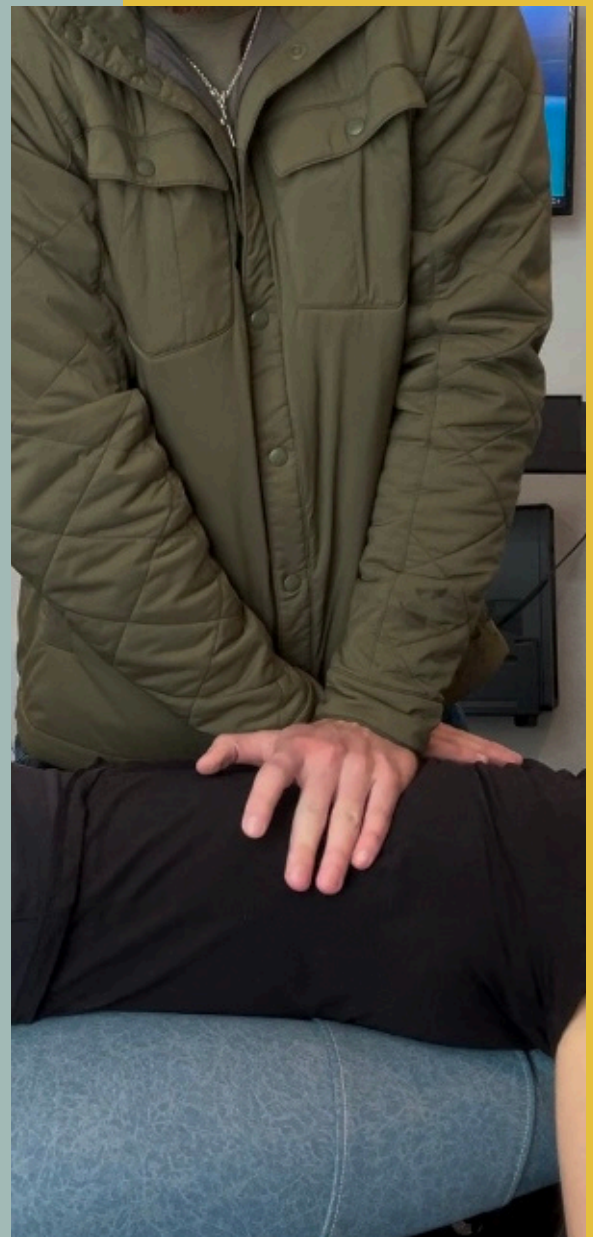
- Increased inflammation
- Sleep problems and chronic fatigue
- Hormonal imbalance (affecting thyroid, adrenals, and reproductive hormones)
- Sluggish digestion and metabolism
- Mood changes like anxiety, irritability, or depression
- Lowered immune function (making you get sick more often)

Common Signs You're Stuck in Stress Mode

Many people live in a constant state of stress without even realizing it. Here are common symptoms that indicate your body may be stuck in “fight-or-flight”:

- 🤕 Tension headaches or neck pain
- 😞 Feeling anxious or overwhelmed constantly
- zZ Trouble falling or staying asleep
- 🤒 Getting sick often or slow recovery from illness
- 😡 Mood swings or irritability
- 🍕 Craving sugar, caffeine, or salty foods
- 🧠 Brain fog or difficulty concentrating
- 💣 Feeling tired but wired—exhausted yet unable to relax

If any of these sound familiar, your body may be dealing with chronic nervous system stress that needs to be addressed—not masked with more caffeine or medication.



Why “Just Managing” Stress Isn’t Enough

You’ve probably been told to reduce stress with relaxation, deep breathing, or exercise. These are all helpful, but they don’t fix the underlying cause if your nervous system is already overwhelmed.

When spinal misalignments interfere with brain-body communication, your body may stay stuck in survival mode—even if your environment is calm.



This is why so many people say they “do everything right,” but still feel off.

Chiropractic adjustments directly support your body’s ability to reset and heal from the inside out.



Real-Life Pain Points Chiropractic Can Help With

Stress shows up differently for everyone. You don't need to feel "stressed" emotionally for your body to be affected.

Here are some stress-related health issues we commonly see improve with chiropractic care:

- Jaw clenching/TMJ from chronic tension
- Digestive issues (like bloating, IBS, reflux) tied to nervous system overload
- Frequent colds or allergies due to immune suppression
- Hormonal imbalance and irregular cycles
- Low back pain or sciatica worsened by inflammation and muscle tension

Anxiety that's rooted in neurological overdrive
Chiropractic doesn't "treat" these conditions—but it helps the body function better, so healing can happen naturally.

What Makes Chiropractic Different?

Unlike medication, chiropractic doesn't cover up symptoms. It works with your body's own healing potential by:

- Identifying and correcting spinal subluxations
- Supporting balance between the sympathetic and parasympathetic systems
- Helping your brain better interpret and respond to stress
- Promoting better posture, movement, and adaptability

You don't need more stress management tips—you need a healthier foundation that makes you more resilient to stress in the first place.

Questions?

We will gladly answer any questions you may have!
Contact information is below.

✓ Bonus: 3 Simple Ways to Support Your Nervous System Today

1. Breathe deeply for 2–3 minutes a day
2. Limit screen time before bed
3. Get adjusted regularly to support a healthy nervous system

If you have any questions or would like to get started with Chiropractic care our contact information is below or click the button above to request your first visit:

Phone: 972-369-7167

Email: Antignolochiro@gmail.com