

# Better Spine, Less Stress

You probably know that the brain needs a constant supply of oxygen and nutrients (like glucose) in order to do its job. Well, those are material needs. Being chemicals, these needs will show up in ordinary lab tests.

The brain also requires a constant supply of appropriate useful information in order to do its job (that of co-ordinating all of your body's systems for maximum health).

Information, unlike chemical substances, won't show up in ordinary lab tests. One prime source for this valuable information are the nerves and nerve receptors which surround the structures of the spine.

As you get busy day to day, it's not always possible to look after yourself to the degree that you would like. A disturbed sleep, a late meal, a few too many things going on at once and the result is excess stress on both the brain and the body. As individual areas of the brain become overstressed with the increasingly



**Dr Tat Loo: Chiropractor**

complex task of keeping your body's systems as healthy as possible, its ability to maintain good control and oversight of what is happening in the body diminishes. In other words, the captain of the ship (the brain) can get a bit tired and a bit distracted. The result – a ship vulnerable to the next thing which might go wrong.

As stress mounts, immune system reactions change. Moods and irritability worsen. The body

becomes uneasy and the spine can begin to jam, throwing the whole body out. Discomfort and nerve irritation slowly creep in.

As stress on the brain generates stress in the spine, the spine becomes less able to send useful appropriate information to the brain. This worsens the whole situation.

This is where chiropractic care comes in. By working with the spine to restore good spinal and biomechanical health, chiropractic adjustments improve information (nerve) signalling throughout the body, and especially up to the brain.

The application of chiropractic forces to the spine fires nerve receptors up, which in turn fire up needed talk to the brain.

The result? The captain of the ship has fewer problems to deal with, has the information it needs to keep things on an even keel, and you benefit from a healthier spine, less stress, and improved wellbeing.

This content reflects personal opinions of Dr Tat Loo, a Dunedin-based chiropractor.

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