



FRANKLY SPEAKING

Total Life Chiropractic



Chiropractic for Anxiety?



Does Chiropractic Care Help with Anxiety and Depression?

If you struggle with anxiety or depression, you are not alone.

Approximately 40 million Americans including Physicians themselves have the same struggles. In fact, nearly 18% of the population admits to having an anxiety disorder.

According to the National Institutes of Health, mental illnesses, especially anxiety disorders cost the U.S. \$46.6 billion annually, not to mention the 34.1% rise in costs for anti-anxiety medications between mid-Feb and mid-March 2020.

Prescriptions for antidepressants and sleep medications increased 18.6% and 14.8%, respectively. Psychiatrists wrote 86% more

prescriptions for psychotropic drugs, primarily antidepressants, in March and April 2020 compared to previous months. With anxiety and depression on the rise and the cost of medications skyrocketing, people are seeking effective alternatives. Many individuals are now turning to chiropractic care to help manage anxiety and depression with great success.

But first, we must be able to recognize the symptoms.

Signs of these issues can include muscle stiffness or tension, an inability to rest and relax, headaches, extreme fatigue, inability to sleep and in some cases, a racing heart, nervousness, feeling of despair, muscle twitching, sweating, inability to catch your breath and even feeling lightheaded or fainting.

aches and pain. In many cases this is a result of an overactive synthetic (fight or flight) nervous system.

Chiropractic care aims to balance the nervous system and thus balance your body's response to everyday stresses.

So, how exactly can an adjustment help my condition?

The first step is identifying what chiropractic *is not*. It is not merely a treatment for back pain, neck pain and headaches. It is not about seeing how many loud noises you can create while "manipulating" the spine.

It is however, about performing a thorough chiropractic evaluation to find the misaligned vertebra which are interfering with the normal neurological balance of the body. Then "true chiropractic adjustments" are performed to balance the nervous system and allow the body to function fully, naturally in that its best. This natural and safe approach to whole-body health has shown promising results for mental health issues like anxiety and depression.

The following list is based on current neurological research

Here's a brief list of a few of the things that a **proper** chiropractic adjustment can do to help:

- Down-regulates the sympathetic nervous system reducing the fight or flight response
- Improves spiral proprioception (your body's ability to perceive itself in this environment).
- Changes the way the brain controls your spinal muscles.
- Improves ankle proprioception (control) allowing for greater stability and balance.
- Reduces pain and improves quality life.
- Improves blood flow to the brain
- Helps the central nervous system retain its ability to reorganize itself under stressful situations.
- Helps reduce blood pressure

So maybe it's time to say no to drugs... Yes to Total Life Chiropractic!

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