

Live a Stress-Free & Healthy Life



Stress Affects Nervous System Health

- Everyday stressors cause misalignments in the spine called subluxations, which lead to disease due to inadequate function of the body.
- Subluxations cause an interference in the body's ability to function and heal: For optimal health, the body must be able to send messages from the brain to the body via the spinal cord and nerves.
- Chiropractors locate subluxations and correct them by performing a chiropractic adjustment, restoring nervous system integrity.
- Regular spinal checkups by your chiropractor help to minimize the negative effects of stress and balance the stress that the body is under.



Long-Term Stress Leads to Disease

- Stress is not what happens to you; it's how you handle it.
- Stress (chemical, physical, and emotional) is constant in everyone's life every day.
- Long-term stress places wear and tear on the body, causing subluxations and cellular damage that lead to disease.

Manage Stress with Nutrition and Essential Oils

- Long-term stress depletes valuable nutrients from the human body, causing cellular damage and reproduction of more unhealthy cells.
- Restore cellular health, and prevent the affects of stress. The health of your cells is directly correlated to the health you express.
- Essential oils can cross cell membranes and begin cellular/DNA repair immediately.
- The inclusion of a vitamin complex—minerals, antioxidants, and essential fatty acids infused with essential oils—is an important part of everyday wellness and disease prevention.

