



ADVANTAGE
CHIROPRACTIC

Patient Name: _____

Date: _____

STRESS is defined as a physical, chemical or emotional factor that causes body and brain dysfunction and is a cause in disease causation.

CHRONIC UNRESOLVED STRESS is the **CAUSE** of all physical and emotional disease and disorders. This will always lead to damage-degeneration-disease.

COMMON STRESS INDICATORS...**Which of these are you experiencing?** (CHECK ALL THAT APPLY)

- Sleep difficulties/insomnia
- Fatigue and lack of energy
- Anxiety/depression/overwhelm
- Digestive issues/irritable bowel
- Weight gain/belly fat
- Chronic achiness
- Food cravings/addictions
- Headaches
- Feeling judgmental/negative/picky
- Memory fog and forgetfulness
- High blood pressure
- Low resistance/weekend immunity
- Cold hands or feet
- Hormonal imbalances
- Poor concentration
- Racing mind
- Mood swings
- Accelerated aging

COMMON PHYSICAL STRESSORS:

- Poor posture
- Sitting too much
- Sports injuries
- Car accidents
- Overweight
- Sleeping on poor mattress
- Inappropriate footwear
- Lifting improperly
- Standing on one leg frequently
- Lack of or unbalanced exercises
- Text neck and computer strain – causing digital dementia

(over)

COMMON CHEMICAL STRESSORS:

- Colorings, additives and dyes in our food
- Caffeine
- Nicotine and smoke
- Alcohol
- Cleaning supplies
- Cosmetics
- Air and water pollution
- Drugs; street or prescribed
- Poor nutrition
- Electromagnetic frequencies
- Dehydration
- Vaccines

COMMON EMOTIONAL STRESSORS:

- Anxiety and worry
- Fear
- Loss of control
- Loneliness
- Depression
- Financial stress
- Time challenges
- Peer pressure
- Family stress
- Addictions
- Work stress
- Frustration and disappointment
- Exhaustion
- Traffic
- Weather

Our **GOAL** is to find ways to reduce/neutralize the physical, chemical and emotional stress impact on your sympathetics (survival nervous system) and to find ways to stimulate and revitalize your parasympathetics (healing nervous system).