[IMAGE]

Communicate with Your Chiropractor

Whether you're fighting through traffic, paying the monthly bills, dealing with the noisy next-door neighbor or struggling with illness or disease, it can all add up to a considerable amount of stress. Stress is basically what we feel whenever we are faced with a difficult, unpleasant or challenging situation, and the way we deal with all this stress can substantially influence our overall health and well-being.

If stress is affecting your life, it's time to make an appointment with a doctor of chiropractic. Here's why: A study in the Journal of Manipulative and Physiological Therapeutics (JMPT) examined the contribution of stress as a potential disease trigger among 138 chiropractic patients attending one of 10 chiropractic clinics. Patients completed two questionnaires that asked about how their current stress affected their ability to function emotionally, mentally and physically.

Results showed that nearly one in three patients viewed their lives as moderately to severely stressful, and more than 50% felt that stress had a moderate or severe impact on their current health problem. Nearly three-quarters (71%) of the patients said that it would be helpful if their chiropractic care included strategies to help them cope with stress.

Chiropractic care might be just what you need to help relieve some of that stress in your life. And remember, evidence suggests that low back pain, a condition that chiropractors are experts at managing, may be caused or worsened by stress. So talk to your chiropractor about stress and about all of your health care needs. Trust and communication are important in any relationship, but perhaps no more so than in the relationship between patient and doctor. After all, you're placing your health and wellness in their hands.

Reference:

Jamison J. Stress: the chiropractic patient's self-perceptions. Journal of *Manipulative and Physiological Therapeutics*, July/August 1999: Vol. 22, No. 6, pp395-98.

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