

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Financial stress

Ever wake up in the middle of the night wondering how you were going to pay the bills? Then you are well aware that a car payment or the electric bill can affect your health!

There are three types of stress: physical, emotional and chemical. Financial worries (and other anxieties) fall into the emotional stress category.

All three types of stress affect your nervous system. Like a chain that breaks at its weakest link, stress tends to show up where we are most vulnerable, i.e. neck pain, low back, and tightness between our shoulders. Stress can increase the frequency of headaches and compromise our ability to get enough restful sleep.

Chiropractic care, with its purpose of reducing neurological stress, can be helpful. Of course chiropractic care can't *eliminate* stress, but it will improve your ability to tolerate it. Regular chiropractic care could be a wise investment for a healthier, happier and financially secure you!