

## Am I really a trauma survivor?

You sure could be, because statistics show most people have been through at least one traumatic episode in their lifetime.

A study done in 2018 by Seo, Rabinowitz, Douglas, and Sunha looked at stress and how it affects the limbic system, the part of the brain involved in our behavioral and emotional responses. The limbic system especially governs behaviors we need for survival: feeding, reproduction and caring for our young, and fight or flight responses.

The limbic system helps us control aggression and perceive emotions. Memory, interpretation of smells, and some hormone release are initiated in this part of the brain.

This study showed that life trauma can cause changes in how this part of the brain functions and compromises stress regulation leading to being more easily affected by stress.

What does this mean to you?

Stress in life can cause your brain to function less efficiently, and as a result, you will have more illness and dysfunction.

We can now assess how your brain and body respond to and recovers from stress. With our Neuroinfiniti® unit we can measure 4 brainwaves and several physiological functions when you are stressed and when you relax after stress and should be recovering. This is done in the office and takes about an hour.

Imagine! We can see if you are able to handle stress on a physical level. You can look chill on the outside, but your body may not be chill on the inside.

If your body doesn't respond to and recover from stress well, you will most likely end up with things like high blood pressure, digestive issues, inflammation, pain, muscle problems, sleep problems, and more.

Find out! If you do not handle stress well, we will create a care program to get you there.

Your adjustment opens up the nervous system for about 20 minutes and if you do certain things during that 20 minutes your brain and nervous system will recover.

Call today!