

Brain-based Chiropractic? How does this work?

The brain and nervous system control all other systems in the body.

What does that really mean?

It means that every little thing that happens in the body -- food digestion, hormone release, immune function, breathing, heartbeat -- everything is controlled by the brain and nervous system, period!

Because of this, it is vital that the brain and nervous system work perfectly. Imagine the brain and nervous system work at 75%. How will every other part of the body work?

Right. At 75%.

Is 75% good enough for you?

By measuring how your brain and body respond to, and recover from, stress we can see if there are unhealthy neurological patterns in the brain and nervous system that are causing dangerous physiologic stress.

Imagine being able to see *inside* your nervous system to see if you are at risk for ill health!

Did you know that 90% of illnesses are due to stress?

Stress can come from many sources.

Injuries, divorce, job changes, your child's illness, loss of a loved one, money issues and so on. The nervous system responds only one way to stress-the fight or flight mechanism. The brain responds the same to job stress as it does to a bear chasing you.

If you have enough stress or prolonged stress the brain will develop unhealthy stress patterns.

If the brain has unhealthy stress patterns, it will eventually develop health problems. If you already have health issues, even if they are minor, we may be able to get your nervous system back into a better stress reaction and reverse what is occurring as well as prevent future serious problems.

Some common symptoms of abnormal stress patterns are sleep changes, anxiety, brain fog, memory issues, fatigue, high blood pressure, irritability, frequent colds/flu, balance problems, hormone problems, ADD, and more.

We now have a way to measure if you have unhealthy stress patterns!

The assessment takes about one hour and is comfortable and easy to do. Just call us and we will set up a time for your assessment. Dr. Thorburn (818) 841-1313.

