

Can life trauma *really* affect my brain?

A study done in 2018 by Seo, Rabinowitz, Douglas and Sunha looked at stress and how it affects a part of the brain called the limbic system. It's not the limbo!

The limbic system is the part of the brain involved in our behavioral and emotional responses, especially when it comes to 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 is 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 processes stress regulation leading to one being more easily affected by stress.

Really?

What does this mean?

Stress in life can cause your brain to function less efficiently and as a result, you will have more illness and dysfunction. **The inability to adapt to stress creates illness!**

We can now assess how your brain and body respond to and recovers from stress!

With our Neuroinfiniti® unit, we can measure four 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 can end up with 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 those 20 minutes, your brain and nervous system will recover.