

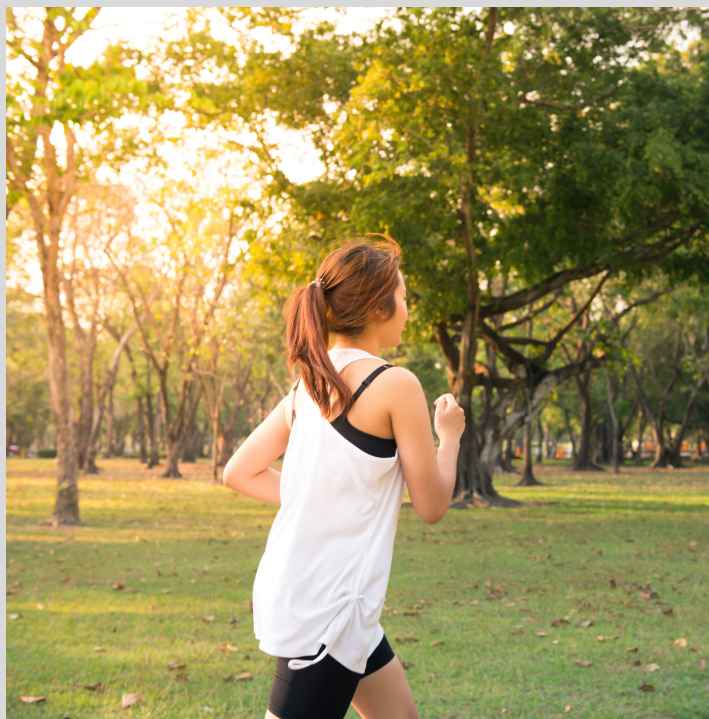
Hormonal Regulation

Our hormones help keep our body balanced. They can help control our moods, the way we feel, our stress levels and responses, and more. When our hormones are "off-balance," we can feel it! So, how can we help ensure our body is regulating itself as well as it can?

The autonomic nervous system (ANS) controls a lot within our body – including the endocrine system which is in control of our hormone balance! Proper endocrine control allows for appropriate balancing of hormones. If the ANS is functioning correctly, our hormones have the best chance of regulating successfully. Even if we feel healthy, we can never guess what is going on within the body or how that can change, making maintenance care important!

Nobody should have to live their life with improper body functioning!

Neurologically-based chiropractic care helps keep the ANS functioning optimally through removing interference (subluxation) through gentle, specific adjustments. Without subluxation, the body can function the way it was designed!



The nervous system influences the hypothalamic-pituitary-adrenal axis which controls hormonal regulation in the body!

Agorastos, A., Heinig, A., Stiedl, O., Hager, T., Sommer, A., Müller, J. C., . . . Demiralay, C. (2019). Vagal effects of endocrine HPA axis challenges on resting autonomic activity assessed by heart rate variability measures in healthy humans. *Psychoneuroendocrinology*, 102, 196-203. doi:10.1016/j.psyneuen.2018.12.017



© Intellectual property of ChiroEdge



clearfamilieschiropractic.com

(228) 533-2733