

Options available at this office to help you to deal with the “stressors” in your life.

- Chiropractic care - helps balance the nervous system.
- Dietary and Lifestyle support
- Psychologist support
- Meditation classes
- Pilates / Yoga classes
- Bio and Neuro feedback re-training.
- Foot Detox unit

Please feel free to inquire at our reception desk for more information.



**The
Wellness Centre**

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“Inspiring Optimal Wellness....Naturally!”

**What you really
need to know
about**

STRESS

How does **stress
effect your
Nervous System ?**

**What impact does
that have on your
ability to maintain
your health?**

What is stress ? Is it the real problem?

Stress is the body's response to a
STRESSOR.

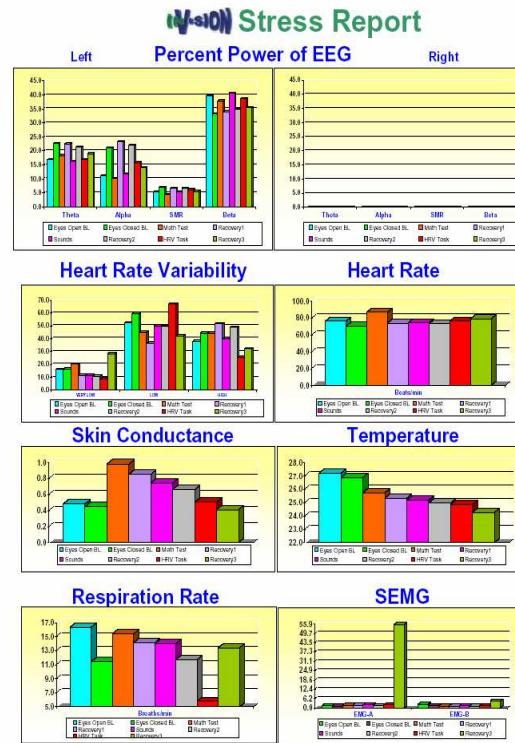
Stressors are the external events-Physical, Emotional, Chemical and Electromagnetic challenges to the body's ability to cope.

Studies now show **stress** to be the leading contributor in almost 80% of today's illnesses. And, the "easy way out", toxic **new antidepressants** used to address the mix of stress and depression, **are masking the symptoms and not addressing the underlying cause.**

Since you can't completely eliminate stress from your life, what do you do? Science is providing new strategies to compensate for the bio-electrical short-circuiting that can cause serious disruption in many of your body's important systems.

So how do we know if your nervous system is functioning normally?

As we live in the 21st century it makes good sense to evaluate Health in a 21st century way!



Expected normal values:
Heart rate: 56 to 66 beats/min
Skin Conductance: 0.8 to 1.5 μ -Siemens
Temperature: 94 to 97 °F
Respiration Rate: 6 to 12 breaths/min
SEMG: 0.5 to 2.5 μ -Volts

InVision is the absolute state of the art computerized assessment of both your Nervous System and your Body's response to stress and its ability to recover from that stress
(Stress Response Evaluation)

The relationship between the Stress Response Evaluation and Chiropractic!

Chiropractic is leading the fields of science with its ability to enhance not only the function of the musculoskeletal system of the body, but to enhance the function of the brain and nerve system.

Thanks to the InVision tests we can show how Chiropractic is helping the body's nervous system restore natural balance and healthier function. We are able to demonstrate this with pre - care and post - care stress tests.

The Chiropractic adjustment stimulates complex nervous system response. The important factor is that it has the power to alter the body's physiology so that over time the body can return to a normal healthy state.

Once the results have been analysed we can then help you to re-train weak areas of your brain and nervous system using Bio and Neuro feedback techniques. These are done using our InVision unit and state of the art computerised programmes.