

THE HIDDEN IMPACT OF STRESS ON YOUR BODY



HOW DOES STRESS AFFECT YOUR NERVOUS SYSTEM?

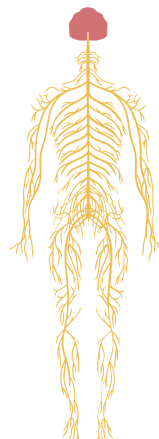
When we are stressed, the body enters “fight or flight” mode. The sympathetic nervous system is activated, which prepares us to respond to perceived danger. This chronic activation of the sympathetic nervous system can lead to increased heart rate, elevated blood pressure and muscle tension. Chronic stress can also cause an overproduction of cortisol, a stress hormone. This overproduction can lead to impaired memory and muscle tension.

THE PHYSICAL TOLL OF STRESS ON THE BODY

When you are under stress, your body creates and releases hormones like cortisol and adrenaline, which can create muscle tension and spinal misalignment. Over time, this tension can lead to chronic pain and postural issues. Stress can also increase inflammation, disrupt digestion and sleep. This overload can interfere with the body’s ability to heal and function properly.

HOW CAN CHIROPRACTIC HELP?

Chiropractic care helps reduce muscle tension, restore joint function and movement, and support nervous system function through gentle spinal adjustments. When the spine is ‘misaligned’, joints can irritate nearby nerves which can create muscle imbalances that can lead to pain and dysfunction.



STRESS BUSTING TIPS

- **Deep Belly Breathing:** This will activate your parasympathetic “rest and digest” nervous system.
- **Regular Movement:** Gentle stretching or walking helps reduce muscle tension and joint dysfunctions.
- **Adequate Sleep:** Prioritize a consistent sleep schedule for optimal brain and body communication.
- **Regular Chiropractic Treatments**

RECIPE OF THE MONTH

BRUSCHETTA SPRING PASTA SALAD

INGREDIENTS

Pasta salad:

- 500g/1 lb penne , ziti or other short pasta
- 2 tsp cooking salt / kosher salt , for cooking pasta
- 1kg tomatoes, chopped
- 1/2 tsp cooking salt / kosher salt
- 3/4 cup tightly packed basil leaves , finely sliced
- 1/2 cup (tightly packed) finely shredded parmesan

Dressing:

- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 2 garlic cloves , minced
- 3/4 tsp cooking salt / kosher salt
- 1/4 tsp black pepper

Optional toppings:

- 1/4 cup pinenuts , toasted
- Balsamic glaze , for drizzling



METHODS

- 1.Dressing – Shake the olive oil, balsamic, garlic, salt & pepper in a jar (or whisk in a jug).
- 2.Soft cooked pasta – Bring a large pot of water to the boil with the 2 teaspoons of salt. Cook the pasta per the packet time plus 2 minutes, until the pasta is overcooked and soft. (Note 5) Drain in a colander, then return the pasta into the same pot.
- 3.Flavour the pasta – Give the dressing a good shake then pour 2/3 of it over the pasta. Stir (enjoy the smell!). Set aside to cool for 15 minutes and let the pasta absorb the dressing flavour.
- 4.Bruschetta – Put chopped tomato and all watery juices into a bowl. Pour over remaining Dressing, gently toss. Set aside for 10 minutes or until the pasta is cool to let the flavours meld.
- 5.Pour the juices accumulated in the tomato bowl into the pasta then toss to disperse. Add the salt into the tomato, gently toss, then add the tomato into the pasta. Add the basil, parmesan, gently toss.
- 6.Pour into a big bowl and serve! If using extra finishes, drizzle with a swish of balsamic glaze (not too much, it's strong!) and sprinkle with pine nuts. Eat!

RECIPE FOUND ON RECIPETINEATS.COM.AU

STAFF NEWS

ANDREW

is looking forward to exploring Breakfast Creek in his fishing kayak!

ANTONIA

is excited to enjoy the warmer spring weather!

LOUISE

is getting used to having a baby girl in the family, and watching her grow from week to week!

CALLIE

is looking forward to a holiday in October!

KATHRYN

can't believe she will be celebrating her 17th wedding anniversary in October!

DANNI

is really excited to be a part of the team and is looking forward to meeting you all!

