

The Stress Less Process™ – Stress & Stability Snapshot™

1. Your Nervous system controls everything in your body and mind.
2. When your nerve energy flows abundantly and without obstruction, your body and your brain & nervous system are self-healing, self-communicating and self-regulating.
3. When that nerve flow is impeded, interfered with or damaged (Chiropractors will term this a ‘subluxation’) your body no longer functions nor communicates to 100%. With this your health and vitality might be compromised. This is similar to the static heard on a radio when it is improperly tuned.
4. These subluxations, are caused by our body’s inability to handle life’s three major stressors – physical, chemical and emotional/mental.
5. If left uncorrected, subluxations can effect health and wellbeing, which in turn can lead to the breakdown and malfunction of our body and inevitably inflammation and dis-ease.
6. Our goal is to determine if you have nerve system interference & stress, remove them and show you ways to stop re-creating them.

Let’s Start by seeing how well your brain is communicating with your body:

Do this simple 1 minute test:

- For this test you will need to be in a room with about 3 metres of clearance – a hallway is best.
- Stand against a wall or a door.
- These next items are important:
 - i) Your **hands must remain relaxed by your side.**
 - ii) You must **walk**, from the very first step, with **your heel touching your toe.** For example, if you lead (your first step) with your right foot, then the heel of your right foot must touch the toes of your left foot. Then take your next step with the heel of you left foot touching the toes of your right foot...
 - iii) Finally, **your eyes must be CLOSED.** Therefore, before your first step, ensure that your eyes are closed.
- Take your first step away from the wall or door
- The **goal** is to take **10 steps** successfully
- **Warning:** It is best to have someone with you, or for you to do this with a wall close by your side. This is if you lose your balance and fall there is something there to stabilize and/or catch you. If you do start to lose your balance, please open your eyes and stabilize yourself.

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|---|------------------------------|-----------------------------|
| Did you stumble, fall, or miss a step? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you lose your balance? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you raise your arms from your side? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you open your eyes? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did your toes lose contact with your heel | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you need to stabilize yourself? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you answered ‘Yes’ to any of the above, then you could be suffering from

EXCESSIVE STRESS, STRUCTURAL MISALIGNMENT, PINCHED NERVES, PROPRIOCEPTIVE DYSFUNCTION or NERVE INTERFERENCE

Chiropractic can help you because Chiropractic Doctors treat the body gently, naturally, and without drugs to remove your stress and imbalances that can CAUSE health problems.

Here is what to do:

- i) **Get this under control! Contact our office on 9415 4606 and make an appointment for our *Stress Less Consult*.**
- ii) **If you are at all unsure and would like to find out more about what we do and how we can help, book in for our *Discover Your Inner Champion Workshop* to gain a better understanding as to how to decrease stress from your life. Call us on 94154606 or go to www.yourinnerchampion.com.au Enter the code **CHAMPION** to receive your tickets at **no charge****

Disclaimer: No responsibility for injury will be taken for injury sustained whilst undertaking the above mentioned test.

Improving and Enhancing the Health & Well-being of Current and Future Generations