

Parkhurst Chiropractic

364 GARDEN AVENUE,
HOLLAND MI, USA 49424
Phone: 616-392-9500
Fax: 616-392-9662

CONTACT: DR. KARLA PARKHURST DC

The Three Pillars of Health



The crazy pace of life in today's society can take its toll on our health. We all are aware of the alarming increase in stress related health problems. The most common of these symptoms are headaches, fatigue, neck and back pain, trouble sleeping, irritability, mood swings, hormonal issues, digestive troubles and weight gain. We believe that most of these problems can be greatly reduced or eliminated if we address the **three pillars of health**. These are restoring proper nerve function, reducing the destructive effects of stress and reducing chemical toxicity.

The most common cause of **improper nerve function** is trauma. The average child, before they enter their teens, has had over 1000 physical traumas and the average American has seven auto accidents in their lifetime. These past falls and accidents can cause undetected and long lasting damage not just to muscles but to nerves as well. Nerves control all functions in the body and if they are not working properly, neither will your body. Chiropractors spend years learning to find and remove these areas of interference through hands-on techniques that realign bones, muscles and ligaments that might be causing nerve pressure. The results of this approach have been validated in numerous studies.

Stress reduction and the **ways we handle our stress** can go a long way in helping us feel our best. Prolonged stress leads to hormonal imbalances related to the adrenal glands. The adrenal glands are our stress handling glands. They produce a variety of hormones that help us handle physical and emotional stress. In situations of chronic stress these glands can become fatigued. This can affect the quantity of hormones that are produced. The adrenal hormones are the "vitality hormones" that determine overall strength, energy and stamina. They provide us with a sense of well being and help maintain healthy mood and emotion. They are the back up for sex hormones, especially after menopause. These glands can be checked and if they are malfunctioning can be rebalanced through diet and supplements.

Another factor contributing to health problems is **pollution in our water, food and air**. The United States ranks 48th in life expectancy, we are on the bottom of the list despite all of the drugs we take. There are 82,000 chemicals that can enter your body weekly. To defend against them, your body surrounds them in fat. A nutritional cleansing program coupled with supportive detoxification methods, like a sauna or an ion spa foot bath, can aid your body in getting rid of the toxins and often you will lose weight as well.

It is important to address all the pillars of health to help bring your body into balance. A body that is free of muscle, joint and nerve pain will function more optimally. The same is true if your hormones are balanced and your body is eliminating toxins efficiently. By addressing the three pillars of health one can find well being and balance in their life.

Dr Karla Parkhurst DC, ABAAHP
Lakeshore Wellness Center

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