

Finding Balance

By Tiffany Fernandez, D.C., In Good Hands Chiropractic



When is the last time you took a deep breath?

Let's do that together now.

Put one hand on your belly and one on your chest. Inhale deeply through your nose. Pay attention to which hand moves more. You'll want to feel the hand on your belly move

more than the one on your chest.

Now exhale through your nose completely, feeling the hand on your stomach move back down. If you feel the hand on your chest move more, you are breathing too shallow. Focus your breath in your belly.

How do you feel?

Many people report feeling a difference right away.

As we find ourselves a few months into a new year, it's a good time to take what we call a "pulse point." This is a time to check in with ourselves: physically and emotionally.

Many people start the new year with goals to improve their overall health and well-being, but how do we establish patterns in our lives that will actually lead to better health?

In over 20 years of helping patients with their health goals, we have found that it all starts with balance.

Balance can be hard to find at different times in our lives. External stressors like what we have experienced in the past year can make us feel stressed and out of balance.

Experts have found that stress is responsible for up to 90 percent of illness, including heart disease, cancer and diabetes.

When an individual is under stress, the body releases stress hormones such as cortisol. This shuts down the immune system as a way to conserve energy for running away from the perceived threat. That's great if a tiger is chasing you, but not so great when you are trying to work or enjoy family time.

Stress causes our body to stay in a state of "fight or flight" and our nervous system to get out of balance.



That can all seem very scary, but we want to encourage you that there are a few simple ways to help restore balance to your life and reduce overall stress.

Chiropractic care

People seek out chiropractic care for many reasons, such as managing pain or spinal alignment, but the ultimate goal is to restore balance to the body. Our bodies have incredible systems in place to optimize functions such as detoxifying, healing, and repairing. The nervous system is ultimately in charge of all those processes.

Chiropractic adjustments help to restore balance to our nervous system, optimizing its fullest potential and reducing stress throughout the body.

Deep Breathing

Deep breathing, like the exercise above, is also important. Most people take short, shallow breaths in their chest, but this can make us feel anxious and decrease our energy levels. When we focus on proper breathing, we help our bodies detoxify more effectively, which leads to less stress.

To learn more about proper breathing techniques and other powerful ways to decrease stress, text "Stress" to 757-296-8690 for a free text class.

Always for your health,
Drs. Louis & Tiffany Fernandez



**In Good Hands
Chiropractic**

- Chiropractic for all ages
- Pregnancy & Pediatric Chiropractic Care
- ELISA/ACT allergy testing
- Sport Injuries
- Massage Therapy
- Motor Vehicle Accidents
- BrainTap™ therapy to relax, reboot, and revitalize

"For over 20 years, Dr. Louis and Dr. Tiffany Fernandez have strived to serve their community with excellence through Chiropractic Care. They are raising and inspiring future generations to be mindful of their health through prevention and holistic alternatives. They can often be found speaking in the community about a variety of health topics and they love to help people find balance in their every day lives."



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