

Stress & Spine

Breaking the Cycle with Upper Cervical Chiropractic



Stress is something we all experience—whether it's deadlines, family responsibilities, traffic, finances, or health challenges. But did you know that stress doesn't just live in your mind? It lives in your body, too—*especially in your spine and nervous system.*

When stress becomes chronic, it causes your body to stay in a constant state of tension. Over time, this *physical tension often leads to spinal misalignment*, especially at the very top of your neck.

That's where Upper Cervical Chiropractic comes in. This unique branch of chiropractic care focuses exclusively on the top two bones in your neck—the atlas (C1) and axis (C2), which surround and protect the brainstem, the most sensitive and vital part of your nervous system.

When the top of your spine is misaligned, it disturbs the flow of communication between your brain and body, *keeping your nervous system in "fight or flight" mode*, even when there's no real threat. And if your body thinks it's in danger 24/7, healing becomes almost impossible.

The Vicious Stress Cycle

Here's how it works:

1. Mental or emotional stress triggers muscle tension and poor posture.
2. That tension puts pressure on your spine, especially your upper neck.
3. Misalignment at the top of your spine interferes with brainstem function and nerve signals.
4. This disturbance keeps your body locked in a stress response.
5. You feel more anxious, tired, and tense, and the cycle repeats.

You may notice symptoms like:

- Brain fog or difficulty concentrating
- Trouble sleeping or staying asleep
- Headaches or migraines
- Neck and shoulder pain
- Jaw clenching or grinding
- Fatigue or burnout

Your nervous system was designed to adapt, not stay stuck in overdrive. When that adaptation breaks down, you feel the effects mentally, emotionally, and physically.

Why Upper Cervical Care Is Different

Most chiropractic care adjusts multiple areas of the spine with each visit, aiming for symptom relief. And while that can be helpful, Upper Cervical Chiropractic takes a different path.

We focus on *correcting the foundational misalignment* at the top of your spine. Why? Because the atlas and axis bones play a key role in the alignment of your entire spine and *directly affect brain-body communication*. When they're misaligned, the rest of the spine often compensates, leading to imbalances and chronic tension.

An Upper Cervical chiropractor uses precise imaging and measurements to determine exactly how your top vertebrae are misaligned, then delivers a gentle and specific correction. There's no twisting, cracking, or popping, just a targeted approach that *allows your body to do what it was designed to do: heal itself.*

The Key to Healing: Holding the Correction

Here's where Upper Cervical really stands out. The goal isn't to get adjusted over and over. *The goal is to get corrected—and hold it.*

When your spine holds its proper alignment, your body can finally relax. The nervous system calms down. Muscles let go. The brain and body reconnect. This opens the door to deep healing and stress recovery.

Over time, as your body adapts to its new, balanced state, you may notice:

- Improved sleep quality
- More energy and clarity
- Better mood and emotional resilience
- Less muscle tension and pain
- Stronger immune function

Resetting the Nervous System

Imagine your nervous system like a dimmer switch stuck on “high.” Even small stressors can feel overwhelming. But once that interference is removed from the brainstem, the switch can finally turn down. *Your body can settle into a rest-and-digest mode—the opposite of fight or flight.*

Stress may be a part of modern life, but staying stuck in a stress response doesn't have to be. Upper Cervical Chiropractic helps you break the cycle.

Upper Cervical Chiropractic corrections are a holistic solution to help *Ease Stress on Your Spine.*

Call and schedule an appointment today!



What's Next?

The next step is to schedule an appointment.

Our team will be happy to answer all your questions and help you decide if this is the right path for you.



Dr. Lonny McKinzie

Upper Cervical Chiropractor

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