

Anxiety and Phobia

Anxiety is a nervous disorder characterized by a state of excessive uneasiness. A phobia is an anxiety disorder characterized by extreme and irrational fear of simple things or social situations.



Anxiety is the most common mental health illness, affecting more than 19 million Americans ages 18-54. These patients make three to five times more visits to doctors' offices and emergency rooms and the Anxiety Disorders Association of America reports that direct healthcare costs and lost productivity of these conditions cost more than \$42 billion per year.

The drug therapies commonly used in treatment for mental health disorders have recently come under closer scrutiny because of their poor rate of effectiveness and potentially deadly side effects, including increased suicidal tendencies in young people.

How Chiropractic Care Relates to Anxiety and Phobia

Any disruption in nerve communication in nerves and body tissues result in abnormal function. Chiropractors help restore normal nerve function and communication, thereby allowing your body to work normally and naturally. Gently adjusting certain cranial bones and sutures can have an effect on how the brain functions by releasing tissue tension on the brain. Structure affects function. Adjusting certain master points on meridians affects how the energy flows through the meridians and to the parts of the body. Gently adjusting the diaphragm in the torso or adjusting the upper cervical region of the neck can affect or release soft tissue tension on the spinal column. This can positively affect cerebrospinal flow of fluid in the spine affecting nutrition and removal of waste products from the nerve environment allowing the brain to be in an optimal state of being.

Drugs simply mask your symptoms, leaving you feeling odd and dramatically increasing your risk of dangerous drug effects and reactions. It doesn't have to be that way. Chiropractic care can help you maximize your body's natural ability to function in a normal, balanced fashion without the burden of dangerous, expensive drugs.