COMPASS
...a new direction in healthcare

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Deck The Halls...But Mind Your Spines

Ah, the Christmas season. A time for joy, togetherness, and decking your halls until they look like Santa's workshop exploded. It's also the season of something no one puts on a Hallmark card: holiday stress.

Let's face it. By December 2nd, you're knee-deep in tangled lights, debating if you really need a tree big enough to double as a lighthouse. Your kids are screaming for the newest toy that costs more than your first car, and you've been listening to Mariah Carey's *All I Want for Christmas Is You* on repeat for so long you're considering a vow of silence. It's the most wonderful time of the year!

But if you're feeling more "Bah Humbug" than "Ho Ho Ho," you're not alone. Studies suggest that stress, lack of sunlight, and Aunt Gladys insisting on bringing her infamous fruitcake can turn even the jolliest elf into the Grinch. Symptoms of holiday depression include fatigue, irritability, and staring at the mistletoe wondering if it can double as an escape hatch.

And while we can't fix Aunt Gladys, we can talk about something that might help: *chiropractic care*.

I know what you're thinking: "Chiropractic? What does my spine have to do with my holiday cheer?" Oh, friend, everything.

Here's the deal. Your spine is like the North Pole's production line - it keeps everything moving smoothly. When it's out of whack (which is a highly technical term chiropractors use), your nervous system can start to resemble holiday shopping at the mall: chaotic, crowded, and not functioning at peak efficiency. A misaligned spine can mess with your nervous system, mood, and even your ability to binge-watch Home Alone for the 87th time.

Chiropractic adjustments help straighten out your spine - and possibly your holiday spirit. There's even evidence that a well-functioning spine helps reduce stress and improve sleep, which, let's be honest, is critical when you're trying to survive the annual wrapping paper apocalypse.

How does this work, you ask?

cont...

OFFICE News

HOLIDAY HOURS

OFFICE WILL BE
CLOSED
Dec 24-29th
& Jan 1st

Jingle Bell SURPRISE

Each week in December, when you least expect it, someone will win their adjustment that day.

Just listen for the "Jingle Bells" to ring...and you could be the lucky winner!

LET'S HAVE SOME FESTIVE FUN!

Psst...the elves are working hard on some festive fun...be sure to stay tuned to our FB/IG pages!

Good question. For chiropractors, stress management is all about the vagus nerve, which sounds like a villain in a superhero movie but is actually the MVP of your parasympathetic nervous system. This nerve is like the calm, sensible friend in your body's group chat. It slows your heart rate, helps you digest all those holiday cookies, and generally tells your body to chill out.

When the vagus nerve isn't functioning well, your body's stress response goes haywire. This is where chiropractic care can help. Gentle adjustments to your spine can stimulate the vagus nerve, like giving it a friendly nudge and saying, "Hey, pal, let's get back to doing what you do best: keeping things cool." The result? Lower stress levels, better mood, and possibly the ability to make it through a family dinner without hiding in the coat closet.

So this season, a chiropractic session might give you an excuse to duck out of that awkward office holiday party. "Sorry, I'd love to stay and play White Elephant, but my chiropractor says I need to boost my vagus nerve."

This Christmas, don't just hang stockings—hang on to your sanity. Whether it's by getting an adjustment, skipping the fruitcake, or politely suggesting Aunt Gladys re-gift her casserole to someone else, take care of yourself.

Because as much as we all want to jingle all the way, nobody ever wrote a carol about silent nights with back pain.

Merry Christmas, and may your halls (and your spine) be merry and bright!

The Compass Newletter is written by Jeff Cowley, DC and produced by Coldbrook Chiropractic Ltd. Please contact us with any questions or concerns.

CHIRO *Corner*

Why Your Knees Are Better Meteorologists Than the Weather Channel

If you've ever felt your knees creak like an old staircase just before a storm, congratulations - you're basically a human barometer. Yes, some people have apps to predict the weather, but you've got something even better: achy joints! It's like your body has decided, "Hey, who needs radar when I can shoot pain into your elbows?"

The culprit here is barometric pressure, which sounds fancy but is really just the weight of the air sitting on you. High pressure - like on a sunny, warm day - is like a tummy belt: it holds things in place, keeps everything tight and tidy. Your joints? They love it. They're practically lounging in hammocks. But low pressure, the kind that comes with storms, is like when you take that tummy belt off after Christmas dinner. Things swell and expand. That swelling is inflammation, and it's the true troublemaker behind joint pain. Inflammation loves to party in your joints, turning them into hotbeds of discomfort whenever the weather gets moody.

But don't despair! Chiropractic care can be your joint's superhero, swooping in to relieve pressure and restore order. Chiropractors specialize in aligning your joints, improving how they move and function. When your joints aren't stuck in a state of perpetual grumpiness, even barometric shifts are less likely to send them into a tizzy.

So the next time your joints start forecasting a storm, consider a visit to your chiropractor. Because while they can't stop the rain, they can certainly help your knees stop complaining about it.