

Amplify Your Health



**April 29th
6:30 pm @ Ascent**

Issue: 22

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Stress Less Live More!

Reserve your seat by calling 303.343.8800 or [email us](#).

**Dinner Served!
Reserved Seating!
Kids Welcome!**

Greetings!

Merriam-Webster Online defines stress as a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation.

Stress hurts! Therefore, my work involves an examination that evaluates your muscles, organs and nervous system to determine why they are in a response state of alarm or inflammation. Our treatment focuses on the cause of the stress rather than assessing only the symptom. Together we can work to rectify pain and discomfort. Here at Ascent, I work with various diagnostic tests and behavior modification to reduce the frequency of stressful incidents.

Enjoy the following article as it explains the physiological effects that stress has on our bodies. [Take your stress test](#) and then stop in to discuss how I can help you manage your stress and lay the ground work for optimal health.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

PS: Reserve your seat for our [Stress Less Live More](#) special event April 29th, 6:30p at Ascent Health Center. Dinner will be served and kids are welcome!

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We're pleased to examine your insurance benefits to see if they contribute to your care.

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www.AscentHealthCenter.com

Chiropractic for Kids

Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

Why Stress Hurts - And What You Can Do About It

As your neighbor's dog barks well into the night, you lie awake on an uncomfortable mattress feeling the same aches and pains that have kept you awake for weeks. Your neck and back ache like crazy. You might try a massage if you could find the time in your hectic schedule, but your mother-in-law is visiting next week and you still have to finish that quarterly report to the board. Stress has become more than an irritant in your life. Stress is now causing you to suffer, impacting your quality of life.

Initial Effects of Stress

When we experience stress, our heart rate increases, our muscles grow tight, our blood pressure rises, and we feel nervous and out of control. The immune system breaks down and you are more vulnerable to illness. Stress can also cause your body to feel tight, stiff, and old before its time.

Chronic Stress

When stress is ignored, you can develop chronic stress which has been proven to raise the risk of heart disease, cancer, osteoporosis, stroke, and other illnesses. Chronic stress also results in headaches, ulcers, insomnia, depression, stomachaches, even memory lapses.

Communication Breakdown

In a healthy person, the brain and nervous system are in constant communication with every cell of your body? The body communicates by using a complex system of nerves to all of your muscles, bones, blood vessels, organs and systems to keep you healthy. This is how your body knows when to breathe, how to walk, and how to adapt itself to its environment and alleviate stress. When you ignore your body's signals of high stress levels, or if your body has a communication breakdown in the nerve system, you may develop more serious health issues like those listed above.

Chiropractors can perform several non-invasive tests that can detect the effects of stress on your nervous system. Examples of these tests include strength tests, weight balance tests and nerve system tests, and muscle tests.

Ask your chiropractor about stress reduction strategies and schedule your stress evaluation today!

Why is Ascent different than other Chiropractic clinics?

Chiropractic + Acupuncture + NET + Nutrition

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

Detox and Save to tackle your stress head-on!

- 2 jars of Detox
- Livotrit
- Beta TCP
- Hydrate
- Greens First
- Ascent water bottle
- 4 Ionic Cleanse footbaths
- Lymphatic Massage



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