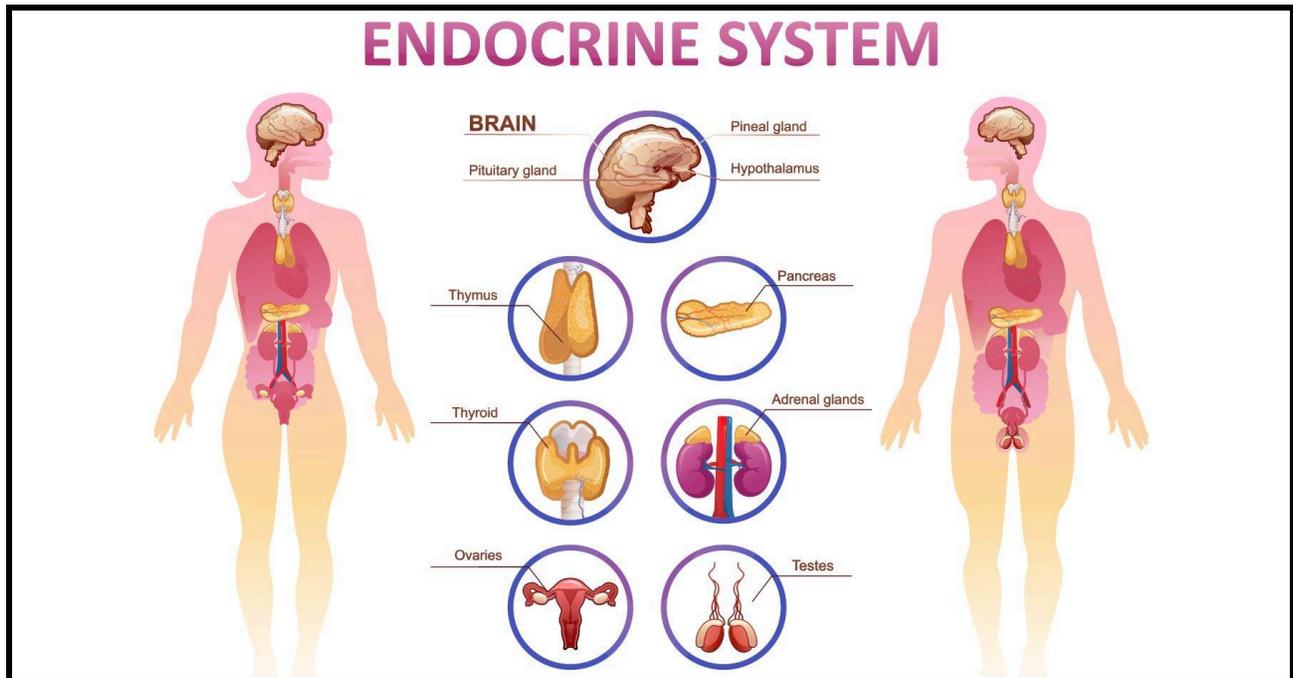




Chiropractic Care and Hormonal Health



Your hormones are governed by your nervous system

You're only as good as your production of healthy hormones. The endocrine system is responsible for the production of these hormones, and it's directly tied to the health of your nervous system. Guess what? Chiropractic care improves the function of your nervous system, which in turn improves the function of your endocrine system. And healthy hormones equal a healthier, happier version of you! Communication between the brain and endocrine glands is greatly improved when you are regularly getting adjusted.

Here's more ways that chiropractic care benefits your hormonal health:

Discover Chiropractic (408) 985-1111 1305C N. Bascom Ave San Jose, CA 95128
<https://chiropractor-sanjose.com/>

Reducing Stress

Chronic stress can lead to imbalances in hormones such as cortisol and adrenaline. Chiropractic care helps reduce physical tension and promote relaxation, which lowers stress levels. This reduction in stress normalizes hormone levels.

Improving Circulation

Proper spinal alignment enhances blood flow and circulation, ensuring that endocrine glands receive an adequate supply of nutrients and oxygen. This improved circulation supports the optimal functioning of these glands, facilitating efficient hormone production and distribution.

Enhancing Organ Function

The spine's alignment affects the function of various organs. For instance, the adrenal glands, which sit atop the kidneys, produce stress hormones. If the nerve supply to these glands is compromised due to spinal misalignment, their function is impacted. Chiropractic adjustments help restore proper nerve supply, improving glandular function and hormonal output. Improvement in organ function is especially important for fertility and reproductive health.

Looking to improve the health of your hormones? Are you looking for more vitality, vibrance, and health? Then don't forget to turn your power on and get adjusted.