



# SOUTHERN SPINAL CARE

**Dr Terry Notaras**  
Chiropractor  
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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 26 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional golfers on the Professional Golf Tour. He has also looked after the Australian Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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## Healthy Spine. Healthy Life.



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### Stress Reduction

When subjects of a recent study were asked to perform a simple repetitive thumb movement routine while being scientifically tested for brain function before and after a chiropractic adjustment, researchers noticed a surprising affect.

In this award-winning scientific paper, researchers, Haavik-Taylor and Murphy (*JMPT March 2010*) discovered patients with chronic neck problems had associated 'noisy' nerve impulses going back to the brain, known as *central neural processing dysfunction*. This altered nerve input into the brain is believed to cause poor control of joint movement.

The amazing results after a chiropractic adjustment showed that the subject's brain was receiving a 'clearer' nerve signal from the thumb movements. This improved feedback gives the brain a better 'understanding' of the exact actions of the rest of the body.

In years gone by it has been thought that chiropractic adjustments acted no more than locally, firing signals along spinal nerves up to the spinal cord and back out to the corresponding muscles.

Now we know that spinal and extremity subluxations (poorly moving joints) cause changes in brain function. This can lead to the experience of pain, reduced ability to perform daily tasks, increased difficulty in learning new movements and increased rate of aging and degeneration.

So, faulty information into the brain means faulty or clumsy responses out to the body. These 'off the mark' actions by the brain can make the body susceptible to injuries. Many elite athletes turn to chiropractic care not only to recover from injuries faster but to enhance their performances.

Researchers are also investigating the link between 'noisy' nerve impulses from the joints and the triggering of the stress response in the brain and body. Many patients feel more relaxed after a chiropractic adjustment and it is now thought that when 'noisy' nerve signals stop firing it invokes the relaxation response.

Chiropractors perform adjustments to correct subluxations and remove a source of interference or stress in the nervous system, thereby allowing someone the possibility to access their full potential - in health and many other facets of their life.

Stress has been shown to have many predictable effects in the body, commonly called the *fight/flight response*.

Dr Hans Selye was the first person to describe the changes we experience under stress in his pioneering book, *The Stress of Life*. He showed the changes our health goes through the longer we are exposed to stress - from first alarm, to adaptation, to fatigue and finally death.

If we look at the most common diseases and health problems that affect us today in 21st-century western society, the list looks something like this:

- heart disease
- cancer
- diabetes
- obesity
- depression

And if we look at the changes in our body when we are stressed, we clearly see seeds of illness stem from those changes. You see, we were never meant to evoke the stress response for long periods of time. It was designed to allow us to get out of dangerous or potentially life-threatening situations, and once we had done this, it was switched off.

However, today, it is not the physical threat of a sabre-toothed tiger coming after you that turns this response on, but rather it's the physical stress of sitting at a desk all day, the chemical stress of the artificial and toxic products we put into our body and call food, and the mental stress of, well, being stressed!

So do yourself a favour and remove some of that stress from your life - get yourself adjusted!

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*This article contains extracts from R&R Magazine.*

### How your body reacts to stress...

#### Fight/Flight Response:

- Increased sensitivity of sensation
- Increased blood pressure & heart rate
- Increased blood glucose
- Increased blood fats & clotting factors
- Increased protein degradation
- Increased adrenal hormones
- Decreased serotonin levels
- Decreased cellular immunity
- Blood diverts from organs to extremities

#### Long-Term Consequences:

- Pain
- Heart attack & stroke
- Diabetes
- Stroke & heart attack
- Muscle wasting, osteoporosis
- Anxiety, insomnia, addictions
- Depression
- Coughs, colds & cancer
- Indigestion, heart burn