

Tips to Avoid Spinal Stress During 2022 Holidays

Courtesy of Dr. widjaja



- **NO TRAVELING** (no driving, no plane flights, no uncomfortable beds)
 - Make your family come to you 😊

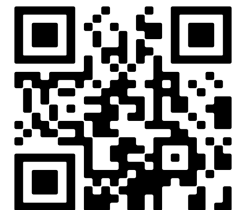


- **NO HOLIDAY DECORATIONS**
 - Lugging trees around, carry and putting up decor
 - Leave it to the teenagers who still think they're unbreakable
- **NO ALCOHOL/ OVEREATING-** excessive substances can strain your nervous system and result in spinal shifts
- **NO TIME AROUND CRAZY FAMILY MEMBERS -** prolonged stress can cause an overactivation of your sympathetic nervous system, add more tension to your spinal cord- which can strain your spine

Obviously, the holidays wouldn't be the holidays without these activities. So since you will ignore all the doctor recommendations, at least get adjusted, to help undo all the strain from the holidays 😊

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