

Chiropractic care can help with anxiety and depression

Anxiety and depression are common mental health conditions that affect millions of people worldwide. It's common knowledge that these conditions can cause a variety of emotional symptoms, such as panic attacks, chronic stress, loneliness, intrusive thoughts and fears. So how can chiropractic help with anxiety and depression?

What some people may not realize is that anxiety and depression can also cause a wide range of physical symptoms—this is the mind-body connection at work. Some examples of symptoms include muscle tension, high blood pressure, weight gain, weight loss, heart palpitations, headaches, stomach pain and more.

While traditional treatments such as therapy and medication can be effective for many of the emotional symptoms, many individuals with anxiety and depression are using a holistic approach, turning to alternative therapies such as chiropractic care to manage their physical symptoms.

Regular chiropractic adjustments can play a role in managing mental health conditions such as anxiety and depression. While chiropractic care directly treats physical pain, don't overlook the fact that treating physical pain can improve quality of life, and trickle down to improve mental health symptoms as well.

Chiropractic adjustments can impact the central nervous system by improving communication between the brain and the body. This has a positive effect on mental health conditions such as anxiety and depression, as the central nervous system plays a crucial role in regulating emotions.

Anxiety and depression disorders are common mental health conditions that can significantly impact a person's quality of life. There is both anecdotal and scientific evidence documenting the benefits that chiropractic care can provide for people with anxiety and depression. Benefits include relief of physical symptoms, improvement of sleep patterns and reduction of chronic stress.



*This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP) .*