

Condon Chiropractic Office
676 W Baltimore Street
condonchiropractic@sbcglobal.net
Wilmington, IL 60481

condonchiro.com

(815) 476-5445

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STRESS ON THE SYSTEM

Stress on any system can be taxing for the system. Most of the time when we think of stress we think in terms of stress being a negative thing. The stress on our shrubs and the crops in the summer can be a particularly negative thing because we view the drought as killing both. Stress on the air conditioning systems in our car can be tough with the heat also because there is so much strain on the engine that most folks, especially with older cars, fear that the car may break down. Stress tends to put a strain on a system almost like a chain with a weak link. Pulling on both ends of the chain can cause the weak link to snap.

IS STRESS EVER A GOOD THING?

Can stress ever be a good thing? Can stress highlight areas that we should have been working on and we just got lazy and neglected. Which now puts us in a crisis situation whereas if we were more attuned to our surroundings, may have never happened. There are three areas where stress can be a good thing.

1. Stress can be a good thing when the effects of stress cause you to dig deep and overcome a personal setback. Example - most people have some type of health issue and enough stress finally causes them to make the call to finally get some help which in turn gets them over the challenge.
2. Stress can be a good thing when it causes you to think outside the box. Most people are so programmed or are in such a routine that they don't change anything until enough stress "forces" them to change.
3. Stress can be a good thing when it forces us to be concerned with more than just ourselves. When we are focused on helping someone else we naturally take our minds off our problems and begin to lighten our load and feel better because we are vibrating on a higher level. More of a spiritual level.

I FEEL ALIVE!!

Get in the game and allow stress to touch you and move you into a different way of thinking and feeling and thus acting. Stress can both tear you down or "chisel" you into a masterpiece. Choose to turn yourself into a masterpiece of epic proportion!!

Use this newsletter as a coupon for the initial consultation, x-rays (if needed) exam and report of findings for \$35.00. Expires: September 28, 2012.