

Saturday Hours:

Dr. Waters is in the office one Saturday per month. Visits are by appointment only and fill up fast! Please contact the front desk to schedule or utilize our new scheduling app.

March 13th

April 10th

May 8th

March Wellness Workshop: *Fight or Flight Fix on March 23rd at 6:15pm*

What do these symptoms have in common:

- Headaches
- Weight gain
- Digestive issues
- Sleep disturbances
- Anxiety
- Depression
- Memory and concentration challenges (brain fog)
- Heart disease

According to the Mayo Clinic, these are common symptoms related to **chronic** fight or flight responses. Chronic fight or flight means the body's automatic stress response is being triggered **all the time** – everyday - even when there is no eminent danger such as a wild bear chasing you. Worries are worries and we all have them, but your nervous system cannot always differentiate between eminent danger (bear chasing you) and day to day stress (getting to work on time) and believe it or not, it can get stuck in the "on" position. Your sympathetic nervous system is the master controller of this fight or flight. And you might be surprised to learn that the nerves that make up the sympathetic nervous system originate in your thoracic spine (the mid back area). So, you can imagine if there is dysfunction (mis-aligned vertebra) in the region, you may experience symptoms of fight or flight even without the bear chasing you. What is also interesting to note is that you may have physical symptoms (increased heart rate, increased blood pressure, nervous energy, trembling, bowel and bladders urgency) and not know these are related to a mis-aligned vertebra in your thoracic spine.

During this wellness workshop, we will cover:

- How the fight or flight response works and why we have it
- The role neurotransmitters play in fight or flight
- Recognizing a fight or flight response
- How I can help

- What nutritional supplements can help
- What you can do to reduce fight or flight

The fight or flight response is **very important**. We need it and want it. Especially when that bear is chasing us. But what we need to be careful of and work toward correcting is the inappropriate fight or flight response that won't turn off. I have seen a sharp increase in patients experiencing nervous system challenges over the past 11 months, so I look forward to sharing this class with you.

Our Wellness Workshops are free and fun, and we encourage you to invite your family and friends to join in. Space is limited in the office, so we ask that you please RSVP with our Front Desk by calling (949) 586-2731 or by replying to this email. This class will be offered "live" at Waters Family Wellness as well as on Zoom.

Wellness Calendar

Please click [here](#) for a Wellness Calendar for March. A healthy lifestyle is made up of a lot of little decisions. The decision to have a glass of water instead of a soft drink may not seem like a big change but if that daily decision is spread over a week, month or year, it truly adds up. I encourage you to print this calendar out and use it daily to see what little changes you can do for your health.

Building Renovation

If you have not visited us for a while, you will surely notice some dramatic changes to our building. The property manager tells us that the renovations are complete. The building looks completely new. And, both entrances are now open. We do suggest that for our patients with wheelchairs, walkers, or crutches that you please utilize the back entrance as there is an automatic door opener to aid in entrance to the building. Also, as the hardscape surrounding the building at both entrances has been reconfigured, please take care walking as the sidewalk patterns have changed some.

Scheduling App

Please use this [link](#) to download and use our Scheduling App.

Have a healthy month and Happy St. Patrick's Day!
Dr. Brad