

INVICTUS INQUIRER

Transforming the health of our community by empowering them with information, connection, and chiropractic care.

Hip Hip Hooray for Health this Spring

Join us in continued celebration of our Chiro Kids of the Month--Evy, Jude, Haddon (& family), & Brayden. Read two of their stories below!

Evy's parents understood the importance of a well-functioning nervous system before Evy even entered the world! Her mom sought care at Invictus while pregnant. Now prenatal chiropractic care not only maximizes balance and comfort for mom but it optimizes functionality of all systems and increases adaptability in response to the increasing demands on a woman's body during pregnancy; in addition, it serves baby--allowing for optimal positioning for baby during pregnancy and labor, thus, reducing the need for intervention and minimizing stress. Itty bitties require three basic things to survive--eat, sleep, poop--and lots of love to thrive! Evy's parents had the love thing down and introduced their daughter to Invictus at just two weeks old; she was regularly adjusted to ensure she was eating and sleeping well. We're honored to serve mom in her efforts to keep up with two little ones and her two beautiful baby girls as they grow and develop!

Haddon would get frequent ear infections and had multiple eczema patches that he scratched at particularly in his sleep. Read what his mom had to say about his progress: "The pediatricians and dermatologists were helpful to a certain extent, but it seemed to just be the same ebb and flow of symptoms and we needed to get to the root of it. We were able to finally make headway with decreasing his symptoms thanks to Invictus Chiropractic! Through maintaining consistent chiropractic care, Haddon has not needed to be on antibiotics for an ear infection in over a year! His eczema flare ups are rare now and an added benefit of consistent adjustments has been better digestion for his little body. Since he is not scratching through the night anymore, we are all sleeping much better! We feel so blessed in many ways by Invictus." Thank you for trusting us with Haddon's health and that of your family! We're grateful you're here!



Storm Surge; April Showers Bring May Flowers

As a family practice specializing in pediatric and prenatal chiropractic care, we are privileged to walk alongside families in their journey to optimal health from bud to blossom.

In order to best serve the growing families of Northwest Houston, our dynamic doctor duo is constantly honing their skills and expanding the depths of their knowledge through International Pediatric Chiropractic Association and Pediatric Experience training and research. On April 11th, they hosted the Perfect Storm Workshop where they had the honor to share their expertise with a full house of families seeking support to ensure their child's neurodevelopment, learning, or behavior are in full-bloom!

The Perfect Storm Workshop explores the role of prenatal stress and birth intervention (trauma) in children with high-pressure systems and chronic neurological challenges such as autism, ADHD, sensory processing, anxiety, mood disorders, and more with a focus on restoring the nature of the neuro-spinal system to create balance and harmony.

For fearlessly stepping in to face each individual practice member's storm head-on and for showering all with hope, help, and answers each week, we thank you, Dr. Jordan and Dr. Anna, our subluxation stormtroopers!

Flip the Script on Stress

The human mind has been intricately woven and hardwired in conjunction with the nervous system--our brain, spinal cord, and nerves--to guide our body in perceiving and responding to our environment. It is a powerful tool that allows us to think, feel, and learn and is responsible for setting the tone of our thoughts, emotions, and attitude on a daily basis.

While our conditions or circumstances can at times remain outside of our control, potential exists for us to influence our world within. Considering the inevitability of environmental stress, it is important to recognize that stress, regardless of the cause, can manifest in misalignment and fixation known as spinal subluxation which impacts us at a neurological level and inhibits our ability to function and thrive--cognitively, emotionally, and physically. Thankfully, with intentional decision-making, we can positively influence the extent to which that stress is allowed to stick around. So let's change the narrative--from fixation to freedom in life and health!



FUEL FOR MIND, BODY, & SOUL

In order to nourish our mind and body, we must first acknowledge the ways in which stress creeps-in and clings-on before we can make a plan to provide the necessities for growth and health.

- **Toxins:** Our bodies absorb what we put in and on them. A diet saturated with processed foods, artificial sweeteners, sugar, dairy, and gluten or use of antibiotics, medications, recreational drugs, cigarettes, and alcohol slows our digestion, inhibits detoxification, and weakens the gut at a molecular level impacting hormonal and adrenal function. Chiropractic adjustments work to maximize communication from the brain to each cell, muscle, tissue, and organ working as part of the digestive system to enhance overall function, but you can take action to fight chemical stress as well. From our food and drink to personal or household products, chemical stressors exist all around us. Understandably so, attempting to respond to them all at once can be overwhelming. Dr. Jordan's best advice, "Start with small habits. Pick one category--drinks, foods, personal hygiene or cosmetic products, cleaning products, etc.--to ditch and switch."
- **Thoughts:** The hustle of everyday life, constant technological influences, social challenges, and consistent or intense stress related to work, home, life, money, health, or family can heighten fear, anxiety, and emotional tension due to increased release of stress hormones like cortisol and norepinephrine. Our Invictus health experts agree: prioritizing rest is of the utmost importance in combating emotional stress. Meditation or deep breathing exercises paired with movement or physical exercise in conjunction with regular adjustments to promote hormonal regulation and healthy parasympathetic function is a recipe for success when it comes to helping your body to rest, digest, and repair.
- **Traumas:** Physical stress looks different for kiddos and adults. Infants can absorb stress hormones during taxing pregnancies and often experience physical stress during the birth process, especially if interventions are used. Toddlers and children are prone to stumble and tumble as they learn to engage with the world around them. As adults, it's not just big traumas like slips, falls, injuries, or accidents that can result in subluxation; small, repetitive daily activities such as sitting for extended times at a computer or in a car, lifting heavy loads, or sleeping without proper support can cause misalignment to your neuro-spinal system resulting in aches, pains, and dysfunction. In good health, Dr. Anna encourages regular exercise; Dr. Jordan reminds you that rest is key after an injury.

Regardless of its source, at the core of combating stress lies neurologically-based chiropractic care focused on evaluating your body to identify where gridlock exists, remove subluxation, enhance communication between the brain and body, and allow you to not only survive but thrive in your domain. B.J. Palmer, the developer of chiropractic, said it best: "While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment."

Our goal is for you to be empowered to make healthy daily decisions through information and that your body and mind be strengthened through chiropractic care so that you may reflect the most present and well version of you. We're honored to walk alongside you as you take the reins on our health and that of our family.

[Read more.](#)



[Hear from Dr. Jordan.](#)