

# INVICTUS INQUIRER

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



## WHAT TO EXPECT

Monthly Publication

Chiropractic Research & Continued Education from Dr. Jordan & Dr. Anna

Current Event & Office Event Information

## That's a Wrap on Rodeo

If you had a chance to visit the Houston Livestock Show and Rodeo this year and see the bull riding, bronc riding, steer wrestling, or cattle herd, it will come as no surprise to you that chiropractors play an integral part of the HLSR Medical and Safety Committee!

In the rough and tumble world of professional rodeo, cowboys sometimes take a beating -- twisted, tossed, and trampled. Thanks to the American Chiropractic Association's Council on Sports Injuries and Physical Fitness, Wrangler Sports Chiropractic Program was established by chiropractors in the 1990s to treat the contestants in the professional rodeo circuit in more than 800 rodeos across the U.S. and Canada each year.

As for our four-legged friends at the rodeo, you ask? Providing therapeutic services to the livestock participants on show grounds is prohibited, but, rest assured, skilled certified animal chiropractors meet the needs of horses, cattle, goats, sheep, dogs, and more to keep them healthy. Learn more here!

## Barrell of Laughs

Q: What do cowboys put on their salads???  
A: Ranch!



## Featured Team Members

We welcomed two amazing women to our team in October of last year. If you have not yet had a chance to connect with them, check out their updated bio's on our website to learn more about their stories and heart to serve families!



I'm Allie! I noticed changes in my health rather quickly after starting under neurologically-based chiropractic care--most notable: decreased anxiety and fewer eczema flare-ups! I have gotten rid of my anxiety medication and pain relievers! About me: I love to craft-sew, paint, crochet, refinish furniture, and more!

Care Advocate & Front Desk Specialist



I'm Nicky! I sought chiropractic care to address round ligament pain during pregnancy; now, I am adjusted for wellness purposes to ensure my body adapts to stress and thrives. I love celebrating the pregnant moms we serve but am particularly fulfilled working with the kiddos we see! Outside the office, you'll find me gaming with my daughter or fostering my son's love of basketball!

Care Advocate & Chiropractic Assistant

# Live More, Stress Less

We live in a world of beautiful opportunity--a place where our children can explore their educational and extracurricular interests and capabilities, a bustling city of professional possibility, a world where scientific advancements are pushing what were once thought as limitations; however, in the words of Spiderman, 'With great power comes great responsibility.' Responsibility, expectations, and, subsequently, stress.

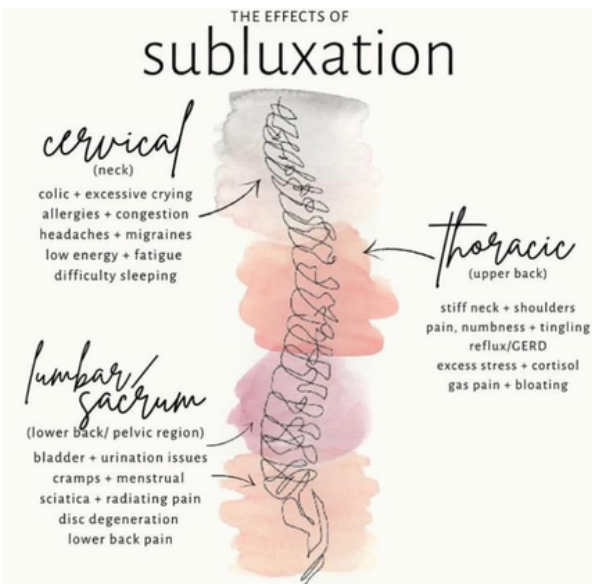
The human body was created in perfect design to experience stress and respond to it through our nervous system--our brain, spinal cord, and nerves. Our autonomic nervous system is comprised of both sympathetic (fight-or-flight) and parasympathetic (rest-digest-repair) parts that work together to help us respond to challenges and recover. Everyone experiences stress to some degree, but, more than ever before, our bodies and our children's bodies are met with increasing demands. Regardless of the cause--physical, emotional, or chemical--stress can manifest in misalignment and fixation. This is known as spinal subluxation.

Spinal subluxation inhibits our body's ability to adapt to toxins and environmental stressors. Our neurological, gastrointestinal, immunological resilience and our body's detoxification abilities are lowered as a result of subluxation, and the earlier the brain is exposed to stress, the more impressionable the nervous system is to subluxation.

As a family practice specializing in pediatrics and pregnancy, we are honored to serve our community members in utero; at birth; as newborns, toddlers, and children; through adolescence; into adulthood; and as they age. It is easy to understand the physical implications of stress on adults, and based on what you now know about stress and subluxation, the need for chiropractic care for youngsters may be more clear.

It may or may not come as a surprise to you that the leading cause of spinal subluxation is intervention-based trauma at birth. Learning to walk, climb, and ride a bike all place physical demands on developing bodies as well. Prenatal chiropractic care is not only designed to keep mamas comfortable and optimize balance for delivery, but it serves to strengthen the neuro development of baby--it's a win-win!

In all seasons of life, early intervention is best. Symptoms are not always present in the early stages of subluxation; in fact, the Spinal Institute found that subluxations can be present for up to ten years before ever experiencing symptoms. Often, we find underlying weakness has been present for quite some time. How early and how many stressors you've experienced impact the severity of the subluxation and the way your body expresses stress.



Your neurological assessments and scans in combination with analysis of health history and neuro-spinal patterns present on the adjusting tables help our doctors target neuro-spinal regional connections between where subluxation exists and which organ, tissue, and/or glandular system is impacted--physically or functionally. Through specific, scientific chiropractic adjustments, our doctors work to clear the interference caused by subluxation and allow your body to naturally restore from within.

Chiropractic care is not just a means for addressing current health concerns; it is nourishment for our body at its core so that we may meet everyday challenges with strength and vitality. Our vision at Invictus is for every child and family that we encounter to experience life, joy, and health to the fullest through a clear mind; that you may live more and stress less.

[Read more.](#) - - - - [Hear from Dr. Jordan.](#)