

INVICTUS INQUIRER

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

FROM DOC TO DAD



Dr. Jordan opened Invictus Chiropractic to meet the needs of growing families in our community nearly five years ago! Since then, he has been trusted with the unique opportunity to care for many of your children. Two years ago, God blessed Dr. Jordan and his wife with their first son, Deacon! Hear what he has to say about fatherhood and how life as Dad has transformed his heart in his role to so many as Doc!

Q: What do you love about being a dad?

A: I love watching our son thrive in life. I also love guiding him through protective eyes the same way God does for us as we see and learn along the way.

Q: How do you and Deacon spend your time together?

A: Flying, watching, or playing with airplanes!

Q: What values do you hope to instill in your son?

A: That God has given us one body to take care of; it is our duty to live out God's purpose for our life, and we do that by honoring ourselves!

Q: How do you feel stepping into fatherhood has influenced your perspective as a healthcare provider?

A: Fatherhood has softened my heart with empathy and has also taught me a great deal of patience!

Congratulations to Dr. Jordan and his growing family as they await the arrival of baby girl this October!

JOIN TEAM INVICTUS SUPPORTING OUR TROOPS

Join Team Invictus in supporting our troops! There are two ways to give: goods or monetary donations!



Goods will be collected to build care packages with Tomball's Boots for Troops and monetary donations will support veterans finding community through Brookshire's Veteran Aviation program.



Contribute in either capacity and be entered to win a Discovery flight: learn how airplanes fly and actually take the controls yourself (under the guidance of a rated instructor)! Donate through Thursday, July 20th!

WHAT HAPPENS IN VAGUS

The Vagus Nerve is all the craze right now! Any search on google will generate thousands of hits with life and health "hacks." With all the research, biohacking, and natural science that has been reported lately, it's refreshing to bring awareness to a part of our nervous system that can have such an amazing impact on our health and adaptability. But did you know the vagus nerve is also important for our kid's development, behavior, and sensory comfort?

The vagus nerve is a nerve that comes out from underneath the skull on both sides and flows globally throughout the body - through the heart, lungs, and digestive organs.

Due to its exposure at the base of the skull, the vagus nerve can be negatively impacted by stress - be it physical or chemical. Our most vulnerable itty-bitties can experience trauma from forceps, vacuum, or c-section interventions at delivery stressing the cervical spine and adjacent structures including the vagus nerve; likewise, physical stressors on children like falling off of bikes or playing sports can cause them to carry tension and stress in their cervical spine and inhibit the flow of life through the vagus nerve. Toxins from our environment, on the other hand, influence our brain indirectly through the gut-brain connection inhibiting the brain's ability to send and receive messages for regulation.



While the vagus nerve's ability to orchestrate gut-brain balance is one of its incredible superpowers, it has more all-encompassing action that's so important for our kids. Activate your vagus nerve and the body can rest, relax, and digest; disengage and your busy brain takes control. Ideally, the vagus nerve is designed to ebb and flow in response to your environment and supercharge your body for purposes of regulation.

In good health, the vagus nerve positively impacts our body's...

- Sleep: The vagus nerve allows the body to sensory deregulate (block out external noise), calm down, get to and stay asleep.
- Regulate Emotion: In our highly stimulating world, kiddos and adults alike need help activating that vagus nerve to engage their rest-repair cycle.
- Digest: We know how important movement is to the functionality of all body systems; think of your body as a system of pumps and valves--flowing life and flushing waste to allow for proper development, adaptability, and growth. For this reason, a well-oiled vagus nerve is vital for developing babies' sensory system, motor system, movement, social system, and more.

So if you or your child are struggling with sleep, emotional regulation, digestion, etc, and are trusting your gut that they're all related... you're right! They are all controlled by the vagus nerve.

To assess the functionality of the vagus nerve and measure the stress to it, our team uses technology to assess the nervous system. In analyzing where subluxations exist, how the surrounding musculature responds, and to what extent our body is expending energy in compensating attempts to regulate, our doctors can help you best understand the degree to which your vagus nerve is functioning properly.

We honor chiropractic as a craft designed to bolster the balance our nervous system is designed to provide. Our goal is to help you adapt to life's challenges, overcome stress, and experience both moments of peace and productivity within your body and ultimately in your life through the power of chiropractic because what happens in vagus doesn't stay in vagus!

[Read more.](#)



[Hear from Dr. Jordan.](#)