



## Are You Experiencing the Three T's?



Your nervous system is designed to regulate, control, and communicate with every other system in your body. It should easily send and receive signals, interpreting them to ultimately decide what's good for you. Sometimes, however, the nervous system can get stuck in overdrive.

Why? Often, there are three causes: toxins, trauma, or thoughts. If you're experiencing nervous system dysfunction, you might have just one "t" or all three.

Negative or anxious thoughts, physical trauma or injury, and toxins like chemicals or pesticides can all have negative effects on the body that leave us in a state of dis-ease.

Feel like your nervous system isn't functioning properly? We're here to help. Give us a call to remove the T's from your life and get back to optimal function.

## How to Stay Healthy on Your Getaway

Planning a weekend getaway sometime this year? We hope you have an incredible time...and that you stay healthy while you're there. Here are a few tips for enjoying your trip without running yourself down.

1. Remember to stay hydrated. Whether you're traveling by plane, train, or automobile, it's easy to become quickly dehydrated. Hydration is key for proper cell function, plus it keeps the fluid filled sacs between your spinal discs fully functioning.

2. Rest up. Since you're on a trip, this should be easy, right? Sometimes, people go a little overboard and forget to do exactly that! While you should enjoy yourself and have new adventures, remember to throw in some relaxation every now and then.

3. Add some movement into each day. This doesn't have to be a high intensity workout. Instead, aim to walk to a new destination each day to add some exploration into your workout.



## 3 Ways to Relax in Under 5 Minutes



Feeling anxious, overwhelmed, or stressed? You're not alone. Sometimes, taking a moment to ourselves can make all the difference when it comes to mental health. Here are some of our favorite ways to relax quickly.

Get your head below your heart. Hanging with your arms and head toward your toes lessens your fight or flight response.

Connect with your breath. Did you know that when we're stressed, we tend to hold in the air? Set a timer for 60 seconds and breathe in and out slowly for a full minute.

Squeeze yourself. Progressive relaxation is the practice of tensing and releasing muscles one by one. Start with tensing your fists for a few seconds and consciously releasing them. Then move to your arms, shoulders, feet, and so forth.