

# LANCASTER CHIROPRACTIC LIFE CENTER

## **Chiropractic care is like gardening:**

Seeds need care and maintenance while they grow, just like our bodies as we go through life!

## **Thank you for your Referrals!**

Cordell, Jill, Beth, Brendan, Dana, Eric, Wanda, Mark, Christina, Kasey, Katie, Paulina, Andrew, Heidi, Marie

## **Upcoming Dates**

Thursday, April 2nd: Open 10-12:30 & 3-6:30

Friday, April 3rd - Monday, April 6th: Closed

Week of May 18th: Summer Hours begin

Wednesday, June 24th: Open 10-12:30 Only. Closed PM Hours.

Thursday, June 25th: Dr. Melissa Covering

## **Managing Stress With Chiropractic Care**

Chronic stress takes a significant toll on the body, triggering the "fight-or-flight" response and releasing hormones like cortisol. While helpful in short bursts, prolonged stress leads to muscle tension, headaches, poor posture, spinal misalignments, and a weakened immune system. This creates a vicious cycle where physical discomfort increases stress, which in turn worsens the physical symptoms, making relaxation and recovery more difficult.

Chiropractic care provides a natural, non-invasive way to break this cycle by focusing on spinal alignment and nervous system function. Through adjustments that correct misalignments (subluxations), chiropractors can relieve muscle tension, improve posture, enhance immune function via better nerve communication, promote activation of the parasympathetic "rest and digest" system, and even support better mood and reduced anxiety. A properly aligned spine reduces physical strain, helping the body manage stress more effectively and fostering greater overall well-being, balance, and resilience to life's challenges. We encourage you to incorporate regular chiropractic adjustments into a wellness routine for lasting stress relief.

## **Vertebral Subluxation, Gut Health, and Chiropractic Care**

A narrative review published in the *Annals of Vertebral Subluxation Research*, explores the connection between the gut-brain axis, vertebral subluxations, and gastrointestinal (GI) health through chiropractic care. It highlights how the gut and nervous system engage in constant bidirectional communication that affects digestion, inflammation, immunity, and mood, and how disruptions—such as those caused by spinal misalignments (vertebral subluxations) interfering with nerves regulating digestive organs—can contribute to issues like constipation, IBS, reflux, bloating, cramping, and altered bowel habits. Chiropractic care corrects these subluxations via precise spinal adjustments to restore nerve function and improve communication between the brain, spinal cord, and enteric nervous system, supporting the body's natural self-regulation without directly treating GI diseases. Many patients report benefits including better digestion, regular bowel movements, reduced discomfort, and enhanced well-being.

# April

2026

Thursday, April 2nd: Open 10-12:30pm & 3-6:30pm

Friday, April 3rd & Monday, April 6th: CLOSED

\*All Patients Must Be Checked-In and Present *No Later Than 5 Minutes Before Closing* in Order To Be Seen\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:00pm 3:00 - 6:30pm April Fools' Day	*10:00am - 12:30pm* 3:00 - 6:30pm	CLOSED Good Friday	
5	6	7	8	9	10	11
Easter	CLOSED	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm	Passover
12	13	14	15	16	17	18
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm	
19	20	21	22	23	24	25
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm Earth Day	3:00 - 6:30pm	10:00am - 12:30pm Arbor Day	
26	27	28	29	30		
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm		

Please note: New Patient/Scheduled Appointments Before and After Hours. After Hours Appointments (12:30/6:30) will begin on schedule.