



Welcome to Our Lifestyle Workshop Series



Damaging Effects of Stress

An AlignLife
Condition Workshop

Is all Stress bad?

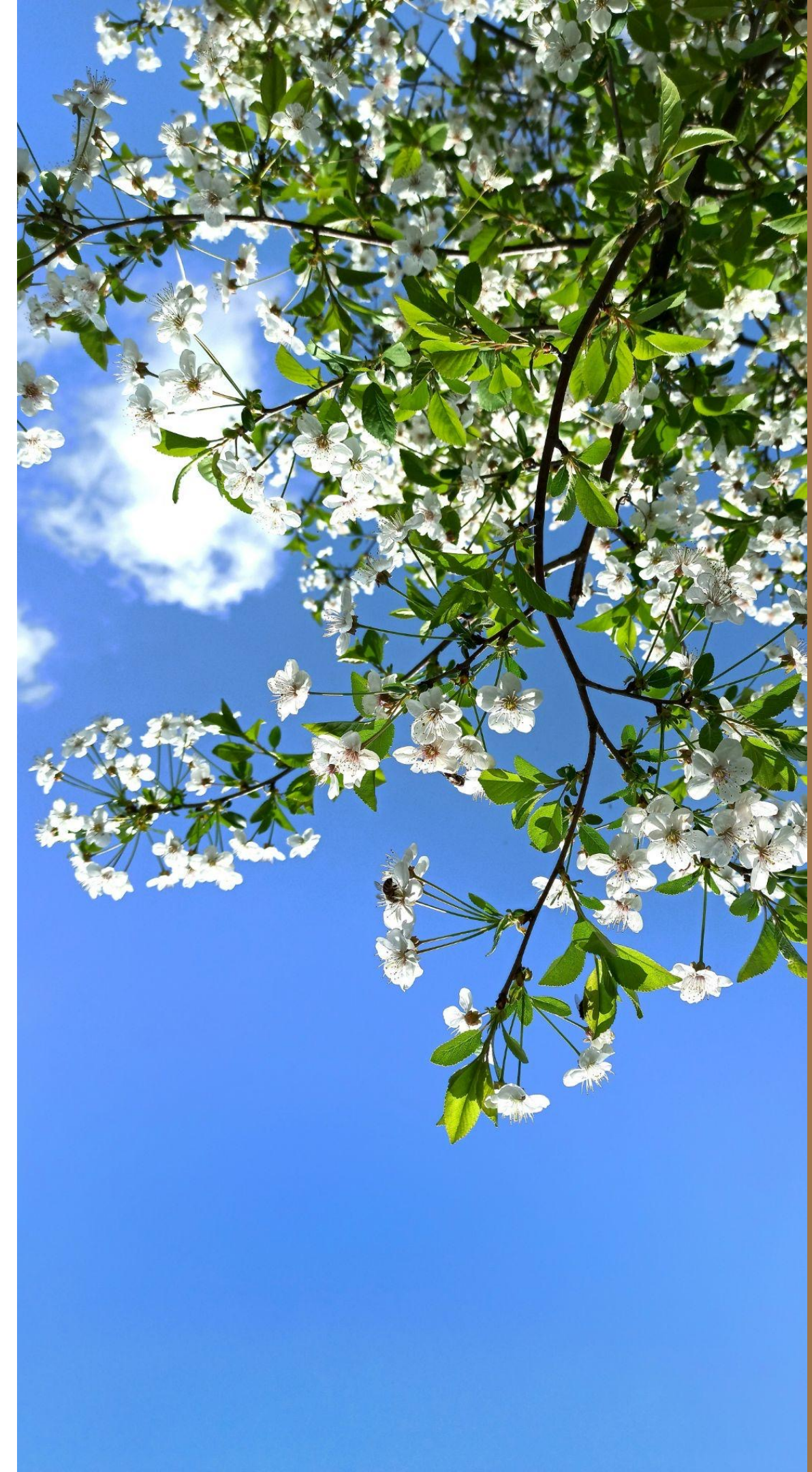
Physical and Psychological Effects

- Physical Effects: These can include headaches, muscle tension, fatigue, sleep problems, and digestive issues.
- Psychological Effects: Stress can lead to emotional responses like irritability, anxiety, depression, and lack of concentration.

Positive vs. Negative Stress

Not all stress is harmful:

- Eustress: This is "positive stress," such as the excitement of a roller-coaster ride, starting a new job, or going on a first date. It can be motivating and improve performance.
- Distress: This is "negative stress" that can be overwhelming and detrimental to health if it becomes chronic.





TOP 5 CONTRIBUTORS TO **STRESS**

01

Work-Related Stress

04

Health Concerns

02

**Personal
Relationships**

05

**Lifestyle and
Environmental Factors**

03

Financial Worries

COMMON PHYSICAL SIGNS OF Stress



Digestive Problems



Muscle Tension



Sleep Disturbances



Fatigue



Weakened Immune System



Increased Heart Rate



Skin Issues



Appetite



Hair Loss



Breathing Problems



Consequences of Stress

Mental Health Impact: Anxiety and Depression

Cardiovascular Health: Increased Blood Pressure

Digestive System: Gastrointestinal Issues

Immune System: Weakened Immune Response

Endocrine System: Hormone imbalances,
menstrual cycle irregularities, sexual dysfunction

Musculoskeletal System: Muscular and joint pain

Weight & Metabolism: Weight gain or loss, Type 2
Diabetes risk

Skin & Hair: Skin issues, hair loss

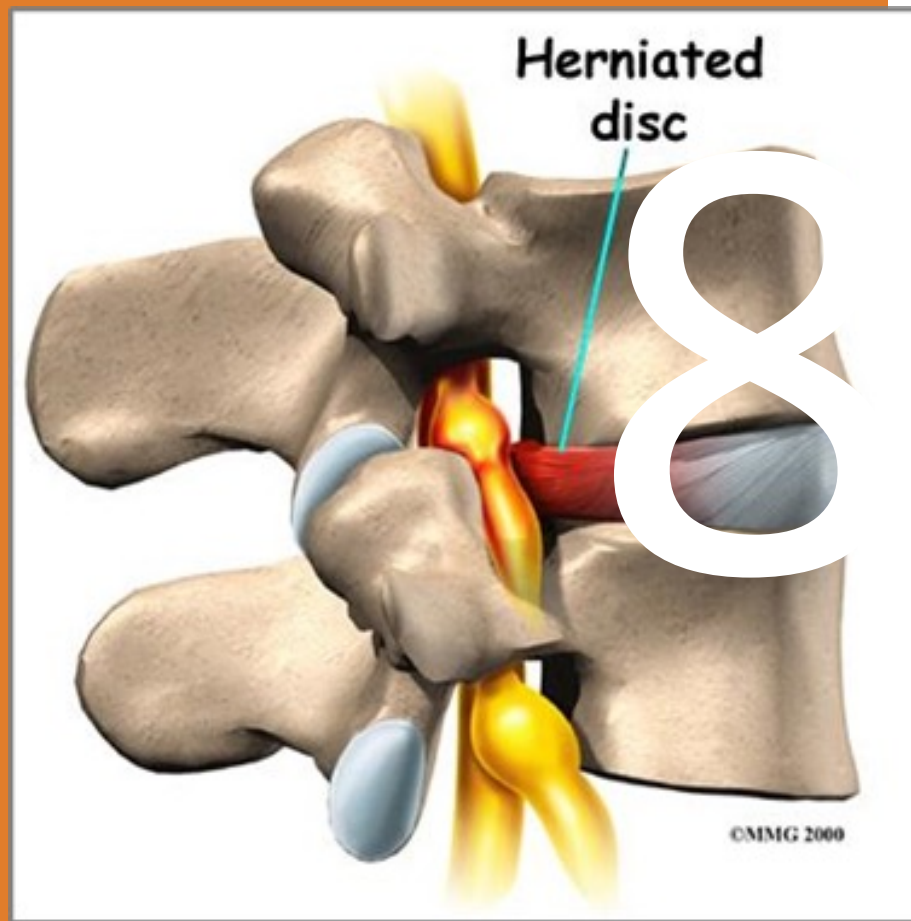
Behavioral changes: Personality disorders,
substance abuse

8

TIPS TO *ADAPT TO* Stress Better

- Tip 8: Eat Balanced Meals On A Balanced Schedule
- Tip 7: Limit Caffeine and Sugar
- Tip 6: Regular Cardio and Resistance Exercise
- Tip 5: Good Sleep Health Practices
- Tip 4: Drink Half Your Body Weight in Ounces Daily
- Tip 3: Practice Gratitude
- Tip 2: Supplement for Inefficiencies/ Deficiencies
- Tip 1: Utilize Diagnostics to Identify + Address the Cause!

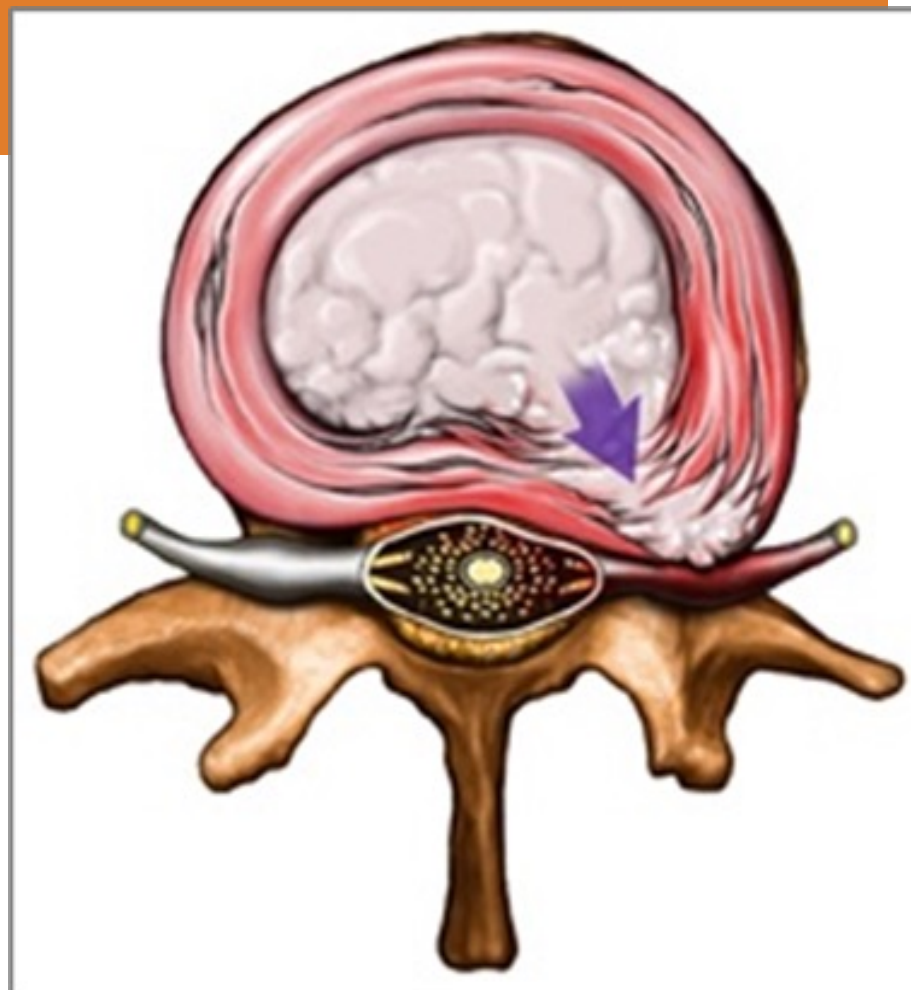




Stress Causes a Condition:

Subluxation

- Joint Misalignment
- Soft Tissue Damage
- Inflammation = Nerve Irritation
- Muscle Spasm = Joint Fixation
- Stress Response

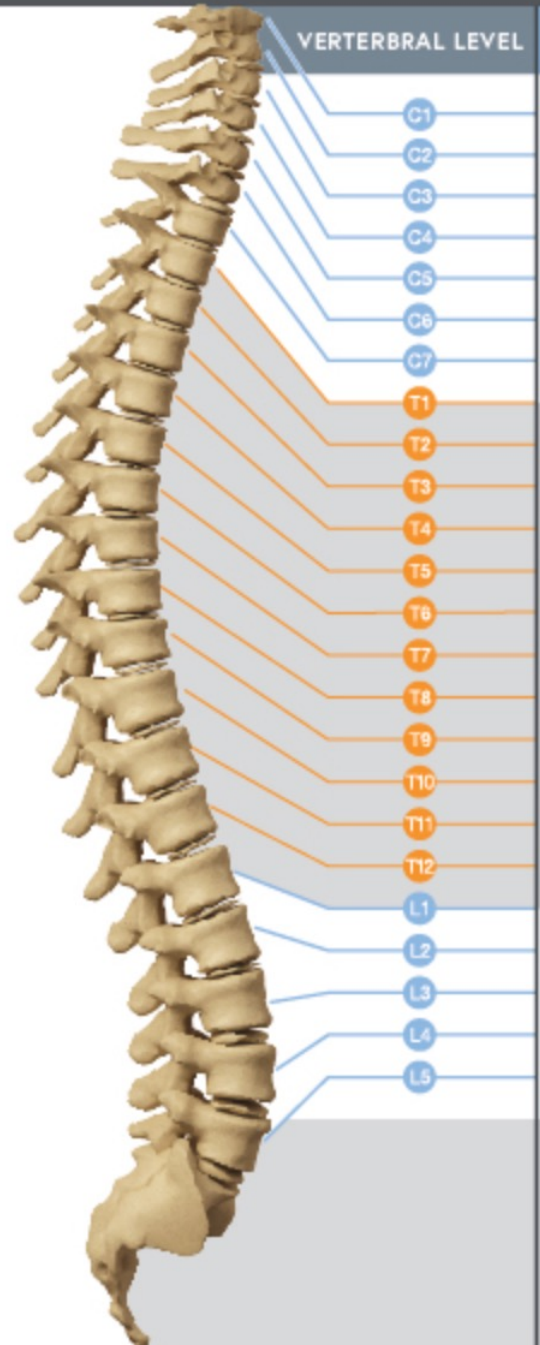


HOW ALIGNLIFE HELPS YOU ADAPT TO STRESS BETTER

Subluxations that can affect the digestive system:

- CO/1/C2: Brainstem, vagus nerve, cognitive function
- T9: Adrenal glands
- L1/2, L4/5: Intestines and colon (Hormone absorption!)
- Sacrum, coccyx: Structural foundation

WHICH OF YOUR SPINAL NERVES ARE **IMPAIRED**?



VERTEBRAL LEVEL	NERVE ROOT*	IMPACT ON BODY	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	Eyes • Lacrimal Gland	Dizziness • Sinus Problems
C3	C3	Parotid Gland • Scalp	Allergies • Head Colds • Fatigue
C4	C4	Base of Skull • Neck	Vision Problems • Runny Nose
C5	C5	Muscles • Diaphragm	Sore Throat • Stiff Neck
C6	C6	Neck Muscles • Shoulders	Cough • Croup • Arm Pain
C7	C7	Elbows • Arms • Wrists	Hand & Finger Numbness or Tingling
C8	C8	Hands • Fingers • Chest	Asthma • Heart Conditions
T1	T1	Esophagus • Heart • Lungs	High Blood Pressure
T2	T2	Arms • Esophagus	Wrist, Hand & Finger Numbness or
T3	T3	Heart • Lungs • Chest	Pain • Middle Back Pain
T4	T4	Larynx • Trachea	
T5	T5	Gallbladder • Liver	Congestion • Difficulty Breathing
T6	T6	Diaphragm • Stomach	Asthma • High Blood Pressure
T7	T7	Pancreas • Spleen	Heart Conditions • Bronchitis
T8	T8	Kidneys • Small Intestine	Pneumonia • Gallbladder Conditions
T9	T9	Appendix • Adrenals	
T10	T10	Small Intestines • Colon	Stomach Problems • Ulcers
T11	T11	Uterus • Colon • Buttocks	Gastritis • Kidney Problems
T12	T12		
L1	L1	Large Intestines • Buttocks	Constipation • Colitis • Diarrhea
L2	L2	Groin • Colon • Thighs	Gas Pain • Irritable Bowel
L3	L3	Reproductive Organs	Bladder Problems • Menstrual
L4	L4		Problems • Low Back Pain
L5	L5	Knees • Legs • Feet	Pain or Numbness in Legs
S	S	Buttocks	Constipation • Diarrhea
A	A	Reproductive Organs	Bladder Problems
C	C		Menstrual Problems
R	R	Bladder • Prostate Gland	Lower Back Pain
A	A		
L	L	Legs • Ankles • Feet • Toe	Pain or Numbness in Legs

SPINAL NERVES **FUNCTION**

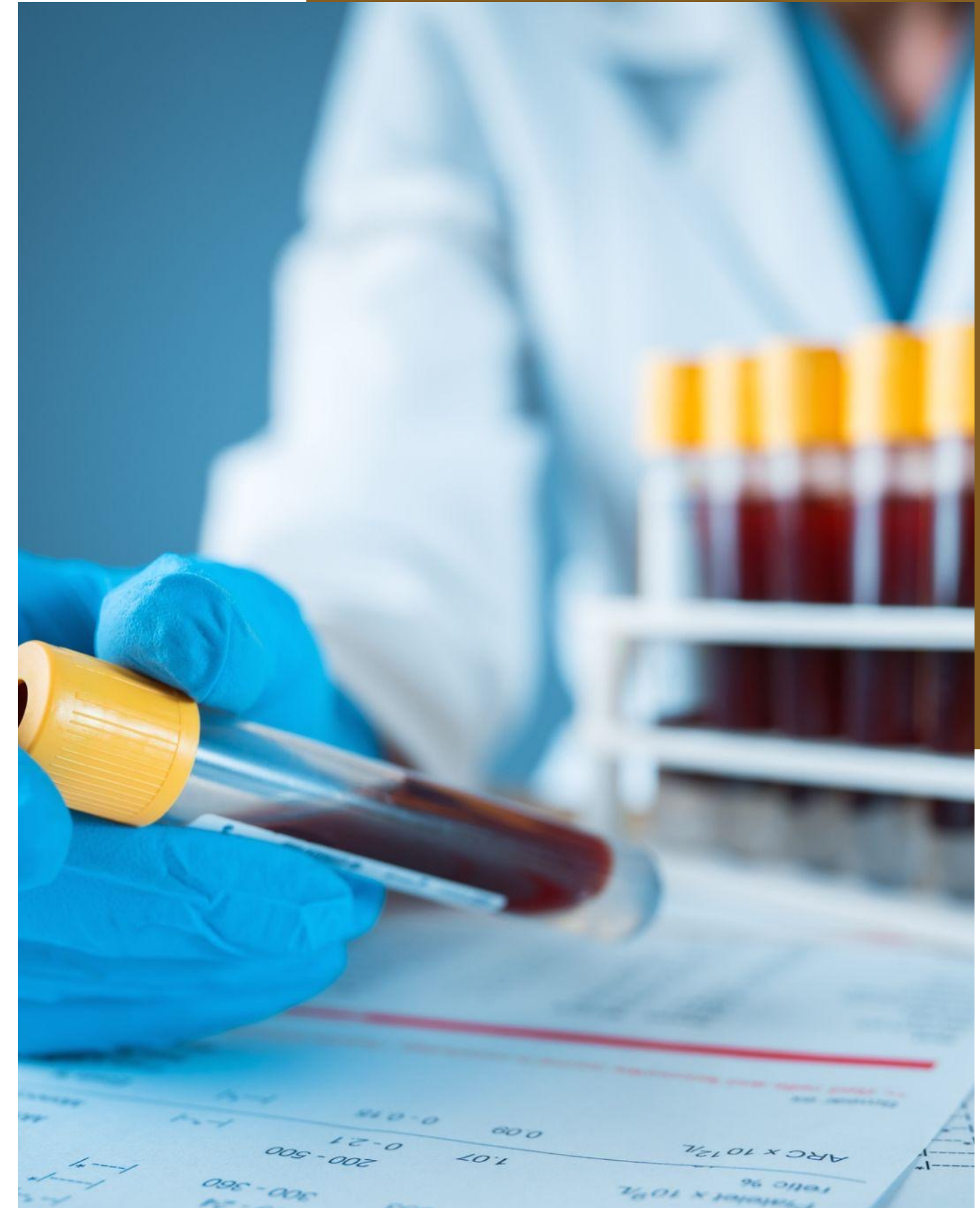
How Your Spine, Nervous System and Body Work Together to Make Up Your Overall Health

References:
Bischoff M.D., Ph.D., Neuroanatomy through Clinical Cases, Elsevier, 2002.
Kandel, E.R., Schwartz, J.H., Jessell, T.M., Principles of Neural Science, Appleton & Lange, 1991.
Hoppenfeld, S.M.D., Physical Examination of the Spine and Extremities, Appleton-Century-Crofts, 1976.
*In some cases, nerve roots do the talking to other structures, which then communicate to specific body parts.

FUNCTIONAL LAB TESTING

Blood serum test options:

- Metabolic Profile- Biomarkers tested: Complete Blood Count, C-reactive protein, Iron and Total Iron Binding Capacity, Ferritin, Lipids, Glucose (plasma), HbA1c, Homocysteine, Magnesium, TSH, Vitamin D



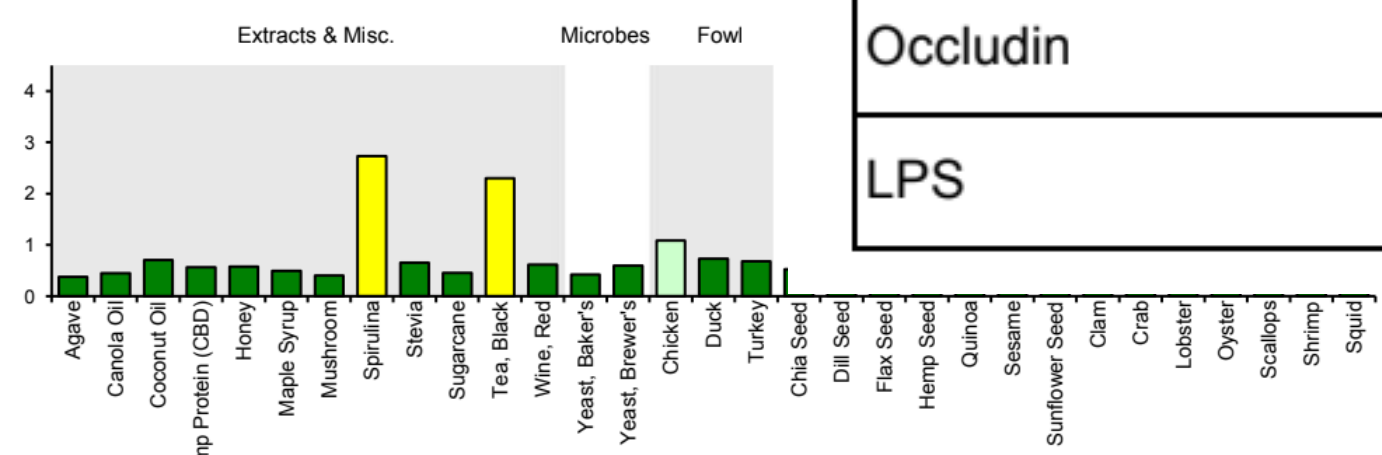
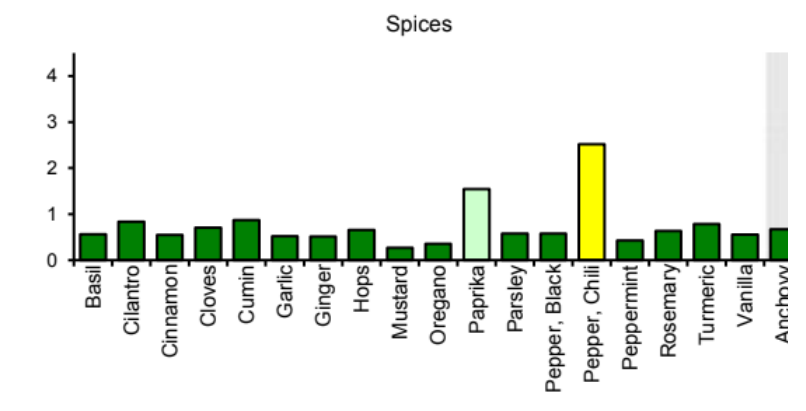
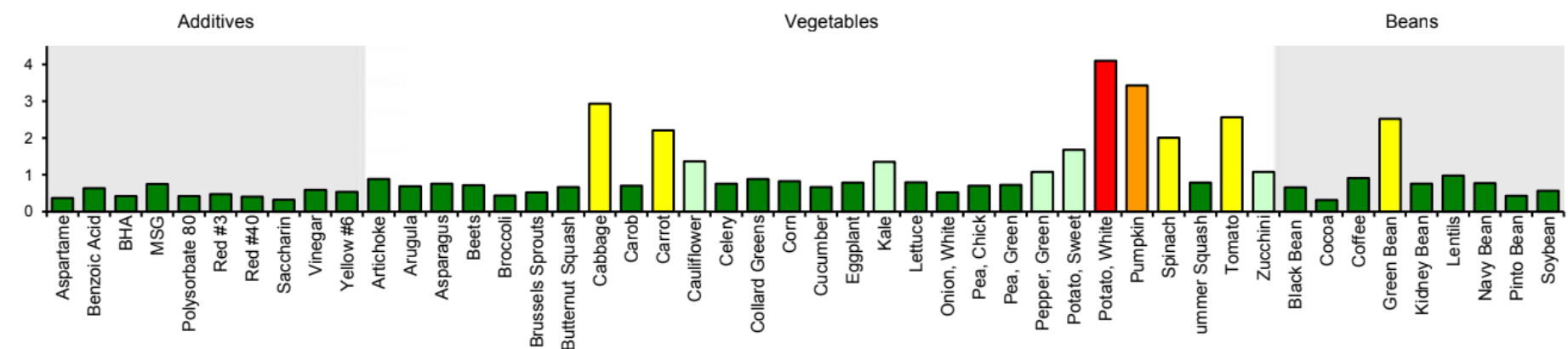
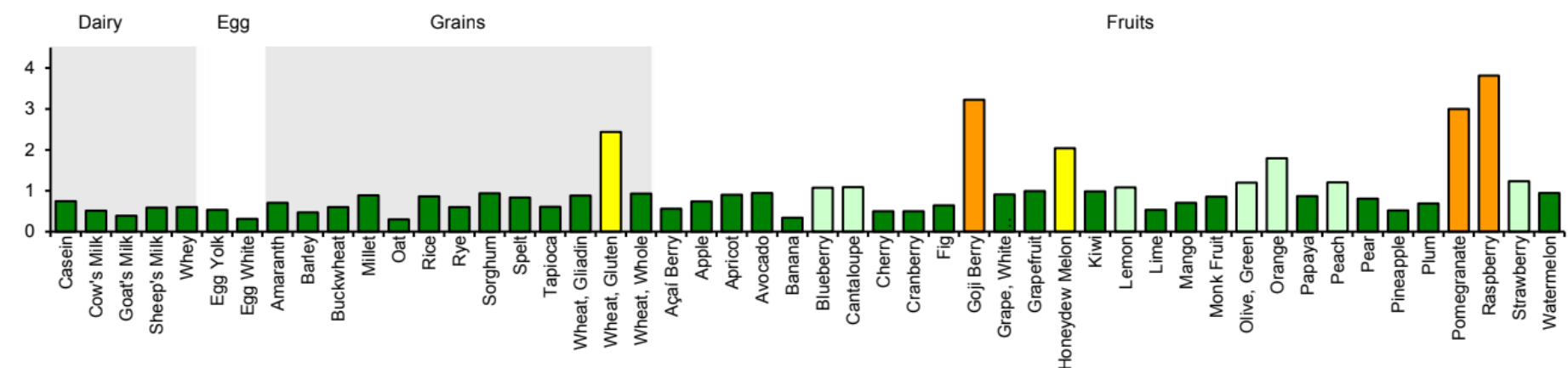


Name: WILLEY, BRYNE
Provider: Bryne Willey - CID 4268
Sample Type: Bloodspot
Date Drawn: 04/02/2024
Date Completed: 04/12/2024

Severe Reaction 4+
High Reaction 3+
Moderate Reaction 2+
Mild Reaction 1+
No Reaction Negative

FIT 176 A Test for IgG1-4 and C3d			
Name:	WILLEY, BRYNE	Date I	
Date of Birth:	09/30/1985	Date C	
Accession Number:	188378	Provic	

List of Restricted Foods:	
4+ Reactions:	Potato, White
3+ Reactions:	Goji Berry Pomegranate Raspberry Pumpkin
2+ Reactions:	Wheat, Gluten Honeydew Melon Cabbage Carrot Spinach Tomato Green Bean Pepper, Chili Spirulina Tea, Black



Gut Barrier Panel		
	IgG1-4+C3d	IgA1-2
Candida	Negative	Positive
Zonulin	Negative	Negative
Occludin	Positive	Negative
LPS	Negative	Negative

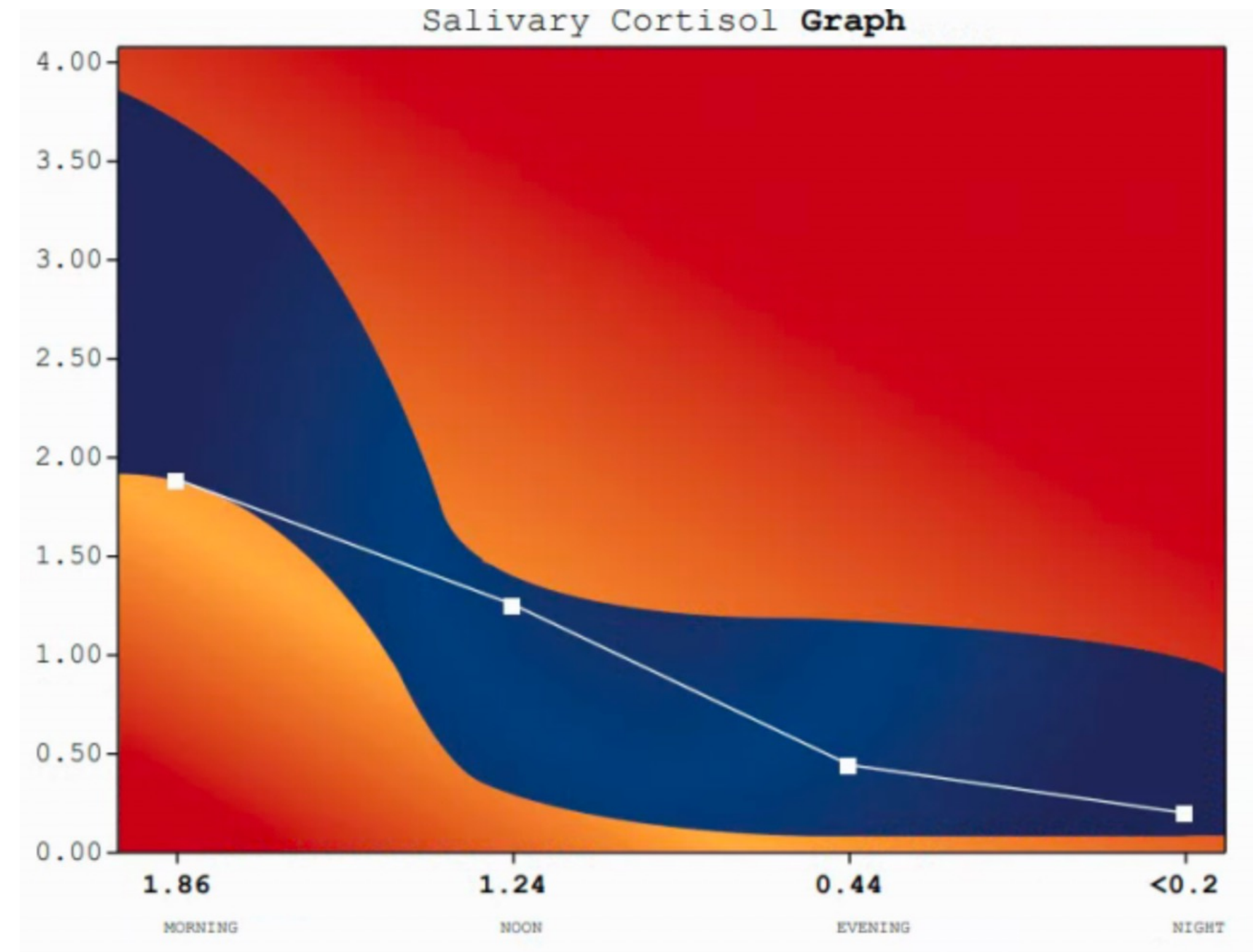
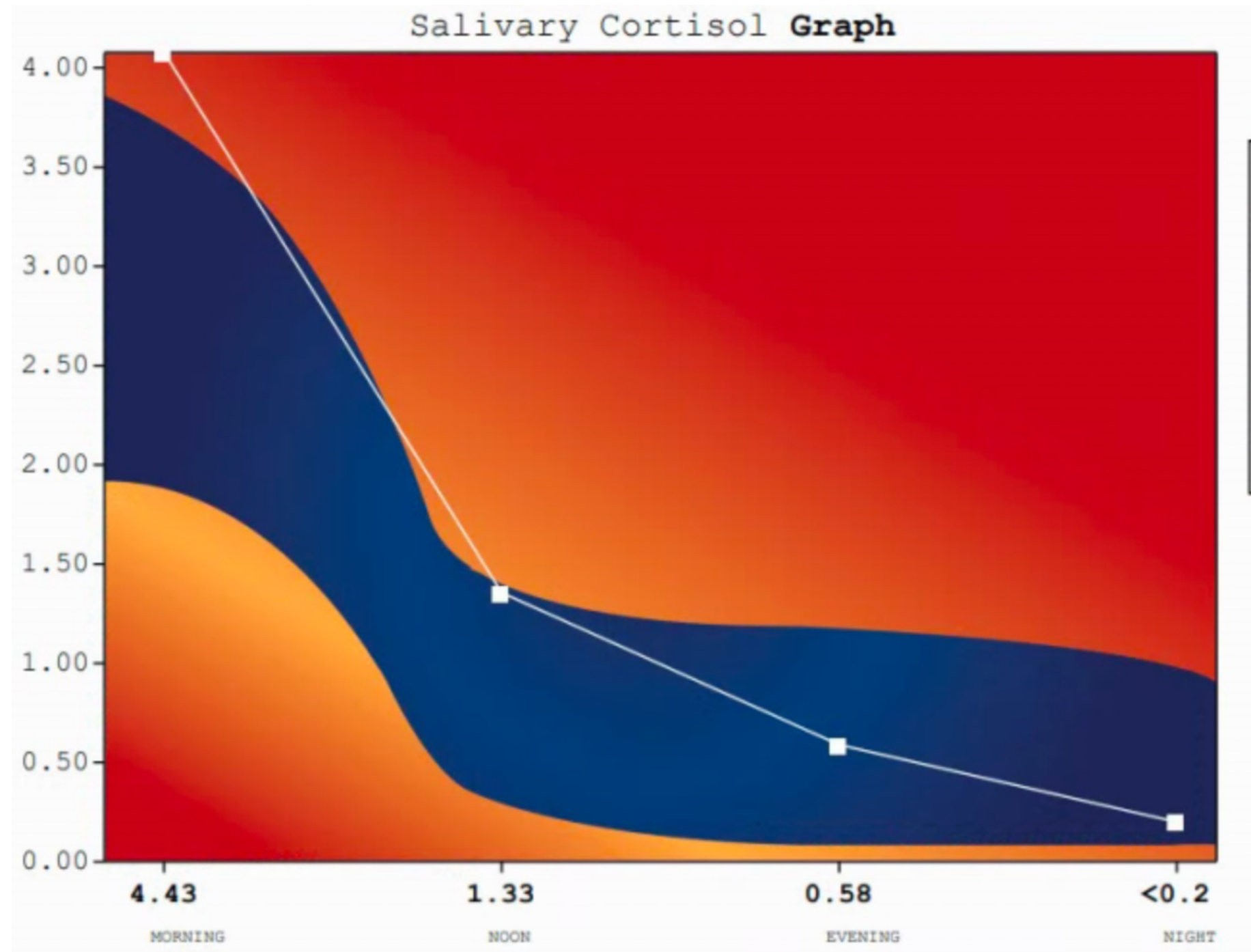
HOW **ALIGNLIFE** HELPS YOU GET HEALTHY NOW

Salivary Testing Options:

Cortisol, DHEA-S (Dehydroepiandrosterone Sulfate)
Dihydrotestosterone (DHT), Estradiol (E2),
Follicle-stimulating Hormone (FSH) and Luteinizing Hormone (LH), Progesterone, Reverse T3, Sex Hormone-binding Globulin (SHBG), Testosterone, Total (Women, Children, and Hypogonadal Males), LC/MS-MS, Thyroid Antibodies (Thyroglobulin, Antibody + Thyroid Peroxidase (TPO) Antibody)
Thyroid-stimulating Hormone (TSH) Thyroxine (T4), Free, Direct Triiodothyronine (T3), Free



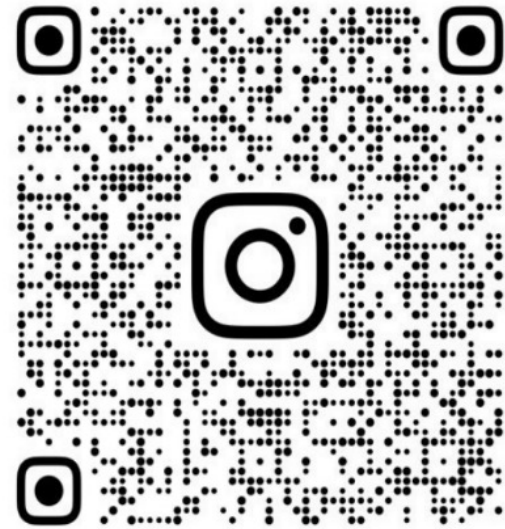
Salivary Testing Options:





Don't stop here. **Get
more answers.**
Dive deeper today.

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OUR GIFT TO YOU TODAY

01

Unlock the Perfect Plate: A2G
Food Chart

02

Chiropractic Consultation / Exam / X-
rays
(\$320 VALUE!) *4 available*

03

Nutrition Consultation
(\$100 VALUE!) *4 available*