

Do you suffer from:

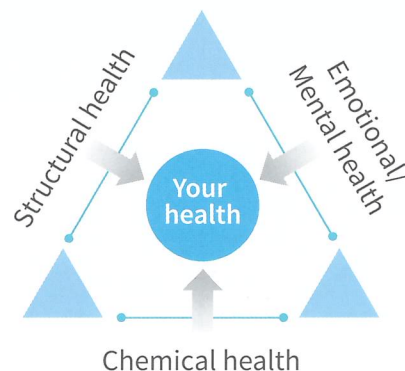
- Shoulder and neck tightness
- Sensitivity to light and noise
- Headaches and migraines
- Light sleep and vivid dreams
- Anxiety or depression
- Digestive upsets such as bloating, IBS, allergies or diarrhea or constipation
- High blood pressure
- Increased blood clotting factors including risk of DVT or stroke
- Problems with inflammation
- Gallbladder problems
- Thyroid problems
- Hormone imbalances
- Infertility
- Polycystic Ovarian Syndrome
- Uterine Fibroids

These symptoms can all point back to a common starting point: a system that is overwhelmed and stuck in survival mode.

There is good news: the way out of this health maze can be remarkably simple.

Learn more about getting your Sympathetic Nervous System under control and restoring balance to your health.

It comes back to this: Structural, emotional/mental and chemical health all affect each other. If you are under strain in one area, it will have run on effects into the others.



Ask your chiropractor about the SD Protocol, and how you can regain control of your health.



I feel better at fifty than I did at thirty! The world is at my feet again.

***Catherine, SD Protocol success story**



www.sdprotocol.com.au



Sympathetic Dominance

Are you busy, overwhelmed or wound-up? Do you feel like you are constantly chasing symptoms that seem to have no link?

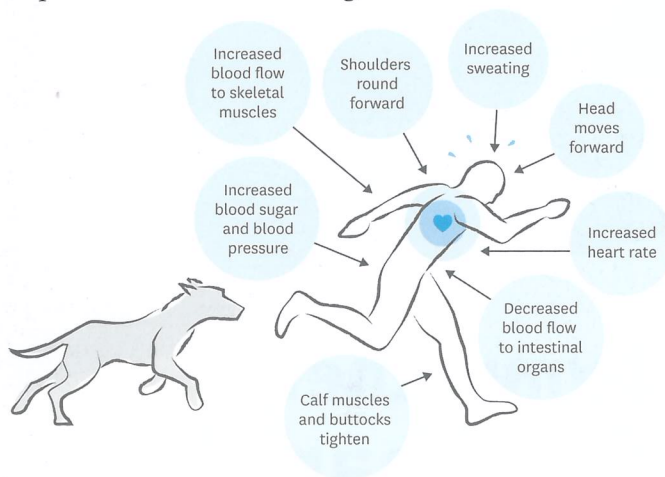
This leaflet introduces a simple concept that could greatly change your health reality.

Learn more about Sympathetic Dominance

What is Sympathetic Dominance?

The Autonomic Nervous System is the part of the nervous system that controls everything that happens in our body without conscious thought. It's broken into two parts: Sympathetic and Parasympathetic

These two parts exist in a see-saw like balance. However, when the Sympathetic side is more dominant, you are in "Fight or Flight." Your body responds as if it is running from a lion or a bear.



The same set of neurological and physiological reactions occur whenever we enter this wound-up, fight or flight ready state.

In modern life, there are many things that can cause this - not just the lion or the bear. Financial, relationship and health stressors can be among the kick-off points.

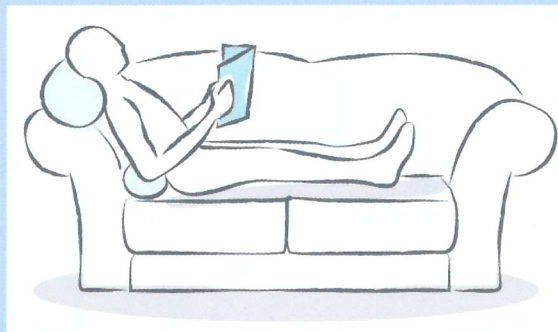
In this sympathetic dominant state, our digestive, hormonal, and reproductive systems are all suppressed. The flow on effects can be varied, vast and overwhelming.

The Other Side of the See-Saw:

On the other side of the see-saw lies the **parasympathetic nervous system**. This controls four major areas:

Rest
Digestion
Reproduction
Repair

Unfortunately it is these areas that are bumped down the priority list when we are wound-up in Sympathetic mode.



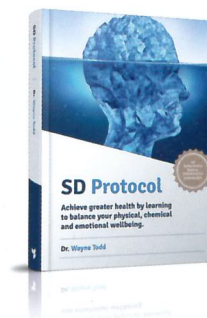
The autonomic nervous system is supposed to exist in balance (or homeostasis if you want to get technical). Too often, the Sympathetics override, opening the lid on Pandora's Box in terms of possible health repercussions.

Previously, we thought the Autonomic Nervous System was automatic - that we couldn't control it.

But there is something we can do about it. It is possible to implement some simple tools that can have a powerful impact on the way your nervous system functions.

What Do I Do About This?

1. See your chiropractor about a functional neurology review. Our chiropractors are all trained in the SD Protocol designed to rectify Sympathetic Dominance and give you control of your health again.
2. Specific rib and spinal adjustments with your chiropractor can be complemented by at-home posture correction exercises. They're not strenuous. In fact, they can add some well-needed chill out time to your day.
3. Ask your chiropractor about a range of supplements that can lessen the inflammatory burden on your body, and allow your critical systems to recharge.
4. Use red lenses inside, and good quality polarized sunglasses while outdoors, to reduce light sensitivity.
5. Structure in chill-out time every day, when your brain gets to switch off and relax. Yes, we're talking about meditation which can have a big impact on molecular biology and healing.



The groundbreaking first book on this issue is now available! Learn how to take control of your health and regain energy, vitality and wellness.