

# Healthy nervous system... healthy body

## Poor nervous system health can impact your immune system and hormone balance

by Michelle Robin, D.C.

**S**top! Quickly list the top reasons to exercise. What did you say? Weight loss/maintenance? It keeps your blood pressure down? Stress reduction? Good answers and all true. Did you think that it has a huge impact on the health of your nervous system? Probably not.

The nervous system is the information super-highway of the body. The central nervous system (brain and spinal cord) communicates back and forth with the peripheral nervous system which controls every voluntary and involuntary movement, feeling and response. There is also close communication among the nervous, immune and endocrine (hormone) systems.

Therefore, poor nervous system health can impact your immune system and hormone balance/health. Bottom line, the body does not function without the nervous system. So it stands to reason that if it isn't healthy, your body is not operating optimally.

I'm a chiropractor so I certainly encourage and promote the regular proactive care of the nervous system and your overall well-being through regular chiropractic adjustments. However, there are other important actions you must also take, such as consistent, moderate exercise, to maintain a healthy nervous system. Exercise is important to a healthy nervous system in several ways. Movement creates space between bones and joints decompressing the spine and skeleton. This helps relieve pressure on nerves.

Just 30 minutes of aerobic exercise daily oxygenates the blood so you

won't rely on adrenaline for energy. Stress hormones can overtax the nerves. Aerobic exercise also increases circulation to the brain and throughout the body.

Strength training supports the nervous system by increasing bone density (and therefore lowering the risk of osteoporosis) and supporting the spine and skeleton which protect the nerves. It also protects joints and improves flexibility as well as reduces symptoms of arthritis, all of which helps ensure unimpeded functionality of the nervous system.

Eastern systems of exercise, like Tai Chi, Yoga and many martial arts, are other forms of exercise that support a healthy nervous system. Eastern movement builds flexibility, strength and balance. It is also focused on breathing deeply. As with aerobic

exercise, breathing deeply oxygenates the blood and improves circulation. Breathing deeply is excellent for removing toxins that can dull the nervous system, such as carbon and the chemical markers of stuck emotions. Deep breathing also triggers the parasympathetic nervous system (rest and digest) which helps decrease heart rate and blood pressure.

Keep your body healthy and functioning properly by keeping its communication channels open and flowing freely. Support your nervous system through various forms of exercise...and regular chiropractic visits.

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