Causes

Circle your top 10

*Identify some of your stresses, and connect to the truth that chiropractic care isn't just for your physical stress.

**Share them with Dr. Anderson for a conversation, or just a more comprehensive list.

Chemical Stress	Physical Stress	Emotional Stress
Air pollution	**Work**	Relationships
Water pollution	Posture	Money
Advil	Repetitive Movement	Job
Alcohol	Lifting	School
Cheeto Dust	Climbing	Life Purpose
Lotion	Sitting	Worry for others
Soap	Standing	Worry for the world
Medication	Walking	
Food additives	**Exercise**	Brainstorm!
Lead Paint	Over doing it	_____
Asbestos	One fluke movement	_____
Mold	Not Exercising	_____
Pollen	**Home**	_____
	Yard work	_____
Brainstorm!	Couch Potato	_____
_____	Need a new bed	_____
_____	**Car**	_____
_____	Car Accident	_____
_____	Posture	_____
_____		_____
_____	Brainstorm!	_____
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
	_____	
	_____	
	_____	
	_____	
	_____	
	_____	

*Subluxation: Simply put, is a spinal bone out of place, pinching a nerve.