

## **Chiropractic helps mood swings**

**Question:** Can chiropractors help with my mood swings? Mine are so bad I don't even like to be alone with myself.

**Answer:** There is a barrage of potential causes to mood swings. The medical term for mood swings is mood disorders and most of the research is from headache-oriented symptoms. The second largest association with mood disorder is a woman's menstrual and/or pre-menstrual cycle. Personally I find women pleasant all month long and find it hard to believe there is an actual syndrome named after it. NOT! As estrogen and progesterone hormone levels climb up and down so do many woman's moods. The food we ingest, the stress loads we are under, the amount of exercise, sleep, personal attitude and the environment we exist in on a daily basis can affect our moods. Physiologically there are some very effective actions you can take as a male or female, to minimize your potential or soften your mood disorder. First of all, eat healthy and stay away from mood altering substances. Minimize or reduce any drugs or alcohol. Always get approval from your physician first. Start an exercise routine if you haven't already. Physical activity reduces mental anguish and releases neutralizing natural chemicals into the glandular system. Drink a lot of water to assist the body in its hormone production. Minimize your stress loads if possible. Prioritize personal time to relax and balance on a daily basis.

Most importantly, have your spine and nervous system analyzed by a chiropractor. The nervous system controls and co-ordinates the functions of the glandular systems as well as all "mood disorder" related organs and tissues. Our

patients consistently relate how adjustments relieve their mood disorders on a daily and permanent basis. My staff consists of 14 women and I make sure they get adjusted to maintain peace and harmony.

**Quote of the week:** *“If you don’t have the best of everything. Make the best of everything you have.”* – Erk Russel