

## **Stressful childhood experiences may lead to chronic back pain**

**Question:** Is it possible that a stressful childhood experience I had many years ago could be causing my chronic back pain?

**Answer:** Every experience we have from the moment we are conceived, born, and every second after, all comprise our expression of life. Not all childhood experiences are glorious and happy. Many would rather forget some of the experiences. One fact we now know is that any one or accumulated experiences of distress can be expressed through our health. Considering our nervous system is responsible for adapting our bodies responses to stress, it is not unusual that an overload of stressful exposure can result in physical ailments, especially to our spine.

It is common that when we have an experience that is unpleasant or are forced to maintain stability during an intolerable event, we don't express the stress to our bodies at that moment. We tend to have adrenaline outbursts that put us in a fight or flight response. This response can be one hour or one month. During our responsive moments we usually don't feel the physical pain. It is when our adrenaline and other responsive hormones and natural pain killers like endorphins normalize that we learn the result of how our stressful experience effected our physical bodies. This delayed experience can be a day later or a year later. How this relates to your question is that, whether you experienced your back pain one year later and have had it for 20 years since, the key to correcting it is conquering the initial disruptive experience.

You may have had to live through multiple stressful experiences, including fearful experiences, prolonged hospitalization, potential unemployment, and so many more. No

matter the source, your brain has a memory of all those crisis and until you let go of them your back pain may continue.

Chiropractic adjustments assist the nervous system in releasing these long-term chronic conditions. We observe patients relate back to the origin of the crisis with strong emotional release as the spinal condition is corrected.

**Quote of the week:** *“It is better to be approximately right than precisely wrong.”* – Warren Buffet