

Your environment can influence your health

Question: I noticed that when I am on vacation, away from my home or from my office, my health improves, including my neck pain. Can being in the environment of my home or office be causing my neck pain?

Answer: Environmental influences on an individual's health is very real. At home you may be exposed to any variety of airborne toxins or natural allergens from the vegetation around you. Your bed or couch that you use to sleep in or watch TV may be a poor form of posture support. At work there are potential irritants to your health from carbon products, improperly positioned computer-work stations, bending of the head for extended phone conversation, and many many more. Besides objects and chemical irritants in your environment there can be another person in your space that creates stress for you.

Any and all the above potential environmental stressors can trigger physical response from the body by way of the nervous system. Overloads of stress by steady exposure to your toxic environment results in symptoms. Many people feel their symptoms in their neck or develop headaches. Others bare their stress in their stomachs or bowels, therefore the incredible high incidence of irritable bowel syndrome and associated conditions. Like yourself, it isn't until we are removed from the stressors that we realize our symptoms are normal responses to the overload of those daily exposures whether small or large. You are fortunate to identify that you feel better when away from your environment. Your next challenge is to identify what or who is creating an unhealthy environment and create an approach to conquer these irritants. Checklists of the

contents of each room and how they are utilized is a good start. Next, take a conscious emotional evaluation of how you feel when in the presence of the people you suspect are irritating you. Obviously you can't always remove these people from your life, but you can express your concern and hopefully restore a healthy relationship.

Should your condition persist, try consulting your chiropractor to see if he/she can assist you in determining the source of your stress.

Quote of the week: *“A moment's insight is sometimes worth a life's experience.”* – Oliver Wendell Holmes