

## STRESS TEST

Subluxations can be caused by three types of stress: physical, chemical, and emotional. To help you understand what is causing subluxations in your spine, please circle when you experienced these stresses no matter how mild or severe your exposure may have been: C(child), T(teenager), A(adult), or N(not at all).

### 1. PHYSICAL STRESS:

Birth Traumas(mother or child)	C T A N
Slips/Falls	C T A N
Sports Injuries	C T A N
Poor Posture	C T A N
Extensive Computer Work	C T A N
Carrying Heavy Purse/Child	C T A N
Repetitive Lifting/ Bending	C T A N
Continuous Sitting/Standing	C T A N
Bone Fracture/Surgery	C T A N
Driving For Many Hours	C T A N
Car Accidents	C T A N
Physical Abuse	C T A N
Work Injuries	C T A N
Sleeping Postion/Stomach	C T A N

### 2. CHEMICAL STRESS

Smoker- Amount?	C T A N
Second-Hand Smoke	C T A N
Poor Diet	C T A N
Caffeine- Amount?	C T A N
Excessive Sugar	C T A N
Artificial Sweetners	C T A N
Prescription Drugs	C T A N
Over-The-Counter Drugs(ie.Tylenol)	C T A N
Environmental (Pollution)	C T A N

### 3. EMOTIONAL STRESS

Relationships	C T A N
Career	C T A N
Children	C T A N
Money	C T A N
Fast-Paced Life	C T A N
Internalized Feelings	C T A N
Perfectionist	C T A N
Procrastinator	C T A N
Sickness of Loss of a Loved One	C T A N
Quick Temper	C T A N
Verbal Abuse	C T A N

### ANSWER THE FOLLOWING:

1. After taking this test, do you now realize that there has been more stress throughout your life than you thought? **Yes or No**
2. Do you recognize that the effects of stress started accumulating during childhood? **Yes or No**
3. Did you understand that stress will be present in certain areas of your life for years to come? **Yes or No**
4. Since the three major causes of stress (physical, chemical, emotinal) exist in your life, do you feel that it is important to have your nervous system checked periodically throughout your life? **Yes or No**
5. Do you think that early detection will give you a better chance of preventing future health problems? **Yes or No**
6. Since some of these stresses started early in childhood, should parents have their children checked for subluxation? **Yes or No**