



# Chiropractic Newsletter

## Your Amazing Body

### Ten, Nine, Eight...

...Three, two, one, Happy New Year!!!!

Are you one of those people who makes big plans and stays up until midnight to whoop it up on New Year's Eve? Or are you one of those people who would prefer a good night sleep and goes to bed like it's any other night of the year? Or maybe you're one of those people who would like to ring in the new year at midnight but falls asleep on the couch before it all happens? Honestly, it doesn't really matter whether you stayed up until midnight to bring in the new year or not.

What does matter is that you can't rush time. Time is a principle, a fundamental aspect of the physical universe, and because it's a principle it doesn't change. It is the same for everybody, always, no matter where in the world you are. There are 60 seconds in a minute, 60 minutes in an hour, and 24 hours in a day, no matter who or where you are. So while it might be nice to have midnight come a little earlier for those who would like to get a good night sleep, it just doesn't work that way.

And things take time. It takes time for midnight to roll around. It takes time for plants or flowers in a garden to grow. It takes time to cook a good meal. It takes time to get the hang of whistling. It takes time to learn things like tying your shoelaces, riding a bike, speaking another

language, or playing an instrument. Everything takes time.

The principle of time also applies and plays an important role in our **AMAZING** body! As cool as our bodies are, some things just take time. And that's why your body is on the job 24 hours a day. Every minute of every day, your body is doing any number of things. For example, in the next 60 seconds your body will produce millions of blood cells! That alone is **AMAZING!!** But in addition to that, it will also interpret visual information, send nerve impulses, grow hair, blink (maybe blink several times in 60 seconds), it will inhale and exhale, produce saliva, keep you hydrated, beat your heart, pump blood, repair bone, clean blood, use energy, and shed skin cells to name just a few more things.

#### **AMAZING!!**

But it all takes time. It takes time for your brain and nerve system to coordinate and organize all the many moving pieces. Your brain sends messages to your body parts via your spinal cord and nerves, and then your body parts communicate back via nerves. Your nerve system is so critical to you being your most **AMAZING** self, that most of it is protected by bone. The brain is protected by the skull and the spinal cord by the bones of the spine.

This is why it is so important that your spine is in good alignment. Misalignment of bones of the spine can distort communication within the nerve system (called vertebral subluxation) and keep your body from working the way it should. Your family chiropractor will check your spine for vertebral subluxation and adjust you when necessary. This ensures that your nerve/communication system works more efficiently and allows your body to do all the **AMAZING** things that it can do in a minute and throughout

the day your whole life long. Take the time to see your chiropractor regularly and have an **AMAZING** New Year!!!

—By Judy Nutz Campanale, DC, ACP



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