



# Chiropractic Newsletter

## Your Amazing Body

### It Ain't Easy Being Green!

The inspiring thing about Kermit the Frog's signature song is that while it begins with him being sad about being green (hence the title of the song), it ends with him realizing all the wonderful things about being green. He notes in the song that "...green's the color of Spring. And green can be cool and friendly-like. It's beautiful and I think it's what I want to be!"

Sometimes we get stuck in old habits and don't realize we could or should be any different. Like Kermit, maybe we are stuck in the rut of thinking negative thoughts. Sometimes, we just need a new way of looking at things. For example, we may assume that things our bodies do that we don't like are bad and we label them as sickness. However, many times, those same things are really our bodies adapting to a given environment.

The most frequently used example of this is a fever. No one likes to have a fever, but often it is simply the body's way of adapting to the fact that an unwanted germ, bacteria, or virus is present. It is how your body attempts to get rid of the "foreign invader." That is not bad, that is smart! In fact, that's AMAZING! Remember, our bodies contain trillions of microorganisms, including bacteria, that peacefully coexist.

Another familiar example of your body doing something smart but that you might not like is vomiting and/or diarrhea. Nobody likes to have an upset stomach, however, these events are typically the body's attempt to rid itself of something bad. Sure, you may not like but it is effective and AMAZING!

Here are some other AMAZING things your body does that you may or may not like:

- Your body makes about a liter of saliva a day and enough over a lifetime to fill two swimming pools! Yes, YUK, BUT saliva is SO important! It keeps your mouth moist and clean, it helps with digestion, and it assists in your ability to taste things.
- Your body also makes mucus, you know, all that stuff you have to blow out your nose or cough up whenever you have a cold or allergies. Yes, mucus is your friend too! It captures invaders and helps you expel them.
- You cannot breathe and swallow at the same time. Yes, this is inconvenient when you're talking while you're eating, but it's your body's AMAZING way of keeping only air in your lungs and as little air as possible in your gut.
- Speaking of air in your gut, healthy people pass gas between 12 and 25 per day. While that can be embarrassing, it keeps you from developing much bigger problems in your digestive system.
- Muscle pain and spasms aren't fun either. However, spasms are often your body's way of limiting your range of motion, so you do not injure (or further injure) yourself. How smart is that!?!?

Your AMAZING body can respond and adapt to every condition and environment it encounters. That's incredible and should be celebrated, not bemoaned

and medicated. It is able to respond in this manner because of your AMAZING nerve system. Consequently, it's imperative that your nerve system functions optimally if you want to be at the top of your sport, the top of your company, or the top of the world. Your family chiropractor can help you with that.

Celebrate being whoever you are, even if you are green, and be your best with regular chiropractic care!

—By Judy Nutz Campanale, DC, ACP

