



Chiropractic Newsletter

Your Amazing Body

March Forth!

Wait... not March *Forth*... like a marching band. March *Fourth*... as in the fourth of March!! One of the many things going on in March... besides the beginning of Daylight savings time, March Madness, and of course the holidays, like St. Patty's Day, the First Day of Spring, and Easter... is World Obesity Day (observed on March the Fourth.)

World Obesity Day was established in 2015 to promote discussion and action around the steadily growing numbers of overweight people around the globe. Numbers from 2023, show that 41.9% of adults in the United States are obese. That means nearly half of adults in the U.S. are at least 20% above normal body weight, with many a lot more than 20% overweight. Those same numbers also suggest that 19.7% (nearly 1 in 5) of adolescents and children in the U.S. are obese. That's 14.7 million kids!! While weight and overall health are not always connected, obesity is often a risk factor for serious health conditions including heart disease, stroke, diabetes, and certain cancers. More importantly, multiple changes in our culture over the last several generations have promoted (and will likely continue to promote) weight gain in people of all ages for the foreseeable future.

Here's the **AMAZING** part of all of this. First, your body is smart and storing fat is your body's attempt to store up energy for a time that you might need it. When you eat more calories than

your body needs at that time, it smartly squirrels away the extra for some later date. You may not like it but that's a smart, **AMAZING** body.

Second, your body can adapt. Your body adapts to you gaining weight and your body will adapt and you can lose weight. The heaviest recorded human in history was a man weighing about 1,400 lbs at his heaviest. He had been obese since childhood and regularly weighed between 800 and 900 lbs during his adult life. Sadly, he died at the age of 41 but remarkably his **AMAZING** body withstood that significant weight for many years. How is that even possible!?!?

Similarly, many people who have been significantly overweight can and do transform their bodies. T.V. shows like My Big Fat Fabulous Life, My 600-Lb Life, Too Large, and The Biggest Loser demonstrate how the body can change when given the proper circumstances. Which is more **AMAZING**: the fact that a body can tolerate a significant amount of weight or that it can change and rebound from it? Both are truly incredible and a testament to how **AMAZING** our bodies are.

Of course, how our body adapts to our weight or to anything is primarily controlled by our nerve system. Your body is so sophisticated and so incredible that we often forget about all the **AMAZING** things it is and does. All of it is

organized and maintained by your brain and nerve system and for you to be your most **AMAZING** self you need to have an optimally functioning nerve system. Your family chiropractor can help you with that. He or she will check your spine for vertebral subluxations which are misalignments that create distortion in your nerve system. When necessary, your chiropractor

will gently adjust your spine to ensure your **AMAZING** body can adapt as well as possible under any circumstance. March forth friends!!!

—By Judy Nutz Campanale, DC, ACP

