



Chiropractic Newsletter

Your Amazing Body

A Season of Change

September is marked by change. A LOT of change! Change in schedules, change in sleeping patterns, change in temperatures, change in the length of the days, change in traffic, change in the leaves. SO much change. September is the beginning of the end of the year. We will see the last day of summer (September 22nd) and this brings much of the change we see in September. However, people don't always like change and yet it is as natural as life itself.

Life is all about change. From the time you are born to the time you die, you and your AMAZING body are changing. Of course, certain periods of life see more notable change than others. For example, from infancy to childhood and puberty. But change is always occurring or at least we hope it is.

In infancy, change is obvious and significant. Physical growth happens most quickly from infancy to age 2, then it slows until the spurts seen in adolescence. In adolescence, the most significant changes happen internally and manifest themselves as hair growth, skin problems, and the development of body parts and processes that distinguish female from male. In old age, we see significant outward changes: muscles get weaker, joints get stiffer, bones get less strong, and skin gets thinner.

What's truly AMAZING though is that change is happening in your body all the time, every day and at every age and phase of life. The ability to change and adapt is the single thing that separates the living from the dead!!

For example, your body temperature changes

throughout any given day. While people think that body temperature should be 98.6, that is only an average and most people are not at the temperature and EVERY person will see changes throughout any given day. A healthy person's body temperature is typically lowest in the morning and highest in the late afternoon or evening and there can be as much as a 2- or 3-degree difference in those numbers on any given day.

However, that's just one example. Your AMAZING body is constantly changing to adapt through a process called homeostasis. Besides your temperature, your body can change and control water levels, blood pressure, the consistency of your blood to allow for clotting, as well as blood levels of oxygen, ph, glucose, and electrolyte concentrations. Your body is constantly making countless small changes to adapt you to your environment.

Sometimes we may think that slight changes don't matter, but little things really do matter and little things add up. Our bodies do not go from being perfectly healthy to unhealthy by chance or accident. Small changes over time or the inability to make changes are the cause of all disease.

Taking care of your body when it's well is the best possible choice. That's why you should visit your chiropractor regularly no matter how you feel. You don't need to be bad to get better. Small misalignments in your spine, which can go completely unnoticed, might lead to problems down the road. But more importantly, little adjustments over time can enhance the function of your whole

body, maximize your ability to adapt, and help you live your best life. AMAZING!! Happy September and enjoy the change!!!

—By Judy Nutz Campanale, DC, ACP

