



Chiropractic Newsletter

Your Amazing Body

What's Love Got to Do with your Heart?!

The familiar symbol for the heart can be seen just about everywhere in February: as jewelry, on clothing, shaped into baked goods, and all over text messages and social media. Yet the actual anatomical organ doesn't really look like the familiar heart shape we see so often. No one knows why the heart was associated with love, but it can be traced as far back as the ancient Greek (7th century BC) and Roman civilizations (around 500 BC.) The general assumption at that time was that the heart controlled all thought and emotion and that the brain was essentially useless. Today we know differently.

Of course, your heart is invaluable to your good health but it, like every other organ of your body, is dependent upon your brain and nerve system. Your brain is the great conductor of the symphony that is all your other body parts. That's why your spine is amongst the single most important organs you have and why taking care of it should be at the top of everyone's "to do" list. Most people take better care of their teeth than they do their spines, and you can get new teeth!

Having said that, of course your heart is extremely important and super **AMAZING!!!** Your heart, while not shaped like the familiar symbol, is sort of like an upside-down pear, and it's a testament to how **AMAZING** your body is! Your heart is a fist-sized muscle with a rounded bottom, smooth sides, and a thick arch of blood vessels at the top. It sits in the center of your chest more than on the left as is commonly thought but leans toward the left.

Like any other muscle in your body, it contracts and relaxes to do work. In fact, in just one hour your heart produces enough energy to raise a ton of steel 3 feet off the ground!! It beats an **AMAZING** 100,000 times a day without the slightest help from you and will beat 3 billion times during an average person's lifetime. **3 BILLION!!!** And as **AMAZING** as that is, it isn't magic. It's how your body is designed. It's organized and it's intelligent.

Within us all, is a wisdom far beyond our understanding... an intelligence that constantly organizes our body and that works not just for some but for EVERYONE. It is why you are as **AMAZING** as you are. It is a principle of active organization. A principle, like gravity, that works all the time, for everyone, everywhere.

This principle uses your brain and nerve system to coordinate ALL of the many functions your body performs on a minute-to-minute basis, including the beating of your heart. The brain sends messages down the spinal cord and out the nerves to every cell tissue and organ of the body. Messages are then sent back to the brain through similar pathways. This communication is why it is so important to keep your nerve system functioning at its best, and your family chiropractor can help you with that.

Bones of the spine can misalign and disrupt the normal function of your nerve system (called a vertebral subluxation.) Because your nerve system controls your heart as well as every other function of your body, these misalignments may

lessen your body's ability to work the way it should. Your family chiropractor will ensure that your spine is well aligned and that your nerve system is working without disruption so your heart can reach that **AMAZING** 3 billion mark and more.

—By Judy Nutz Campanale, DC, ACP

