



# Chiropractic Newsletter

## Your Amazing Body

### What Do You Want to be When You Grow Up?

Kids get asked this question a lot. People may have already asked you this question and you may have some great answers. Lots of kids want to somebody who helps others, for example a firefighter or a police officer or a teacher. Others want to be athletes maybe a football player or a basketball player or a tennis or golf star. And then there are always a few who want to be a butterfly or an elephant. Well, have you ever thought of being an orchestra conductor!?! You may think you couldn't do that, but in a way, you already are!!!

In fact, you are so AMAZING that you are organizing and "orchestrating" hundreds of thousands of things right now, even as you read this article. That's WAY more than the 100 musicians that make up the average, modern, full-scale symphony orchestra!! Your body has what's called an autonomic nerve system that self organizes and performs tons of functions automatically for you.

The intelligence behind this portion of your nerve system keeps your heart beating more than 101,000 times a day to pump more than two gallons of blood a minute travelling 60,000 miles in each 24 hours period!!! AMAZING!! And that's just ONE of the MANY AMAZING things it's doing. As you finish reading this sentence your body will have made 25 trillion NEW cells and each of the 70 trillion cells that make up your body will execute somewhere between 100,000 to 600 trillion functions per second. That's hard

to even imagine, but that's how your body works.

At the same time, you will inhale two million liters of oxygen today and each time you breathe in that oxygen will be distributed to every cell in your body within seconds. Do you consciously keep track of all that??? Or does something that has a mind so much greater than your mind and a will so much greater than your will do it for you???

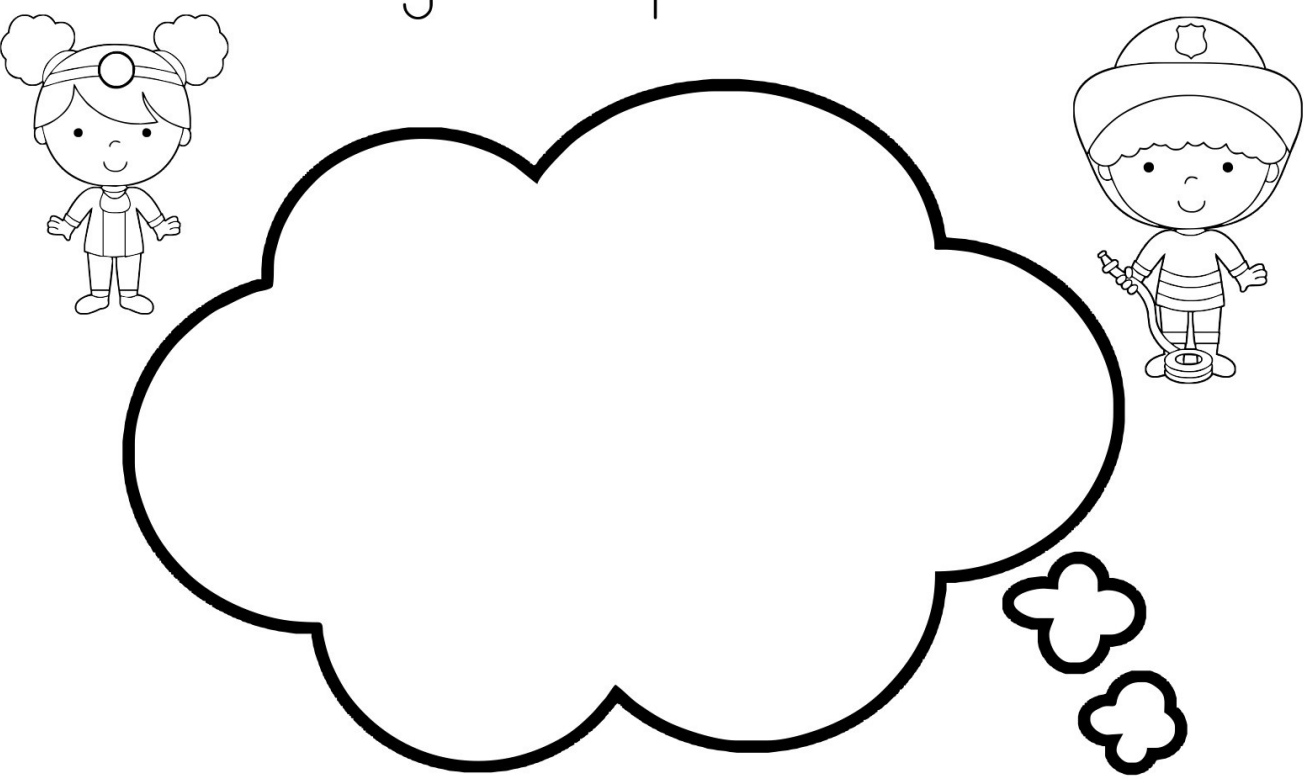
Your nerve system is in constant communication with your brain. Your body uses your nerves to send messages from your brain to your body parts to perform all the above functions and so much more without your even thinking about it. This communication system is so important that most of it is protected by bone: the brain by the skull and the spinal cord by the bones of the spine.

This is why it is so important that your spine be in good alignment. Misalignments of the bones of the spine can distort the communication within the nerve system and keep your body from functioning as it should. Your family chiropractor checks for these misalignments, called vertebral subluxations, and will adjust you when necessary to help you orchestrate the AMAZING symphony you call your body.

Maybe you won't want to be a conductor of an orchestra when you grow up. Maybe you'll be an astronaut or a race car driver or a chiropractor. Just know that no matter what you decide to be, you will always have an amazing conductor inside orchestrating all the parts of your AMAZING body!!

—By Judy Nutz Campanale, DC, ACP

When I grow up I want to be...



By Lavinia Pop © 2013



A large, empty rectangular box with a light gray background, intended for a child to write their answer to the question above.