



Chiropractic Newsletter

Your Amazing Body

“Top of the Mornin’ to Ya!”

The month of March, for many people, means the beginning of Spring!!! It is also, undoubtedly, the best month for basketball!!! However, more than anything, the month of March is known for St. Patrick’s Day, that time of year when everything is green and you don’t have to be Irish to enjoy a bit of luck. But you and your AMAZING body don’t have to wait until St. Patty’s Day, because you’re lucky all day, EVERY day!!

How lucky are you? Well think about it, most of us can see in a magnificent array of colors, in fact, every color in the rainbow and every variation of every color. It is estimated that the human eye can distinguish between about a million different colors!! That’s not just lucky, that’s AMAZING!!

Most of us can hear a wide range of sounds at various volumes and pitches that allows us to enjoy whatever music we like, the sounds of birds tweeting, and the voices of our loved ones. It is estimated that the human ear can distinguish between hundreds of thousands of different sounds!! That’s not just lucky either, that’s AMAZING!!

We can smell so many lovely things from flowers, to our favorite foods, to the smell of the ocean. It is estimated that the human nose can detect about one trillion different scents!! You got it, that’s AMAZING!! We can also taste loads

of delicious foods even if all you like is chicken nuggets and chocolate milk right now. Lastly, when we touch something, the signal travels through our nerves to our brain at the speed of 124 mph!!! Lucky maybe, but AMAZING either way!!

You may have already known how lucky you were to have those five senses: sight, hearing, smell, taste, and touch. But did you also know that you have other senses?? One of those is called proprioception, that is your sense of space. You can test your proprioception by doing the following: hold your arms out to the side like you are making a letter ‘T’ with your body. Then close your eyes. Now try to touch your nose with your index finger. Your ability to do this shows that you are aware of where your body is in space without being able to see it. That is proprioception and you are lucky to have it. It keeps you from bumping into lots of things. That’s not just lucky, that’s AMAZING!!!

Proprioception, like almost everything in the body, is controlled by the nerve system. The better your nerve system is working, the better your body will work. And that’s not up to luck either. Your family chiropractor will check your spine to make sure that misalignments, called vertebral subluxations, are not disrupting your nerve system, keeping it from functioning at its best. Vertebral subluxations can be caused by many of simple things we do every day. See your chiropractor regularly to keep your nerve system

working at its best and that will increase your luck and good fortune immensely.

—By Judy Nutz Campanale, DC, ACP

Happy St. Patrick's Day!

