



# Chiropractic Newsletter

## Your Amazing Body

### The Mighty Oak Inside of You

Why would there be a tree inside of you? Well, there wouldn't be silly! But just as a small acorn grows into a mighty oak tree, you have within you small building blocks that can grow you into an amazing human being!

An acorn is really a house for a seed and all seeds contain miniature models of the plants they are to become. Seeds also have an outer casing that protects them from the elements and a storage area for food and nutrients that they will need in order to grow. You should know though that scientists still don't fully understand what exactly happens inside a seed as it comes to life.

Still it's incredible how resilient such a small thing can be. Many seeds can last for years and despite very cold temperatures. The oldest seed that has ever been grown into a healthy plant was a Judean date palm seed that was about 2,000 years old!!!

Similarly, even when we are very, very small... even before we are born... we too have all we need to grow into mature adults. All of our information is stored in our DNA (that's short for deoxyribonucleic acid) which is found in our chromosomes. DNA, along with proteins, lipids, and complex carbohydrates make up the four macromolecules that are necessary for all forms of life.

DNA is contained in every single one of the 30 trillion cells in your body!!! In fact, DNA is contained in every cell of every living thing!!! It is a very complex structure that looks kind of like a twisted ladder, but it is so small you would need a very powerful microscope to see it. Despite its size, it is extremely important. They call DNA the blueprint of life because it carries the genetic instruction for the development, functioning, growth, and reproduction of all know organisms (including many viruses.)

Oddly, DNA is made up of just four different chemicals (known as bases) which are repeated in different sequences, over and over again. Human DNA contains about 3 billion pairs of these bases!!! It is the order of these four chemicals that serves as a code to make certain kinds of proteins. And it is the differences in these proteins that determine the difference in living things, for example a daisy, versus a giraffe, versus two different people. Now THAT is AMAZING!!!

Also like the seed, we are or can be very resilient as well. However, like a seed, we need to be planted in the right environment to reach our full potential. Also, sometimes small things can make a big difference. For example, a little bit of fertilizer can really support a seed's growth. Similarly, keeping your nerve system as healthy as possible allows for the greatest communication within your body so your blueprint can be best expressed. Your family

chiropractor can help you with that. Having your spine checked regularly for vertebral subluxation is a small thing that can make a big difference so

you can grow into the mighty oak tree that you were meant to become from the time you were just a little seed! Wow!!! You are AMAZING!!!

—By Judy Nutz Campanale, DC, ACP

