



Chiropractic Newsletter

Your Amazing Body

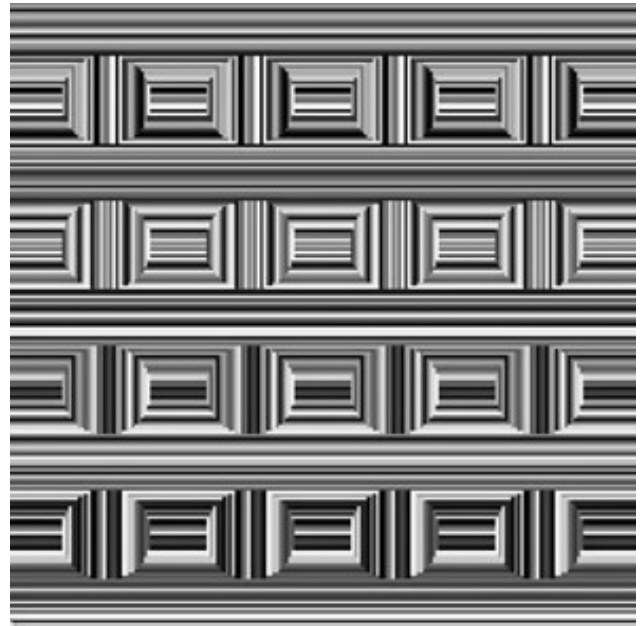
What Do You See?

The picture to the right is one of those tricky photos where different people see different things. In this case some people see rectangles and others see circles. What do you see? How can we explain two people looking at the exact same thing and seeing two different things? Well it starts with the fact that there is no one exactly like you. We are as different on the inside as we are on the outside. That alone makes you AMAZING! It also definitely helps explain why two people could look at the same thing and see different things. However, what about the same person seeing different things?

Seeing depends on a variety of things. First, of course is your eyeball—its size, its shape, its age—all of that and more, make a big difference. Then there are the different parts of your eye that are used for vision. Light enters your eye through an opening known as the pupil. This is what appears as the black dot in the very center of your eye. As light enters your eye, it hits a lens that focuses it onto your retina in the back of your eye. These parts work a lot like the movie projector and the screen at the movies, where the projector is the lens and the screen is the retina.

Your retina is made up of millions of cells that are sensitive to light called rods and cones. For the record, you have about 120 million rods and 7 million cone cells in each eye!!! These special cells take the light and change them into nerve messages.

Other things matter as well, for example the angle at which you are viewing an object.



Sometimes you may need to look straight on at an object, other times you may need to look from an angle. Sometimes how far away the object is makes a difference and the closer you move it, the image may change.

Next though, and equally important, is your brain. That's right... your brain! After light passes through the individual parts of your eye and is transformed into nerve messages, those messages get sent along the optic nerve to your brain where they are interpreted as objects. And this is why even the same person can see rectangles one time and circles the next. It might seem like magic but it shows how AMAZING your body is!

In this case, the above puzzle, known as the Coffer illusion, also plays on the fact that your brain is drawn to the hard edges so at first glance, most people see rectangles. It's also

possible that rectangles are more common in our world than circles, so your brain is wired to see one over the other.

Hint: if you are having trouble finding the circles, look in between each rectangle at the vertical lines.

Our unique eyes (and brains) determine not just how WELL we see but also to some extent WHAT we see. Especially important is the brain's ability to receive and interpret messages passed along

by the nerves. This is another great reason to keep your nerve system functioning at its best, and your family chiropractor is happy to help you with that. Whatever you see, it makes sense to see your chiropractor regularly to be your most AMAZING self!!!

—By Judy Nutz Campanale, DC, ACP

