

Merry Christmas everyone!

During this busy time of shopping, giving gifts, and spending time with friends and family, it can be easy to overlook one of the greatest gifts we have: our bodies!

Have you ever stopped and thought about how amazing our bodies are? How every organ, cell, hormone, and muscle has to act in perfect union and coordination with each other every second of the day just so that we can function properly? It's mind blowing if we really sit down and think about it.

Just to show you the grand scale on which our bodies operate, here are just a few amazing facts about the vessels we all inhabit:

- 34 trillion cells in human body
- 9 major organ systems
- 640 muscles
- 60,000 miles of blood vessels
- 100 billion brain cells
- 46 miles of nerves
- 50 different hormones produced

And all of these different operations are controlled by a singular organ: the brain. The brain runs everything in our bodies. It keeps everything in perfect balance in order to keep us functioning and living our best.

Let's take driving a car as an example. Most of us can drive, talk on phone, listen to music, and eat food without ever have an accident. Or take a figure skater who can do a 360 degree jump and land perfectly on a thin blade of metal.

What makes all of these skills possible (and yes, I would consider driving while also multitasking a skill)? The brain. It's incredible to see how one organ can learn how to control all the different muscle groups in the body in order for us to do any physical activity while also controlling blood pressure, digesting food, and maintaining your proper body temperature and more!

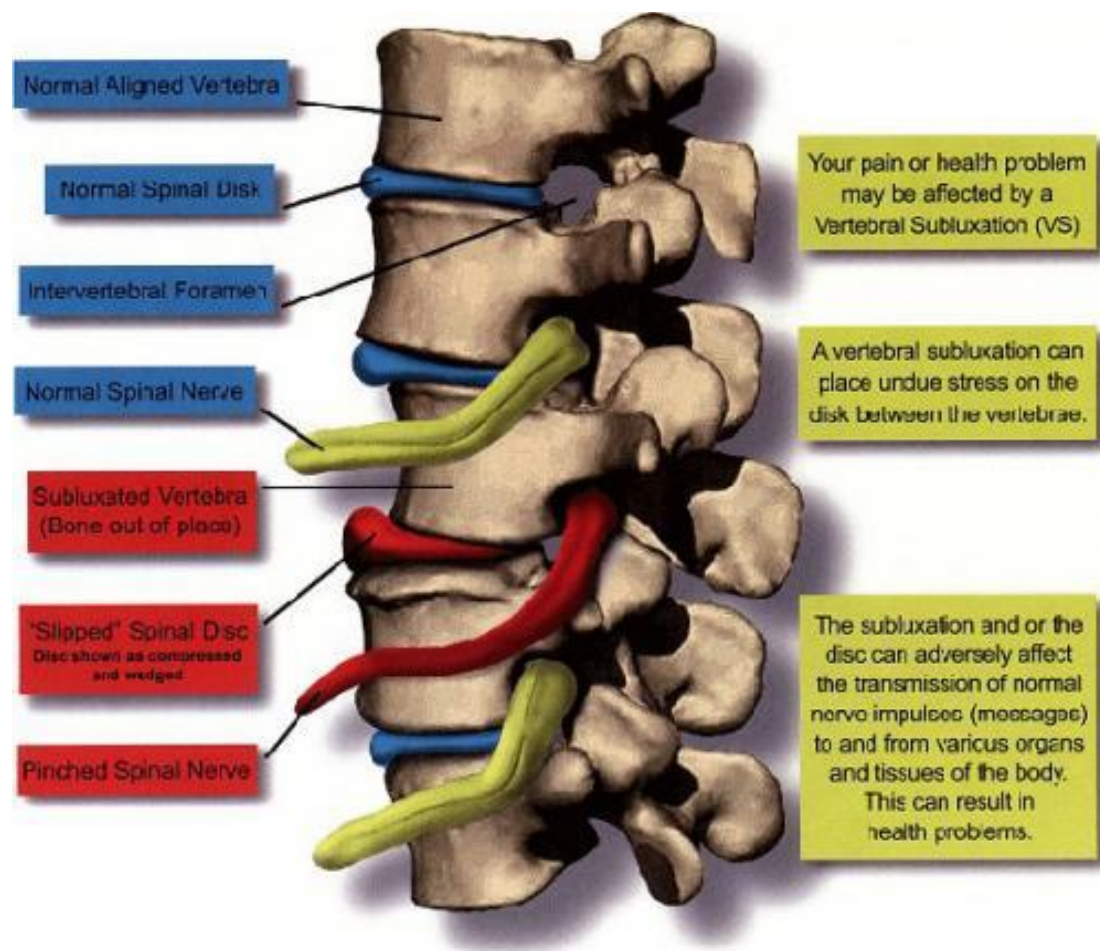
What's even cooler is how the brain receives all this information to know how to operate and control the body. It is, in fact, the cornerstone of chiropractic: the spinal cord. To use an example from technology, a typical movie is around 4 gigabytes. Using technology, it would take 10-25 minutes to download this movie over the internet. Yet the spinal cord has the immense capacity to transmit 1 gigabyte of information per second at 216 mph. This means your spinal cord can transmit the very same movie in 4 seconds.

The spinal cord is not simply some tissue floating around in your body. Just as we live in a physical house, the spinal cord is also housed by the spine, a series of bone that protect the cord from any outside damage. The spine works as one contiguous organ, constantly adjusting itself to

maintain normal tension and tone on your spinal cord. The spine and spinal cord work together to make sure messages are correctly transmitted and received by both your brain and your body.

When the natural tension and tone in your spinal cord changes due to normal physical activity, sleep, car accidents, exercise, and more, so too, do the functions of your body change. This change in spinal harmony alters the messages your body and brain receive. This altering in messaging causes pain, internal issues, and decreased health. Your body is unable to self-adjust to its environment because its signaling is not functioning properly.

When the spine malfunctions in this way, it's called a *spinal subluxation*. Put simply, a subluxation is a spinal vertebra that's out of alignment with the rest of the spine. This means that it's not moving properly like the rest of its brethren and so it punches the nerves surrounding it. These nerves then (which are the highway system of your body's internal message) can't process the spinal cord's signals properly and screw up the natural function of your body.



To have the best chance to be healthy, your brain needs to have proper nerve signals going from your brain to your and back again. For this to happen, your spine must be properly aligned with the rest of the vertebrae. And the way to achieve this proper function is through *chiropractic adjustments*. Chiropractic adjustments gently push on the misaligned vertebra, shifting it back

into the proper position and releasing the pinched nerves to do their job: sending the proper signals from your body to your brain via the spinal cord.

The very late Dr. Fred Barge said that chiropractic care works for every condition but not every case. While not 100% accurate, there is some truth in it. You may not know if a chiropractor can help you with your health challenges, but until you give one of us a chance, you'll never find out.

The chart above is extremely helpful because it shows what organ/s each spinal nerve supplies its information to and from. It also shows the possible effects or conditions or symptoms a subluxated spine can cause for each misaligned vertebra. If you have a symptom or condition that is on this chart, it is very possible that a subluxation in your spine is the root cause of your health problem.

See a chiropractor as soon as possible to check if this is the case and begin your journey back to health.

Also, if there is a topic you would like me cover, please let me know. Email me at scherpingchiro@gmail.com with your ideas. I would love to hear them.

Until then, I truly hope 2022 brings joy and happiness to you and your family.

Welcome back to health!