



Chiropractic Newsletter

Your Amazing Body

A Few of My Favorite Things

Raindrops on roses and whiskers on kittens.
Bright copper kettles and warm woolen mittens.
Brown paper packages tied up with strings... You surely know what comes next!!! If not, you have missed one of the most celebrated movies of all time!!! *The Sound of Music* won numerous Academy Awards but also spawned some of the most delightful music of its time or any time since.

Recently, I was thinking about some of the **AMAZING** things our bodies are able to do and it reminded me of the delightful song mentioned above. So here are a few of my favorite things about our **AMAZING** bodies!!

- The Big Toe: That's right... your overlooked big toe is enormously important!! It helps you maintain your balance and propels you forward when walking!!
- The Liver: Your liver is incredible and one of the most amazing things that it can do is replicate itself!! Even if reduced by as much as 75%, it will grow back to (or very close to) its original size within about a month!!!
- The Nostrils: Your nose is so smart that when you breathe, most of the air is going in and out of just one nostril. Every few hours, the workload shifts to the other nostril. What's more, the human nose can detect about 1 trillion smells!!

- The Heart: Your heart is also an incredible organ for multiple reasons. However, the fact that it works so hard is one of its most **AMAZING** features. Your heart beats more than three billion times in an average lifetime!!
- The Spine: Yes, it protects your nerve system which is critical, but it also dictates your posture which plays a bigger role in your wellness than you might think. For one, body position affects your memory. Research has shown that sitting and looking downward makes it easier to remember negative memories, while sitting upright and looking upward makes it easier to recall positive and happy memories.

This last one doesn't surprise your family chiropractor at all. Because your spine surrounds and protects your spinal cord, it makes sense that alignment of your spine has an enormous impact on your nerve system. Consequently, spinal alignment can not only affect your memory, but also your senses, your voluntary muscle movements, and the efficient function of all your involuntary body systems.

That means no matter how important or **AMAZING** the big toe, the liver, the nostril, the heart or any other body part is, your body parts can't function at their best if your spine is not

properly aligned.

Now, just for fun, try singing this to the tune of
My Favorite Things.

Big toes that balance and livers that grow back.
Breathing through nostrils and heartbeats that
don't slack. Postures that change the best
function of things, these are a few of my favorite
things!!!

—By Judy Nutz Campanale, DC, ACP

