



Chiropractic Newsletter

Your Amazing Body

“Happy Holidays”

From November 1st to January 15th there are over 29 different holidays celebrated by most people around the world. We say, “Happy Holidays” to honor all these different people and their celebrations. One other way you can honor all the different holidays and the people who are celebrating them, is to be the best expression of yourself for others to love and see.

The best thing we can do to honor each other is to express the good in ourselves so we can see each other with open hearts and grow to love, more and more, the miracle of human life.

Just like people have different physical appearances, they also have different internal operations. Even our major organs, like our hearts and our brains, can be very different from one person to the next. Those differences cause our bodies to work differently which determine how we feel and how we behave. Some people move fast, others move slowly. Some people are loud, others are quiet. Some need more sleep, others less.

Many of these differences are determined by our body chemistry. For example, maybe you or someone you know gets grumpy when you are hungry. That’s because of the lower amount of sugar (an important chemical compound) in the blood. When it gets low enough it can affect our mood and how we behave. In fact, everyone, including you, are like little chemical factories. Your body needs chemicals for everything it does, for example, to beat your heart, to digest your food, or to fall asleep.

We obtain many important chemicals by eating nutritious food, but others are made in the body by our endocrine glands. Like everything in the body, endocrine glands need healthy signals from the brain in order to work well. Sometimes, distortions to our nerve system alter the communication between our brain and our glands. This results in our body making improper amounts of important chemicals or not making some at all.

When our body struggles with its

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chemistry imbalances, our behaviors can change erratically. That's why it's important to see your chiropractor regularly. He or she will check your spine for misalignments and distortions in your nerve-system and adjust the spine to restore proper communication. Then your body can begin to behave, perform and become its best possible self!

Whatever you are celebrating this holiday season, I wish you peace and joy and a new year that sees the happiest healthiest version of you yet!

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