



Chiropractic Newsletter

Your Amazing Body

“What’s Your Favorite Organ?!”

To help me decide what to write about for this month’s newsletter, I asked kids in my office what their favorite organ was. Here’s a sampling of the responses I received:

- ◇ My head because it comes first.
- ◇ The one at church?
- ◇ My brain because it’s smart.
- ◇ What’s an organ?

It seems kids might not be clear on what an organ even is let alone how important they are so let’s start with the basics.

An organ is a somewhat independent part of the body that performs one or more specific functions. You have five vital organs: your brain, heart, lungs, kidneys and liver. The word vital means you absolutely must have these to live. That means any of these would be an excellent choice for your favorite organ should anyone ever ask you what your favorite organ is.

Without your heart pumping blood, your lungs breathing oxygen, your kidneys and liver filtering and cleaning, and your brain directing everything, you simply could not survive.

However, you have quite a few other organs including your eyes, ears, stomach, pancreas, spleen, and several different glands. You have 78 organs in all and each has a specific job to do! It’s worth noting that not all of your organs are inside you, in fact the largest organ you have is your skin! The skin of an average adult weighs about 8 pounds and measures about 22 square feet!

Your skin serves several very important functions. For starters, it covers you so your bones, muscles, and other organs aren’t just flopping around in the wind. It also protects everything on the inside from all the various things in the environment on the outside, including dirt and bacteria, and the possibility of injury. Because it covers you, it also keeps your bodies at just the right temperature which is critical for

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many of your organs. Finally, it provides you with the amazing sense of touch.

game you can write words or draw pictures to make it more difficult.

The importance of our sense of touch is often taken for granted or is limited to feeling things were our hands, but all of our skin has this special sense. Have you ever wrapped yourself in a warm towel that just came right out of the dryer? Have you ever walked barefoot on a hot sidewalk and then jumped on to some cool wet grass? Have you ever had socks with a seam that bothered your toes or a tag inside your shirt that scratched you? All of these are a function of you sense of touch and your amazing ability to feel things.

Whatever your favorite organ is, all 78 work together to make you the incredibly amazing person that you are and all require a clear and optimally functioning nerve system to function at their best, so be sure to see your chiropractor regularly.

By Judy Nutz Campanale, DC,

A fun game to play that involves your sense of touch is drawing on a friend or family member's back. Take turns drawing shapes or numbers and having the other person guess what it is you are drawing. If you're good at the

