



# Chiropractic Newsletter

## Your Amazing Body

### Back to School with the ABC's of Chiropractic

Hello Amazing Kids and Families,

September is here, and that means sharpened pencils, new backpacks, and fresh beginnings! Just like school starts with learning your ABCs, your body has its own ABCs too—especially when it comes to chiropractic care and keeping you healthy, strong, and ready to learn.

Let's explore the **ABCs of Chiropractic** together:



#### **A is for Alignment**

When your spine is in alignment, your whole body works better! Think of your spine like the spine of your favorite notebook—if it's straight and strong, all the pages stay in place. But if it gets bent or twisted, things don't fit quite right. Chiropractic helps your body stay in good alignment so your nervous system and your muscles and joints can work their best.



#### **B is for Brain and Body Connection**

Your brain is the *teacher*, and your body is the *classroom of students*. Messages travel from your brain, down your spinal cord, and out to the rest of your body like students passing notes in class (the good kind of notes!). If something blocks the message, your body might not understand the assignment. The body also sends messages back to your brain so it knows everything you see, hear, feel, and do. Chiropractic care helps keep the brain-body connection clear, so your body gets the right messages at the right time. This helps you listen, learn, play sports, and laugh with your friends.

## C is for Care

Taking care of your body is one of the most important lessons you'll ever learn. Eating healthy food, moving your body, sleeping well, and visiting your chiropractor for adjustments are all ways to show your body you care. Just like practicing math facts or reading every night makes you smarter, regular chiropractic care helps your body grow healthier and stronger. It doesn't just make you feel better, it helps you heal better and enjoy the challenges and fun of life.

### Back-to-School Challenge!

- Stand tall and see if you can balance a book on your head— this is great posture practice!
- Take 5 big, deep breaths before homework to calm your body and reset your brain.
- Tell a family member one way you're caring for your amazing body this week.

Remember, your body is smart, your brain is powerful, and with the chiropractic ABCs, you're ready for a fantastic school year!

Happy Learning!

—Mackenzie McNamara, DC

