



# Chiropractic Newsletter | Your Amazing Body

icpa

## The Nervous System

Your body is amazing—and your brain is in charge of it all. From blinking your eyes to remembering your favorite song, your brain sends messages faster than lightning through tiny pathways called nerves. These signals help you move, feel, and think every second of every day. Pretty incredible, right?

Your brain is the leader of your nervous system, the communication network that keeps everything in your body working together. It's so important that it's wrapped in strong protection—your skull, a layer of bone that acts like built-in armor. But your brain doesn't work alone! It's constantly talking to every organ, muscle, and cell in your body through its special connection: the spinal cord.

The spinal cord is like a long tail that extends from the base of your brain all the way down to your tailbone. It's your body's information superhighway—a busy roadway full of messages zooming back and forth between your brain and body. When you decide to wiggle your fingers, run, or take a deep breath, the instructions travel down your spinal cord, through the nerves, and out to your muscles. When you touch something hot or cold, the message races right back up to your brain so you know what to do next.

Just like your brain, your spinal cord has protection too! It's surrounded by 33 moveable bones called vertebrae that make up your spine. These bones form a flexible suit of armor, allowing you to bend, twist, and stretch while keeping those delicate nerves safe. When your spine moves well, your brain receives clear, strong signals. But if a part of your spine gets stiff or stuck, those messages can become fuzzy—like static on a radio. That's one reason it's so important to keep your spine healthy and moving every day; and why visiting your chiropractor can make such a difference. Chiropractors are experts at checking how the bones of your spine are moving, making gentle adjustments to help your brain and body communicate freely—without static or interference.

The nerves that branch out from your spinal cord are like electrical wires connecting everything together. Some go to your muscles to help you move, others travel to your skin so you can feel, and others reach your organs to help them do their jobs—making your heart beat, your lungs breathe, and your stomach digest food. These nerves carry both motor messages (from brain to body) and sensory messages (from body to brain).

*Continued on next page*

All this communication happens faster than you can imagine. Your brain and nerves use tiny electrical pulses—like sparks—to send signals. They move so quickly that your body can react before you even realize it. That's how you can catch a falling ball, pull your hand away from something hot, or blink before dust gets in your eye.

Sometimes, a vertebra in your spine may stop moving the way it's supposed to. Chiropractors call this a subluxation. Because your spine and spinal cord connect directly to your brain, a subluxation doesn't just affect how your back feels—it can also affect how your nervous system functions. Fuzzy signals from that area can influence the organs, muscles, and body parts connected to it.

That's what makes chiropractic care so powerful. It helps your AMAZING body work its best by keeping your brain, spine, and body communicating clearly. Gentle chiropractic adjustments keep your spine aligned and moving so your whole body—and brain—can function at its highest potential. Regular visits to your chiropractor help make sure your communication superhighway stays clear, connected, and full of life!

### Did You Know?

- Your brain generates electricity. There are billions of nerve cells firing in complex patterns, creating enough electrical activity inside your brain to power a small lightbulb!
- Nerves can send messages at speeds up to 250 miles per hour—that's faster than lightning moves across the sky.
- You have over 100 billion neurons (nerve cells) — more than there are stars in our galaxy!

Your nervous system is the connection between your brain, body, and the world around you. It helps you move, learn, play, and grow. Every jump, laugh, thought, and dream depends on this incredible network of messages traveling through you.

So the next time you take a deep breath, give a big stretch, run outside to play, or get adjusted, remember—you're helping your brain and body stay connected, healthy, and strong.

Because your body isn't just amazing—it's alive! And the more you learn about it, the better you can care for it, so you can heal, grow, and live an amazing, vibrant life.

By Mackenzie McNamara, DC

### Brain Maze!

Can you find your way out of the brain?

