



Chiropractic Newsletter | Your Amazing Body



The Heart and the Circulatory System

Have you ever stopped to think about your heart? This powerful organ works all day and all night—never taking a break! Its job is to pump blood all around your body so every cell gets what it needs to stay healthy and strong.

What Does Blood Do?

Your blood is like a delivery system—it carries oxygen from your lungs and nutrients from your food to every part of your body. Without this constant flow, your cells couldn't stay healthy or alive.

A Heart with Four Rooms

Your heart is a muscle, about the size of your fist, that pumps blood all throughout your body. Hearts have a unique shape with four chambers (or “rooms”):

- The right atrium and right ventricle
- The left atrium and left ventricle

Each side has an important job. The right side sends blood to your lungs to pick up oxygen, while the left side pumps that fresh, oxygen-filled blood out to the rest of your body. Between each chamber are valves—tiny one-way doors that open and close as blood moves through. The sound of these valves opening and closing is the “lub-dub” you hear when you listen to your heartbeat!

The Heart's Rhythm

Your heart even has its own electrical system, kind of like a built-in battery that keeps it beating in rhythm. On average, your heart beats about 100,000 times every single day!

That means your heart is always working, even when you're asleep or relaxing. You never have to tell it what to do—your brain and nervous system handle that automatically, keeping your heart, lungs, and every organ working together perfectly.

How Chiropractic Care Helps

That's one reason why chiropractic care is so important—it helps keep your nervous system, the body's control center, working its best. When your spine and nervous system are balanced, your heart, lungs, and every other organ can do their jobs more easily. Chiropractic care isn't just about feeling good—it's about helping your body work the way it was designed to.

Celebrate Your Heart!

Your heart is one of the most amazing parts of your body—strong, steady, and always working for you. It lives in your chest, but it helps keep your entire AMAZING body healthy and alive. Take a moment to thank it today!

This February, celebrate your AMAZING body by showing your heart some love—move your body, breathe deeply, eat colorful healthy foods, and get adjusted. Keep being the bright, healthy, incredible YOU that you are!

Happy Valentine's Day!

By Mackenzie McNamara, DC

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