



Chiropractic Newsletter | Your Amazing Body

icpa

The AMAZING Urinary System

Have you ever wondered where all the water you drink goes after it leaves your stomach? Or why you sometimes have to race to the bathroom after drinking a big glass of lemonade?

Meet your Urinary System: one of the hardest-working cleanup crews in your AMAZING body! Your urinary system's most important job is to help keep your body healthy by filtering your blood. This system has several parts: your kidneys (the filters), your ureters (connecting tubes), your bladder, and your urethra (another tube).

Your kidneys are two special organs, about the size of your fist. You have one on each side, deep in your body, near the lower parts of your spine. These two bean-shaped organs filter the blood and remove extra water, salts, and other tiny waste compounds your body doesn't need anymore. Those waste products mix with water to make urine (pee), which travels through tiny tubes called ureters to your bladder, where it's stored until you're ready to use the bathroom. Then the urine travels through your ureter and out into the toilet.

Pretty AMAZING, right? But your kidneys do much more than just make pee!

They help keep the perfect balance of water and minerals like sodium, potassium, and calcium in your body, so you don't have too much or too little. They even help your body regulate your blood pressure.

Did you know each kidney contains about one MILLION tiny filters called nephrons? If you stretched all of those tiny filtering tubes from both kidneys end to end, they would reach for many miles! That's a lot of hardworking helpers packed into two small organs.

Your bladder is pretty incredible too! When it's empty, it's about the size of a small orange. But as it fills, it stretches like a balloon to hold much more. When it's time to go, your brain and bladder work together as a team. Special nerves send messages back and forth, so your brain knows when your bladder is getting full. Isn't it AMAZING how your nervous system helps every part of your body communicate?

Continued on next page 1

Did You Know?

- Your kidneys filter about 40–50 gallons of blood every single day!
- Most people have two kidneys, but you can live a healthy life with just one.
- Your bladder can usually hold about 2 cups of urine before it tells your brain it's time to find a bathroom.
- Healthy urine is usually pale yellow, which is one way your body can show you're drinking enough water.

Did you know chiropractors help keep the nervous system communicating clearly with every organ in your body – including your kidneys and bladder? While chiropractic care doesn't replace the important jobs your kidneys do, a healthy, well-connected nervous system helps every part of your AMAZING body work together the way it was designed to.

Today, pay attention each time you take a drink of water. Imagine it traveling through your body, helping every cell do its job before your kidneys carefully filter what you no longer need. Your body is always working behind the scenes, even when you don't notice it!

Your body is wise. Every heartbeat, every breath, every sip of water, and every trip to the bathroom reminds us that millions of tiny jobs are happening inside you every single day. The more we care for our AMAZING bodies, the better they can care for us!

See you next month as we discover another incredible part of your AMAZING body!

By Mackenzie McNamara, DC

