



Chiropractic Newsletter | Your Amazing Body



Don't Let the Spooks Cause Subluxations!

It's October – time for fall weather, crunchy leaves, pumpkins, costumes, and Halloween fun. But there's something else to watch out for... the spooks that cause subluxations!

Subluxation is a term chiropractors use when a joint, especially one in the spine, isn't moving or functioning as well as it should. This can cause stress and changes in your nervous system. When a subluxation is present, you might feel tension, pain, or shifts in how you feel, move, and experience life. Sometimes you might even feel more clumsy, stressed, or not like yourself.

Your AMAZING Nervous System

Did you know your body has a protective armor around your central nervous system? The bones of your skull protect your brain and the bones of your spine, called vertebrae, protect your spinal cord. The movement of your vertebrae sends your brain information about where you are, how you're moving, and what you're experiencing. That's why it's so important to keep your spine moving well, especially when life's spooks come along!

Why do we get subluxations?

Your spine is designed to move and adapt. Its natural curves and movements help you balance, bend, twist, run, jump, and play. Sometimes, though, the spine needs to adapt to spooks like stress, injuries, certain activities, big emotions, and shocking experiences. When that happens, a joint in the spine may shift out of its normal position and this affects your AMAZING nervous system.

Chiropractic Adjustments

If your chiropractor finds a subluxation, they may use a specific, gentle movement to help improve the way that joint moves. This is called a chiropractic adjustment. The goal of an adjustment is to support healthy movement and function so that your body can continue doing what it does best – healing, adapting, growing, and learning.

Don't Be Spooked by the "POP!"

Sometimes an adjustment makes a little popping or clicking sound. But don't worry, that sound isn't your bones breaking or "going back into place." A popping sound can happen when movement causes a little gas bubble to be released inside the fluid of a joint. And guess what? An adjustment does NOT have to make a sound to be helpful.

The important part is the specific movement, not the noise!

Your Body Is the Real Magic

Halloween is full of pretend magic, but your body doesn't need magic to do amazing things. Your heart beats without you having to think about it. Your lungs breathe while you sleep. Your brain helps you learn new things. Your bones, skin, and muscles are growing and healing as you read this. And your nervous system communicates with your entire body every second of every day. The real magic is YOU!

This month, while you're watching out for ghosts and goblins, don't let the spooks cause a subluxation! Visit your chiropractor, take care of your spine, and enjoy the fall season! Happy Halloween from your AMAZING body!

By Mackenzie McNamara, DC

