

Chiropractic Newsletter | Your Amazing Body

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Hormones: AMAZING Messengers

November is a wonderful time to focus on how grateful we are for the special things, people, and experiences in our life. This includes your AMAZING body! Have you noticed how your body is healing, growing, and changing lately? Are you getting taller, becoming stronger, or learning new things?

Your body is doing all of this with the help of an incredible communication system – your hormonal system.

What are Hormones? Hormones are tiny chemical messengers made by special organs and glands throughout your body. They travel through your bloodstream to deliver messages to specific cells. Like a lock with a key, the hormone has a special shape that perfectly matches the cells it's meant to communicate with. How AMAZING is that?

Hormones are important for just about everything. They help control how your body turns food into energy, how you grow and develop, how you respond to stress, how you sleep, and how your body changes as you get older. Hormones also help regulate your appetite, mood, metabolism, immune function, reproduction, and many other processes happening in your body, this very minute.

The Brain-Hormone Connection: One of the most amazing things about hormones is how closely they work with your brain and nervous system. Your brain helps coordinate the release of many hormones and hormones also send messages back to the brain. Together they respond and adapt to what's happening around and within you. It's kind of like your body has its own giant group text!

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Caring for your Body Because hormones and nervous system are involved in so many important body functions, taking good care of yourself matters. Your AMAZING body needs sleep, healthy foods, water, movement, and connection with people you love and trust. Remember, chiropractic adjustments are a great way to care for your growing body. Chiropractic helps your nervous system. And when your nervous system is working well, your body and brain – and hormones – can all do their jobs more easily.

Let's take a moment to appreciate everything your body does for you.
Can you think of three things you're thankful your body does for you? You can write them here:

From your very first breath through every stage of growing up, your brain, nervous system, hormones, and organs are all working together. You learn, grow, and change.
This November, add something very important to your gratitude list: YOU, and your AMAZING body. Be thankful, take good care of yourself, and always remember just how AMAZING you are!

By Mackenzie McNamara, DC