



Chiropractic Newsletter

Your Amazing Body

The Lights Inside Us

WOW! December is here!!!

It's that magical time of year when lights twinkle on houses, candles glow in windows, and decorations sparkle everywhere you look! Lights are a BIG part of what makes this season so special, don't you think? Whether it's the flicker of candles for Hanukkah, the glow of a Christmas tree, or the fireworks lighting up the night sky on New Year's Eve, it's all about light!

But did you know that YOU have lights inside of you, too? That's right! Your AMAZING body has its own special "light show" going on every single day—and it's even more dazzling than all the holiday decorations combined!

Let me tell you about it...

Your Body's Brightest Spark

Inside YOU is a super cool electrical system called your **nervous system**. It's like a magical string of lights that connects your brain to every single part of your body. Your nervous system sends messages—tiny sparks of electricity—through your nerves so your body can do all the AMAZING things it does every day!

For example:

- * When you wiggle your toes under a cozy

blanket, your brain sends signals through your nerves to tell your toes to move.

- * When you taste a delicious holiday cookie, your nerves send signals back to your brain, saying, "YUM! This tastes like cinnamon and chocolate!"
- * When you laugh so hard your belly hurts, your nervous system makes sure all the muscles in your belly are working together to make you giggle.

Your nervous system is ALWAYS working to keep you glowing, growing, and feeling GREAT!

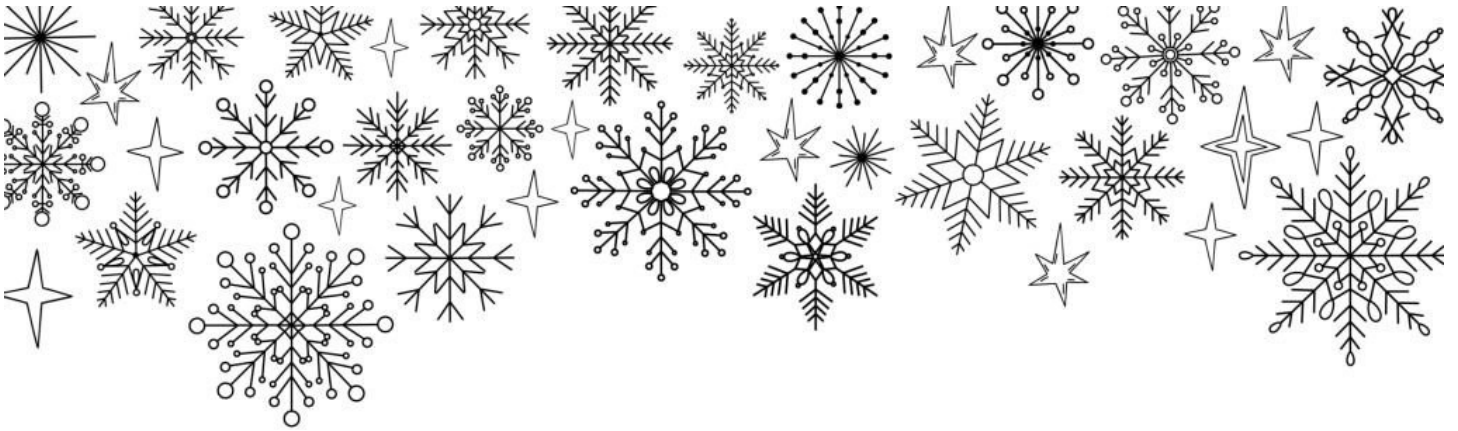
Keep the Lights Bright

Now, here's the thing: just like holiday lights can get tangled or bulbs can burn out, your nervous system can have trouble sending its sparks when something called a **vertebral subluxation** happens. That's when the bones in your spine—called vertebrae—get a little out of place and mess up the signals traveling through your nerves.

But don't worry! There's a helper for that... your **family chiropractor!**

How Chiropractors Help

Your chiropractor is like a holiday elf for your spine. They check to make sure everything is



lined up perfectly so your body's "light show" works the way it should. When your chiropractor gives you an adjustment, it's like fixing a burnt-out bulb—they help clear the way so the messages from your brain can travel to every part of your body.

With clear communication, your body can:

- * Run faster when you're playing outside in the snow.
- * Heal faster if you get a scratch or a sniffle.
- * Stay calm and happy even when holiday excitement is at its peak!

Shine Bright This Holiday Season

This December, as you look at all the beautiful lights around you, remember the AMAZING light show happening inside your body! Your nervous system is a gift that keeps on giving—every

moment of every day.

Make sure to give your AMAZING body the care it deserves by visiting your chiropractor. Regular adjustments help keep you shining your brightest, so you can enjoy all the fun, love, and laughter this holiday season has to offer.

Have a sparkly, shining, AMAZING holiday season, and remember to keep YOUR lights glowing bright!

Fun Fact!

Did you know the signals traveling through your nervous system can move as fast as 200 miles per hour? That's even faster than Santa's sleigh!

—Mackenzie McNamara, DC

