



# Chiropractic Newsletter

## Your Amazing Body

### April Showers Bring May Flowers: The Power of Water and Growth

Have you ever heard the phrase, “April showers bring May flowers?” Rainy days are not always the most fun, but they are important because the rain showers nourish the earth, giving the plants and flowers the water and conditions they need to grow. Rain is an important part of springtime – and soon after the rain, the flowers are in full bloom, telling us springtime is here! Just like nature, our AMAZING bodies and minds go through cycles of challenge, growth, and transformation. Water plays an essential role in keeping us healthy and vibrant, and even the toughest times (like rainy days) can lead to something beautiful!

#### Water is an Important Part of Your AMAZING Body

Did you know that about 60% of your body is made up of water? Every cell in your body needs it to function properly. Water within your body helps transport nutrients, remove waste, and keep your brain sharp and your muscles strong. Just like plants need rain to grow, you need water to thrive!

- Your brain is about 75% water – staying hydrated helps you feel good and think clearly!
- Water helps regulate your body temperature, keeping you cool as the days warm up.
- When you drink enough water, your skin looks healthier and brighter
- Staying hydrated can boost your mood and help you feel good!

Drinking enough water helps keep your energy up, your skin glowing, and your body and joints moving smoothly. It even plays a big role in your brain health, helping you focus, learn, and feel your best. Here’s how you can stay hydrated and healthy this spring:

- **Drink Plenty of Water:** Children need to drink multiple glasses of water each day, and adults need even more! Your body needs more water than usual when it’s hot outside and if you’re very active, doing sports, or playing.
- **Eat Hydrating Foods:** Did you know that some foods have water in them, too? Fruits and veggies like cucumbers, watermelon, and oranges are packed with water.
- **Listen to Your AMAZING Body:** Feeling tired or getting a headache? You might just need a glass of water!

#### Rain and Growth: The Beauty of Hard Times

April showers may seem gloomy, but they bring the flowers of May. In the same way, challenges in life can help us grow stronger. We learn new skills and things about ourselves when things feel hard - and appreciation for the good times. Just like the earth needs rain to bloom, we need struggles to develop strength and wisdom.

#### Ways to Bloom This Spring

- **Move Your Body:** Just like plants stretch toward the sun, your AMAZING body loves sunshine and movement! Stretch, dance, or take a springtime walk.
- **Practice Gratitude:** Appreciate both the rainy days and the sunny ones—they all help you grow. What are you grateful for today?
- **Take Deep Breaths:** Fresh spring air is full of energy. Breathe deeply and feel refreshed.
- **Stay Positive:** Even when things feel tough, remember that beautiful things are growing

beneath the surface.

- **Get adjusted:** Getting adjusted by your chiropractor helps your body during happy and stressful times so that you can keep learning, growing, playing, and feeling your best.

bloom, you need water, care, and self-love to thrive. So drink up, embrace the rainy days, and get ready for your own season of blooming!

Stay hydrated, stay happy, and keep growing!

### Embrace the Season of Growth

—Mackenzie McNamara, DC

Spring is a reminder that growth takes time, patience, and the right conditions. Just like flowers need rain to

