



Chiropractic Newsletter

Your Amazing Body

The Summer Sky—and the Light within You!

One of my favorite things to do during the summer is lay outside on a warm night and look up at all the beautiful stars. I like to see if I can find the different constellations and love to relax and look at the shining lights above. When is the last time you went outside to star-gaze?

On a clear summer night, if you lie back and look up, you might count a few thousand stars twinkling in the sky. They've been shining for millions of years, lighting up the universe. It's incredible to think about. And there are even more stars than we can see from earth. Scientists estimate there are 100-400 billion stars in our Milky Way Galaxy. Isn't that amazing?

But did you know — inside your own head, there's something even more incredible? Your AMAZING brain holds billions of tiny nerve cells called **neurons**, and they make **trillions of connections** — more than all the stars you can see in the sky! These connections help you think, move, feel, and grow. You truly carry a whole universe inside you — and your nervous system is the brilliant pathway that keeps it all connected.

What Is the Nervous System?

Your nervous system is your body's communication superhighway! It's made up of:

- Your brain
- Your spinal cord (which runs down your back)
- And all the nerves that branch out to every part of your body

It helps you know when you're hungry, react when something's too hot or cold, feel emotions like excitement, sadness, or joy, move your muscles, play sports, wiggle your toes, and heal after a bump or bruise.

Every single signal, feeling, and message in your body travels through this magical system — your Nervous System — and connects all the parts of you to each other — like the coolest, most brilliant living constellation you can imagine — one that talks, breathes, and loves.

How Chiropractic Helps Your "Star Pathways"

Sometimes the nervous system gets a little **stuck or overwhelmed** — like a traffic jam in space! Imagine a star that isn't able to shine fully because it's light is stuck or blocked! That's where **chiropractic care** comes in. With gentle adjustments, your chiropractor helps: clear the pathways so messages can travel easily, calm your body so it can rest, focus, and grow, reconnect your body and brain and help you feel more like YOU — clear, calm, and strong. Chiropractic helps you shine the brilliant light of who you are.

STELLAR FACTS! Did You Know...?

- There are about 5,000–10,000 stars visible in the night sky from Earth
- There are about 100 billion neurons in your body
- Your brain can make up to 1 quadrillion connections (that's a 1 with 15 zeros!)

- The elements in your body — like calcium in your bones and iron in your blood — were formed inside stars

You're not just like a star — you're ***made of them***.

Try This at Home: "Constellation Quiet Time"

1. Lay on your back in the grass or on your bed.
2. Close your eyes and take 5 slow breaths in and out.
3. Think of the beauty of the night sky, then imagine that beauty within you. Think of the 'stars' that live in your body — the neurons in your brain and nervous system — and feel the light within you getting brighter. Feel the magical connections within your AMAZING body — and with your thoughts, feelings, and dreams.
4. Say this out loud (or just in your heart): "I am calm. I am connected. I shine from the inside out. My body is amazing."

Ask Your Chiropractor...

- How does my brain talk to my body?
- Can my spine affect how I sleep or concentrate?
- What does an adjustment feel like?
- Do animals have nervous systems too?

We love curious minds — and just like the stars, questions light the way to understanding. This month, take time to look up at the stars and listen to your body. You are a part of something big, beautiful, and full of light — from the sky all the way inside your AMAZING body. We are all connected to something much bigger than ourselves, and we have that incredible 'bigness' and connection inside us, too.

—Mackenzie McNamara, DC

