



Chiropractic Newsletter

Your Amazing Body

The Spark Inside You

As the year comes to an end and we cozy up for the holidays, let's talk about one of the most AMAZING parts of your body — your **nervous system**!

Your nervous system is like a string of sparkling holiday lights — it connects *every part* of your body, sending messages back and forth faster than Santa's sleigh! It helps you move, think, feel, and even know when it's time to rest.

Did You Know?

Your brain and spinal cord are the “main control center,” and your nerves are the “wires” that send messages to every muscle and organ. Every blink, every giggle, and every hug starts as a message through your nervous system!

When your spine is in proper alignment, those messages can travel clearly and easily — just like when all the lights on your holiday string are working. That's one reason why chiropractors check your spine — to make sure your “body lights” are shining bright!

Try This!

Close your eyes and wiggle your toes.

Now move your fingers.

Then take a deep breath.

All of those things happened because your brain sent a message through your nerves — amazing, right?

Gratitude Moment

This month, take a moment to thank your body for all the messages it sends every single second. Maybe you can say,

“Thank you, brain, for helping me think and dream.

Thank you, nerves, for helping me feel and move.”

Fun Fact:

If you lined up all the nerves in your body, they could stretch for **more than 45 miles!** That's like driving all the way to the North Pole (well... almost)!

Quiz Time!

Your nervous system helps you:

- A) Hear a snowflake fall
- B) Taste hot cocoa
- C) Run, jump, and play
- D) All of the above

The correct answer is at the bottom of this page!

Your nervous system is the magic connection between your brain, body, and heart — helping you experience every bit of life's wonder. When you take care of your spine, you help your body's messages flow freely, so you can feel your best, move with ease, and shine from the inside out.

As we wrap up this year, take time to rest, play, and notice all the ways your AMAZING body takes care of you every day. May you and your family enjoy a season full of joy, love, and light. Remember, being together with people you love is the most magical place to be!

—Mackenzie McNamara, DC



Answer: D — all of the above!

