



Chiropractic Newsletter | Your Amazing Body

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Your AMAZING Skin!

Did you know your skin is the largest organ of your AMAZING body? It covers you from head to toe, and it has many important jobs.

Protection

Your skin is like a living shield between you and the outside world. It helps keep dirt and harmful substances out while keeping the good things, like water, in your body.

Temperature Control

When you're hot, your skin makes sweat to cool you down. When you're cold, tiny blood vessels in your skin tighten to help keep warmth inside your body. Have you ever noticed little bumps on your skin when you're cold or excited? Those are called goosebumps! They're caused by tiny muscles attached to your hair follicles that tighten, making your hairs stand up. Long ago, when humans had much more body hair, this helped trap a layer of warm air next to the skin to keep them warmer. Today, we don't have enough body hair for goosebumps to make much of a difference—but they still show up when you're cold, excited, or even scared!

Feeling and Sensations

Your skin has millions of tiny nerve endings that help you experience the world around you. Through your skin and nervous system, you feel warmth and cold, soft and rough textures, tickles, pressure, and pain. Without your skin, you wouldn't be able to enjoy a warm hug or feel the cool splash of a swimming pool!

Hormones

When sunlight shines on your skin, your body can make vitamin D, which helps build strong bones and teeth. We are designed to spend time in the sun, it's part of a healthy life! Keep in mind that too much sun can burn your skin, so take breaks in the shade when needed.

Healing

Your skin is always healing and growing. Your body makes new skin cells every day. As new cells form underneath, the older cells move to the surface and eventually shed off. Your skin is continually renewing itself.

One of the best things about your skin is that you can see it – and actually watch your body heal itself! Have you ever scraped your knee or gotten a small cut? It's amazing to see how the skin gets red and sometimes swollen to bring healing cells to the injury. This is part of the healing process! Over the next several days, a scab forms to protect the area while new skin grows underneath. Once the skin has healed, the scab falls off, revealing a healthy new layer of skin. Your body is AMAZING at healing, and your skin gives you a front-row seat to watch that incredible process!

Taking care of your nervous system is an important part of a healthy lifestyle, too. Chiropractic adjustments are designed to support healthy movement and nervous system function. Your nervous system helps your brain communicate with every part of your body, including the nerves in your skin that allow you to experience touch, temperature, and other sensations.

This summer, enjoy time in the sunshine, feel the warmth of the sun on your AMAZING skin, stay active, drink plenty of water, and enjoy all the adventures that summer brings. We look forward to seeing you at your next chiropractic visit!

By Mackenzie McNamara, DC

