



Your Amazing Body

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Life Lessons from Beauty and the Beast

If you're like most people, you've probably not only seen the recently released 2017 version of *Beauty and the Beast* but you've also seen at least a few other versions as well. Disney's *Beauty and the Beast* is a great old story, a tale as old as time, that teaches the valuable lesson that true beauty comes from within and that being kind to others is always better than putting yourself first. But this lesson has many sides to it.

For example, it also teaches that things are not always the way they appear. In the story, the Beast looks scary and mean but it turns out that is just a front he puts on. Beneath the disguise is a guy who is frustrated and sad and in the end he turns out to be a really nice guy. Maybe you have similar situations in your life. Sometimes the bullies in our lives are really just sad or frustrated people who are putting up a front of being tough. It's hard to know sometimes because things are not always what they seem.

This is true with how people act but it's also true with how our bodies work. Sometimes you see people who look sick on the outside but they really are healthy on the inside. For example, have you ever eaten something bad and then had to throw up. No one likes to throw up, but that's your body's way of getting rid of the bad food you ate, so it's really a healthy response in that case. Remember things are not always what they seem.

On the other hand, sometimes people look really strong and healthy on the outside but it turns out their bodies aren't working so well on the inside. Maybe you know somebody who was running around in gym class and then suddenly fainted. Or maybe you know someone who was in school one day and in the hospital the next.



Photo Courtesy Alyson Osborn

Short of serious accidents, our bodies don't go from being super healthy to super sick in a moment's notice. Things usually take time to develop and often develop without our being aware of it. That's why it's important to do the things that encourage health every day on an ongoing basis.

One of the things that helps you be your best is chiropractic. You can visit your family chiropractor regularly so he or she can check your spine for vertebral subluxations and imbalances that prevent your body from working at its best. The thing about subluxations is that you can have them and not even know it. The bones of your spine can misalign and you won't know it. So you have to go regularly to your chiropractor and have your spine checked even when you are feeling well. Remember, true beauty comes from within. Keep your body beautiful inside and out with chiropractic.

- Judy Campanale, DC, ACP, FCSC (hon)

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