



Your Amazing Body

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Spring Has Sprung!

Have you ever wondered how it is that you put a little seed into the ground and out of it can grow a tomato plant or a sunflower plant, or any other of so many different things? Think about the acorn. It's truly one of nature's many miracles. It's just a little thing. You could probably easily hold several in the palm of your hand. But within the acorn is the potential to be an amazing mighty oak tree.

The little acorn, given the right circumstances, might grow to be up to 100 feet tall and produce hundreds of thousands more acorns. Those circumstances include things from the environment like sun and water but also one other critical thing—it needs to be free of interference so that the inborn processes that grow an acorn into an oak tree can occur and occur to their maximum.

Of course all oak trees don't look the same. Some grow very, very tall. Others not so much. Some have many branches. Others, because they grow in close quarters, might not have anywhere near as many. But long before it becomes whatever kind of oak tree it will be, the blueprint for an oak tree already exists in the acorn. Not a maple tree or a sycamore tree, an OAK tree. It already knows how to make oak bark, oak sap, oak roots, oak trunk, oak branches, and of course acorns. All within the acorn...each little acorn.

In fact, that's the only way you can get a mighty oak tree. All oak trees start as little acorns. People are pretty much the same. We start from two little cells, one from your mom and one from your dad that come together and make one cell that divides and grows. And with good nutrition, rest, and proper care, we can grow into absolutely fascinating individuals. But long before we become whoever we are going to be, the blueprint for our best selves already exists within those little cells. All of the potentials we could possibly hope to reach are already included in the blueprint.



Photo Courtesy Diego Vito Cervo

How tall we might be. The color of our eyes, hair, and skin. How creative or athletic or intelligent we can be. How healthy we can be. And all the gifts and talents that will be uniquely ours are already stored in your DNA.

Similarly, people need certain things to reach their fullest potentials in life. Certainly we need good nutrition, regular exercise, proper rest, and a positive mental attitude. But that is not enough. We also need to be free of interference so that the inborn processes that grow us into our best selves can occur.

Your chiropractor does precisely that. He or she checks your spine to insure that your spinal bones do not interfere with your nerve system in your body. Chiropractors check to make sure that your inborn wisdom is expressed as fully as possible so you can reach your fullest potentials in every area of your life.

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

Kids Coloring Page

