



# Your Amazing Body

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## “Is it Superman!?!”

Faster than a speeding bullet. More complicated than the most sophisticated computer. Busier than a one-toothed man in a corn-on-the-cob eating contest. What is it? It's your nervous system of course! As cool as your body is, nothing is more amazing than your nervous system. It controls every function of your body. Everything you do--eating, walking, thinking, breathing--EVERYTHING is controlled by your nervous system.

Your nervous system consists of your brain, your spinal cord, and all the nerves of your body. Your brain is located in your head and is completely protected by a bone called your skull. It's so complex we don't even know how much we don't know about it yet! It weighs about 3 pounds and controls absolutely everything you will ever do. Faster and more powerful than a supercomputer, your brain generates enough energy to power a light bulb.

Off of your brain runs your spinal cord which is also protected by a stack of bones called your spine. Your spinal cord is actually a bundle of nerves that allows messages to be sent back and forth between your body and your brain. It is extremely accurate and efficient and can simultaneously process an astonishing number of bits of information. Amazingly, that information can travel at more than 150 miles/hr.

Off of your spinal cord are nerves that connect every cell, tissue, and organ in your body to your brain. Considering that there are about 100 trillion cells in your body, that's a LOT of connections! It takes about 46 miles of nerves to make all of those connections! This is how your brain can “talk” to every part of your body and the parts of your body can send messages back to your brain.

These three parts, your brain, your spinal cord, and your nerves, control everything you do... some things that you are thinking about and even things you don't think about. For example, if there's something on a high shelf that you want, your brain and nervous system coordinate the motion



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required for you to get on your tippy toes and reach for that thing. You think about it and you do it. However, your brain and nervous system are, right this minute, controlling your breathing and you probably weren't thinking about it! You can think about it and decide to take a breath (go ahead... do it right now). But later when you forget about it again, your brain and nervous system will keep it going without you thinking about it. Amazing, right!?!

Because your nervous system is so important, it is in part covered by the bones that make up your spine. This makes your spine the most important organ you have. Because it's so important it makes sense to take good care of it. Chiropractors can help you with that. They make sure that the bones of your spine are aligned properly so your nervous system can work as well as possible. The better your nervous system, the better the communication and the better you can be the amazing person you were meant to be!

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

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