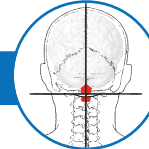


THE Spinal COLUMN



Analyze • Align • Hold • Heal



10 Fun Facts About the Nervous System

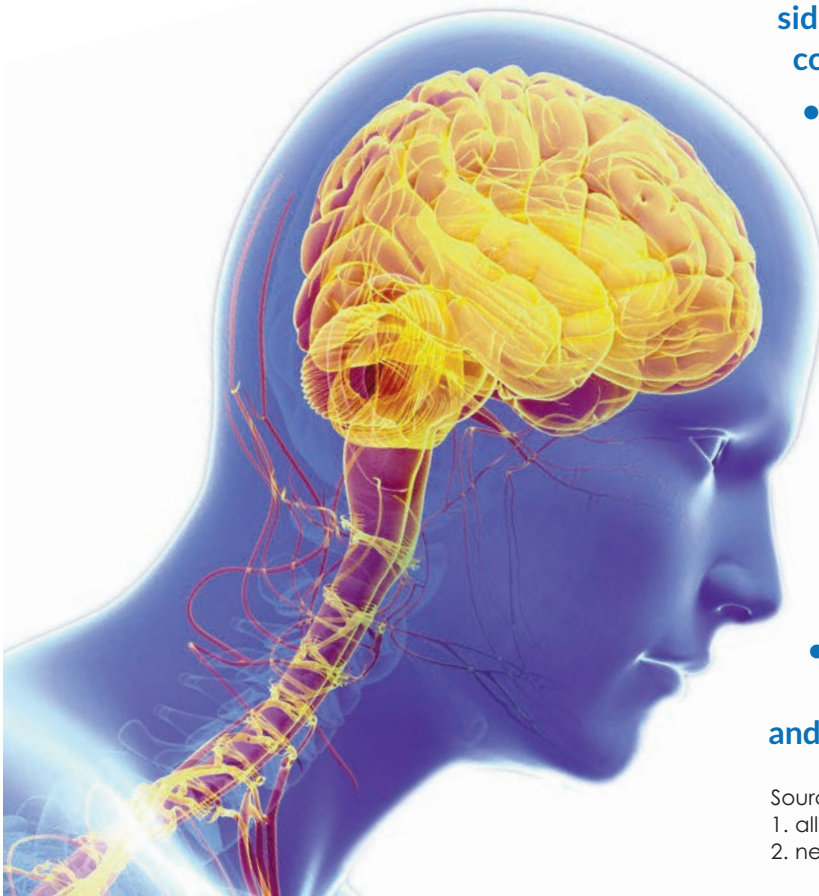
The nervous system is probably the most mysterious and complicated system in our body. Yet without it, none of the other systems could function optimally.

The central nervous system helps all the parts of the body, such as the digestive, endocrine, immune, lymphatic and muscular systems to communicate with each other.

Did you know that you have 43 different pairs of nerves that connect your central nervous system to the rest of your body, and that 12 of these nerve pairs connect to the brain, while the remaining ones connect with the spinal cord?

10 fun Facts about the Nervous System:

- There are more nerve cells in the human brain than there are stars in the Milky Way
- If we lined up all the neurons in our body it would be around 599 miles long
- There are 100 billion neurons in your brain alone
- A newborn baby's brain grows almost 3 times during the course of its first year
- The left side of human brain controls the right side of the body and the right side of the brain controls the left side of the body
 - A new born baby loses about half of their nerve cells before they are born
 - There are about 13,500,000 neurons in the human spinal cord
 - The nervous system can transmit nerve impulses as fast as 328 feet per second, and in some cases, the speed of transmission is around 180 miles per hour
 - A man's brain has 6.5 times more gray matter compared to women, but a woman's brain has 10 times more white matter compared to men
 - Your nervous system cannot function properly in the absence of potassium and sodium ions



Sources:

1. allaboutthenervoussystem.weebly.com
2. newhealthadvisor.com/Central-Nervous-System.html

THE Spinal Column

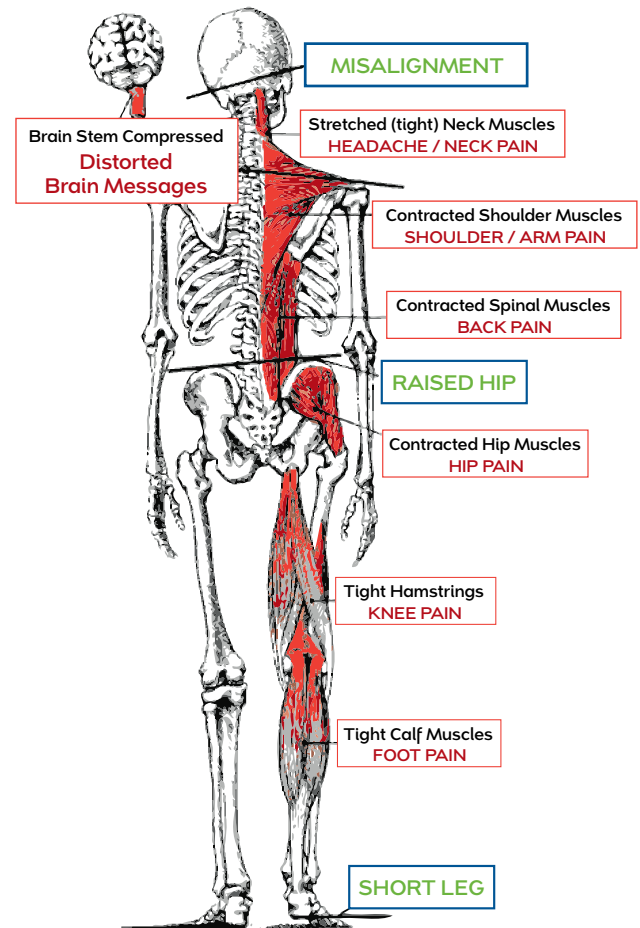
Enjoying Optimal Health is as Easy as A-B-C.

Alignment - Balance - Correction

Did you know that your body has a tremendous ability to heal itself? Did you know that the alignment of your spine impacts communication between your brain and all body parts and vital organs? As we talked about on the front of this newsletter, your nervous system controls all functions in your body? The alignment or misalignment of your spine determines how effective the nerve communication is or is not and can affect your health.

When your head is not properly aligned or balanced on the first vertebra of your spine, called the atlas, nerve signals that travel from your brain, through your atlas and axis bones may become disrupted or distorted. When this happens, your body does not receive 100% of the nerve message and health symptoms can develop and your body may not function at 100%.

Our goal as Upper Cervical doctors is to properly **align** the top two bones in your neck with a precise **correction** or adjustment. When these two bones are aligned, your head is "on straight" and your body is in **balance**. Your brain can then effectively communicate with your entire body to achieve optimal function.



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