



# Your Amazing Body

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## "Thanks Mom!"

May is the month we celebrate Moms. We try to show them how thankful we are for all they do and all they are. Moms ARE truly extraordinary and their story is among the most incredible examples of how amazing our bodies really are!

First, babies weigh anywhere from 5 to 10 pounds at birth. Imagine yourself walking around with a gallon of milk (about 8 pounds) everywhere you go for even a single day let alone weeks on end. And most moms gain additional weight to support the baby growing inside them which makes getting around all the harder.

Beyond the sheer physical feat of lugging around in your belly a growing baby, think about the fact that each of our moms were growing us inside them for about 9 months—some a little more some a little less. That's almost an entire school year! It's fascinating though, that at present, none of us could live where we spent our first 9 months, and not just because we are too big to fit, but because we need air and light, and in our Moms' bellies we were basically under water in the dark. So that means you would have to hold your breath for 9 months!!! The average person can't hold their breath for more than maybe a minute or so.

Finally and maybe most amazing of all is how one person can become two people!!! Actually you started as two separate cells, one from your mom and one from your dad. Those two cells got together and grew into the incredible, amazing organism that is you. An organism that is so complex and so sophisticated that even the most brilliant minds on the planet don't have it figured out! But your mom's body knew and that is truly astonishing!

When those two cells first came together they divided and grew. And as they began to become you, the first



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system to develop was your nerve system. From that very early time, your nerve system directed your growth and development, including ten other different systems, dozens of different organs, 206 bones, 640 muscles and 37.2 trillion cells!!!

It's important to know that even after you are born your nerve system continues to direct and organize your whole body's function and performance. By connecting your brain to your body your nerve system is not only able to communicate about what is going on in your body but it is also able to provide the information required for your body to adapt and perform at its best.

That's why it is so important to see your family's chiropractor regularly. He or she will make sure that there is nothing interfering with your nerve system so you can continue to grow into the amazing person you were meant to be. Maybe your mom already takes you to the chiropractor. Well then that's just another reason to thank her and show her some love on Mother's Day and every day. Thanks Mom!

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

## Kids Coloring Page

