



Chiropractic Newsletter

Your Amazing Body

I'm Bringing Home a Baby Bumblebee

If you're familiar with the above children's song, then you know how the first verse ends... "OUCH! It stung me!" This time of year is famous for all types of creepy crawlies, many of which bite! Bees, mosquitoes, fleas, and even some ants can bite. OUCH!!! And while getting bitten by an insect is not the most fun you could have on a summer day, you don't have to worry because your **AMAZING** body is ready to protect you!!!

You may be thinking, "Wait a minute, there's nothing **AMAZING** about being stung by a bee. It hurts, it gets red and swollen, and you probably cry!" But let's look deeper into what happens when someone gets stung, and you will see how truly **AMAZING** your body is!!

First, most stinging insects like bees aren't just biting you they are injecting poison (venom) into you. Thankfully, your body will immediately kick into gear. Ordinarily, your body can recognize the presence of unusual molecules from the venom and will begin a series of actions to respond to it. This is what causes the redness, itchiness and swelling which is a healthy, normal response.

The immune system produces antibodies that detect the venom and cause an inflammatory response including the release of chemicals (e.g., histamine.) This chemical release and the

compression of nerves in the area is what causes the pain associated with an insect bite. The redness is caused by increased blood flow to the area, and the swelling is the result of the increased movement of fluid and white blood cells. All of these, whether you like them or not, are healthy, normal responses by an **AMAZING** body to counteract the sting.

That's a sophisticated response to a little bug!!! Of course, everybody is different, and some people may have unusual reactions to insect stings, but they are rare. The average person can handle not just one sting but many! Generally, a person can safely tolerate ten stings per pound of body weight. This means that the **AMAZING** body of the average kid could withstand hundreds of bee stings!!

Even more **AMAZING** is that some molecules in bee venom have actually been found to be beneficial in the treatment of some types of cancer, some viruses, and some nerve system diseases, including Parkinson's and Alzheimer's. How cool is that!?!

However, all of this is controlled and organized by your nerve system. For your body to respond properly, as it was designed to, you need to have clear communication between your brain and all your body parts. Your family chiropractor can help you with that. He or she will check your

spine for vertebral subluxations which are misalignments that create distortion in your nerve system and correct them to enhance your body's wellness.

It's worth noting that the ability to sting is one of the greatest defense systems these little critters have. But it's no match for your **AMAZING** body's defense system. Of course, it makes sense to not go asking for trouble. Just know if you do happen

to get stung bringing home a baby bumblebee, your body will get to work immediately to adapt to the situation. And that is **AMAZING!!!**

—By Judy Nutz Campanale, DC, ACP



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