



# Chiropractic Newsletter

## Your Amazing Body

### Love is in the Air

Ah yes.... It's February!!! Maybe you're thinking of sending a Valentine to a secret crush. Or maybe you're hoping you get one from that special person. Maybe you're all giggles or just feel super special. Maybe you're bursting with energy or your heart is pounding in your chest. Maybe you have a positive feeling that makes you think you can do anything. Whatever it is for you... it's love... and it's "in the air" because it's something you feel not necessarily see. And yet, even though you can't see it, love can obviously significantly affect your **AMAZING** body!!! Love changes us in real and measurable ways.

And it makes sense that even though you can't see love, it can really change you. There are lots of things like that. Think about it. You're sitting around at home and suddenly you sneeze. Why? Something invisible prompted it. That's a simple example, but tiny particles of dust that you can't see cause this explosive reaction we call a sneeze.

Sadly, the same is true when we lack love in our life. Crazy to think it, but the lack of something you can't even see can also have powerful effects on your physical body. It makes sense though because the lack of air has real and measurable effects on us. Even just holding your breath can change your heart rate. And if you hold your breath long enough, it can affect your heart rhythm too!

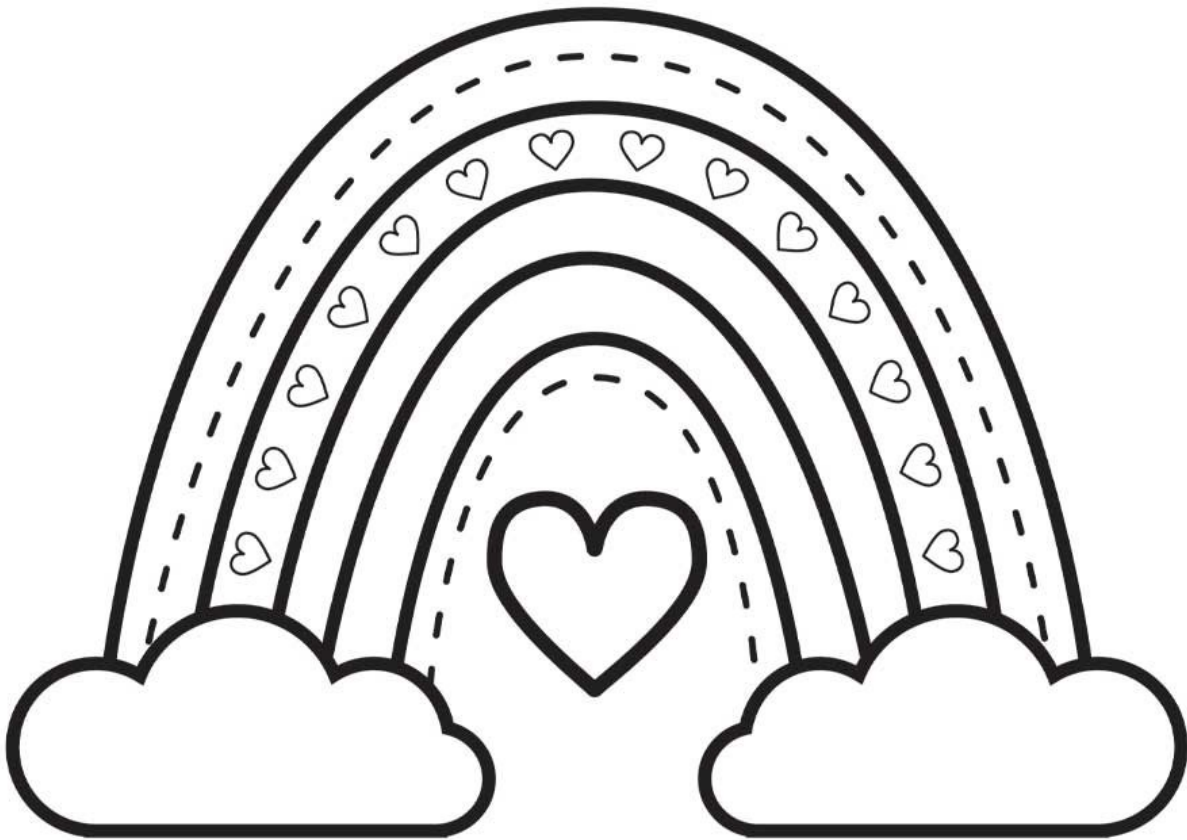
So too, a lack of love can have significant effects on our **AMAZING** bodies. Studies have shown that people who don't get enough love are less happy, more lonely, more likely to experience depression and stress, and in general are in worse health. They can also experience more mood and anxiety disorders and more secondary immune disorders. Those are some hefty effects for the lack of something you can't even see!!!

Our **AMAZING** bodies are no different. Sometimes things are happening inside our bodies that we can't see or feel, but that doesn't mean they can't have serious consequences. One of those things inside your body is called vertebral subluxation. It is a misalignment in your spine that affects your nerve system and keeps your body from working at its best. The thing about subluxations is that you can have them and not even know it. The bones of your spine can misalign and you be completely unaware of it.

The good news is your body is so **AMAZING** and so smart and so strong that it always reacts and adapts as best it can without your even knowing it. More good news, you can visit your family chiropractor regularly so he or she can check your spine for vertebral subluxations and correct them whenever necessary. And the best news yet, you can be an agent for good and spread love around wherever you go. That's good for you and it's good for everyone around you.

Remember, invisible things can significantly affect your body. Dust in the air can make you sneeze, love can make you do silly things, and vertebral subluxation can keep you from being your best self. Just because you can't see it doesn't mean it can't have a big effect on you!! So see your family chiropractor regularly and may all your valentine dreams come true!!

—By Judy Nutz Campanale, DC, ACP



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