



# Chiropractic Newsletter

## Your Amazing Body

### How Special Are You?

In answer to the above question, you may be thinking, “Well, I wish my hair wasn’t so curly,” or “I’m not a very fast runner,” “I’m not so good at math.” But whatever your particular gifts or physical, academic and athletic skills, you should know that you are enormously special—completely unique and a treasure in all of the entire universe. You may be thinking, “Uh, no... not me.” But it’s easy to prove the extraordinary value of you. Yes... YOU!!!

Your fingerprints are surely one way to know how special you are. No one’s fingerprints are exactly like yours. And you’ve had those prints since before you were born, destined to be part your own unique self. But maybe you’re not so impressed with your own individual fingerprints. Maybe you think, “So what? Big deal, I knew that.”

Well, how about the fact that you also have a unique set of toe prints? It’s true!! They develop at the same time as your fingerprints before you’re born and are

just as unique. The only reason police use fingerprints to catch bad guys is because crooks are far more likely leave fingerprints behind than toe prints! Duh!

If that’s not enough, you also have your own unique set of lip prints and tongue prints! That’s right! A completely unique set of elevations and depressions in your lips and a completely unique shape, texture and pattern of tiny bumps and ridges on your tongue. Isn’t that amazing?

It doesn’t end there... You also have your own unique set of teeth. Of course your teeth reveal DNA that is specifically yours, but more than that, the pattern of wear on your teeth is different than anyone else’s. Like your fingerprints, you can be identified by your teeth!! And just so you know, teeth also start growing 6 months before you are born. So you are literally one of a kind before you are even born! How special do you think you are now?

*Continue reading on page 2*

But wait... there's more! Your eyes and your ears also have unique qualities about them that are unlike anyone else on the planet. You have your own walk, your own voice and apart from identical twins, you even have your own smell! That makes you not just one in a million, you're one in several BILLION!! Much of which was there before you were even born! SIMPLY AMAZING!!

How did your body know how to do that? Well, you have an intelligence within you that you are born with. We all do. And that wisdom not only creates our bodies but keeps it working in an organized fashion for our entire lives. It uses your nerve system to communicate and coordinate.

Chiropractors check to make sure that your inborn wisdom is expressed as fully as possible. They do that by making sure that the bones of your spine aren't disrupting the function of your nerve system. The clearer your nerve system, the better the communication, and the better you can be the VERY SPECIAL person that you are!

*By Judy Nutz Campanale, DC,  
ACP, FCSC (hon)*

