



# Chiropractic Newsletter

## Your Amazing Body

### “What Did We Do Before Waze?”

Have you ever noticed those blue lines on the inside of your arms? Sometimes they're more obvious than others. And when they're really noticeable they kind of look like a road map—wouldn't you say? You may be asking, “What's a road map!?” A road map is what people used for directions before there were such things as Google maps, GPS, and Waze. They were large pieces of paper with lines going every which way that showed the roads of a particular city, state, or region. Each line has a specific destination, a purpose, even though it looks like they're going everywhere.

The blue lines under your arms are your veins. They are part of the blood vessels that make up your circulatory system. Veins, together with your arteries and capillaries, form the system your body uses to transport blood from your heart to all your body parts. Arteries and capillaries are the roads your body uses to take the blood from your heart to every part of your body, and veins are the roads that bring the blood from all your body parts back to the heart.

When blood is in your heart it is sent to your lungs first, to pick up oxygen, then

back to your heart to be pumped to the rest of the body. All of your tissue cells need oxygen to live. The blood flows through the arteries, then through tiny blood vessels called capillaries, where it gives up its oxygen to the body's tissues. (Your lips have a lot of these capillaries, which is why they're red.) The system is very effective. Your body is able to pump blood to every part of your body in less than 60 seconds!

While the blood in your arteries is rich with oxygen, the blood in your veins has already delivered the oxygen and is now on its way back toward the heart and lungs where it will be nourished with oxygen again. Instead of being bright red like your lips, the blood in your veins is a darker color, almost blackish red. It is also cooler in temperature. With this sophisticated transportation system, your body is able to keep the two types of blood completely separate, kind of like two lane roads that keep the cars from crashing into one another.

Not only is this system sophisticated, but it is also extremely elaborate. It is estimated that if your blood vessels were all laid out in one line, it would stretch

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over 60,000 miles! That's around the world, not once, but more than twice!! This system is just another example of how amazing your body is! The unbelievable organization of your body shows how intelligent it is. And that intelligence not only designed your body but it keeps it working in an organized fashion for your whole life by using the nerve system to communicate and coordinate all body functions.

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

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

