



# Your Amazing Body

Discoverkidshealth.com

## There's Nobody Quite Like You

Has your mom or dad ever told you that you were one of a kind? Maybe one of your grandparents has told you how special you are and how there is no one quite like you. Well they were absolutely right!!! There isn't anyone anywhere who is exactly like you!! Isn't that amazing!?!

There are lots of things that make you completely different than everyone else, certainly the way you look, but also your intelligence, your personality, and your sense of style all contribute to making you different than your friends, family members and everyone else too. But one of the most visible signs of your uniqueness is your fingerprint. The fine ridges on the ends of your fingers show a pattern that is uniquely yours--your fingerprint. There are no other fingerprints in the whole world that match the ones on your hands. They are so specific to you that police have been using them to identify criminals since 1901! That's more than 100 years!!!

The ridges that make up the pattern of your fingerprint are useful and serve a purpose. They help you get a firm grip on certain things like a pencil or a paintbrush or even something that is wet. They also increase your sensitivity to certain textures and heighten your sense of touch. What's even more amazing is that your feet and toes also have their own unique prints!

You leave your fingerprints everywhere you touch. That's why grown-ups tell you not to put your hands on the walls or windows or mirrors, because you leave marks behind. The funny thing about fingerprints though is that even though you leave them behind everywhere you touch, they never rub off of your hands!!!

If you look closely at the tips of your fingers, you can see the little lines and ridges that make up your fingerprint. If you would like to get a better look at them you can do the following. First, take a pencil and scribble on a piece of paper until you have a black mark about the size of quarter. Then rub one of your fingers in the mark. Next, get a piece of tape and put it over your finger and press down. Then pull it off and put it on a piece of white paper. You should be able to see your own fingerprint!!



Photo Courtesy of Dreamstime.com - Christinlola

You have had those fingerprints even before you were born! 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 organized fashion for our whole 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 unique person you were meant to be!!!

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

**Kids Coloring Page**



Photo Courtesy of KidsPressMagazine.com

For personal and classroom use only.  
Not for resale.

[KidsPressMagazine.com](http://KidsPressMagazine.com)  
© Copyright all rights reserved.

Awesome content for little out of the box  
thinkers. Share us on [Facebook](#), [Twitter](#),  
[Google+](#)!

---

**Compliments of ICPA Member:**

Dr. John M. Ferguson  
Ferguson Family Chiropractic, PLLC  
653 Plank Road, Clifton Park, NY 12065  
[www.ForLifetimeWellness.com](http://www.ForLifetimeWellness.com)  
518.383.5595

---

Provided by *Pathways to Family Wellness* magazine, published by ICPA, Inc. For more information visit:

[www.pathwaystofamilywellness.org](http://www.pathwaystofamilywellness.org) and [www.discoverkidshealth.com](http://www.discoverkidshealth.com)