



# Your Amazing Body

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## I Scream, You Scream, We All Scream for Ice Cream

Is there anything better than ice cream on a hot summer day!?! Whether your favorite is chocolate, vanilla, mint chocolate chip, or any of the dozens of other flavors, ice cream is a favorite for kids of all ages!!!

And while ice cream is good no matter how you get it, probably the best way is in a cone where you get to lick it and then spin it and then lick again. And when it's hot you have to keep up with the melting, so sometimes you have to lick and spin faster than others, right!?!

The reason that ice cream is best when licked from a cone is because your tongue is specifically designed for it. No kidding! Your tongue is equipped with about 10,000 taste buds that allow you to enjoy an endless variety of different flavors and a number of specific qualities including sweet, salty, sour, and bitter. Your taste buds are sensory organs like your ears, eyes, and nose. They pick up the sense of taste and then transmit messages to your brain which processes the messages and you think "Yummy"!!! Ice cream!!! (Or "Yuk, what was that"!?!)

The amazing thing is that they use to think that your taste buds were organized on your tongue in a specific pattern. Bitter was supposedly in the back, sour and salty on the sides, and sweet at the tip. Now we know that's wrong because you can taste anything anywhere on your tongue.

The reason that it's best to lick ice cream is because when you spoon ice cream into your mouth you can overstimulate the nerves in the roof of your mouth and get a headache sometimes called brain freeze. Here's something cool to try the next time you get brain freeze, immediately place your tongue up against the roof of your mouth and press firmly. The temperature of your tongue will warm up the roof of your mouth and rid you of the headache within seconds.

You never get brain freeze from your tongue. Your tongue solves brain freeze. That would suggest that licking is the best way to enjoy ice cream don't you think? Your tongue was designed for it! Your body is so smart. It is perfectly designed. It was from the very beginning and it continues to grow and reorganize itself with every passing day.



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That wisdom that you were born with uses your nervous 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 nervous system. The clearer your nervous system, the better the communication and the better your whole body works. So the next time you enjoy an ice cream cone, remind yourself how amazing you are!! And enjoy every last lick!!!!

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

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