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# FAMILY WELLNESS FIRST: KIDS CHIROPRACTIC

## Hey!!! Look At That!!!

Over there...do you see it?! Really...stop reading this for a minute and look across the room. What did you see? Maybe you saw your pet dog or cat. Or maybe you saw a tree outside a window with a squirrel in it. Or maybe you saw the face of someone you love. Maybe it was colorful and bright or maybe it was kind of grey. Maybe it was moving or maybe it was still. Maybe you saw a bunch of things or maybe just one single thing.

Whatever you saw was no small thing, even if it seemed little to you! That's because in order for you to actually see something, lots of individual parts have to work together in just the right way. First of course there has to be light. That light bounces off the object that you are looking at and passes through a hole in your eye called your pupil.

(That's the black spot in the center as you look at your eye in the mirror.) Another part of your eye, the iris (that's the colorful part of your eye), controls how much light gets in by opening or closing the pupil. You can see that in a mirror too. If you shine a little light in your eye, you will see your pupil closing to prevent too much light from getting in and possibly damaging your eye. Then when you move the light away it will get bigger again. That alone is pretty amazing!

Then the light passes through a lens, just like one on a camera, that focuses the image on to a part in the back of your eye called your retina. The retina is thinner than tissue paper yet has 137 million nerve endings that carry the picture to your brain where the image is interpreted. So really, you don't see with your eyes. You see with your brain!!

That's probably already way more parts than you thought it took, but there are many more including muscles, ligaments, protective coverings, and blood vessels, and they all need to be working just right for your vision to be perfect. In fact, because you have two eyes, all of the parts of both eyes have to work together for your vision to be perfect. Here's a fun thing to do to see how each eye works separately and together. Hold your arm straight out in front of you and make a circle with your thumb and first finger. With both eyes open, look through the circle at an object in the distance. Now close one eye and then the other. Did it seem like the object moved? That's because one eye is stronger than the other. Just like you are right-handed or left-handed, you are right-eyed or left-eyed. If the object seemed to move when you closed your right eye, your right eye is stronger; if it moved when you closed your left eye, your left-eye is stronger.



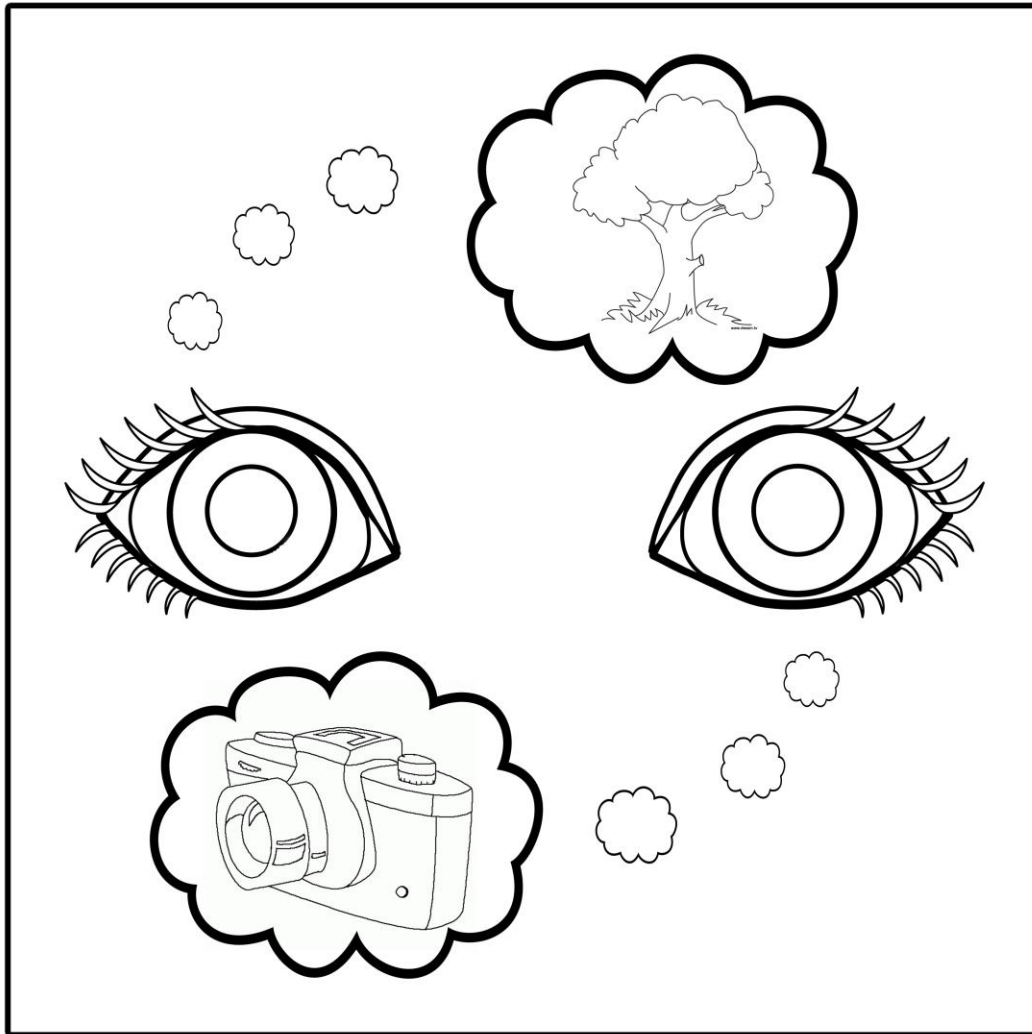
Photo Courtesy of Dreamstime.com - Dana

Your body can do all of this because it talks to itself using your nerve system. The better your brain and nerve system can talk to your parts, the better you will be. Sometimes, the bones of your spine can misalign because of things you do every day. Those misalignments can distort the communication between your brain and your body parts, then your body might not work as well as it should or could. Your chiropractor will check your spine for misalignments (or subluxations) and restore the communication whenever necessary so you can be the amazing person you were meant to be.



**Dr. Judy Campanale** has been honored and recognized with numerous prestigious awards, including the coveted FSCO Chiropractor of the Year in 1999. She was President of the International Federation of Chiropractors and Organizations (IFCO) the first woman to hold the president's position in any national or international chiropractic organization. Dr. Judy currently serves on the IFCO Board of Directors and Executive Committee. She also owns and practices at the Strauss Chiropractic Center in Levittown, PA, one of the longest-standing, high-volume, cash practices in the world.

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