



Chiropractic Newsletter

Your Amazing Body

Who Will You Be In 2018?!

That may seem like a silly question. Of course you will be you, right? Well, yes and no. Yes, you will still be you—same arms, same legs, same eyes and nose, same parents, same brothers and sisters. However, you are actually recreating yourself all the time.

Grown-ups are famous for making New Year's resolutions because they understand that they have the power to change themselves and their conditions by thinking, acting, and being different. Unfortunately, far too many make the same resolutions year after year and don't end up changing anything.

But because we really are changing ourselves every day, either for the better or the worse, you too can make a better version of yourself no matter how old you are. One way is to better nourish yourself. Your body takes the food you eat and uses it to slowly make a new you every day. It does that by breaking the food down and then using it in chemical reactions that literally create the new cells that make you up.

For example, some estimates say you lose 10 million cells every second!!!

TEN MILLION!!! The good news is you replace them with 10 million more in the next second. The pancreas, an organ that makes chemicals that help with digestion or that help to control blood sugar levels, replenishes ALL of its cells every single day!



The cells that aren't dying are working and they working hard! Estimates suggest that your cells are organizing hundreds of thousands of chemical reactions every second. That may seem incredible but that's how amazing your body is!

Continue reading on page 2

So which do you think is better to fuel this constant regeneration of yourself: healthy food or junk food? So we are definitely making new versions of ourselves physically every day, but we also recreate ourselves mentally every day, perhaps every minute of every day.

Our thoughts are powerful determining forces in both our feelings and our actions, so it's important to think good positive thoughts about ourselves and the world around us. What if you would commit to thinking even just a few positive thoughts about yourself every morning? Why not try it? Think of a few positive images of yourself and write them down. Maybe you want to see yourself as someone who is friendly and loved. Maybe you want to see yourself as someone who is focused and hard working. Maybe you want to see yourself as someone who is giving and has a real positive impact on others. Whatever it is, write it down and read it every morning and really see yourself as that person all day long. You will be creating the person you want to become.

Having a clear nerve system to regulate and control all of the amazing things that your body does is critical to your becoming the best version of yourself, both physically and mentally, so don't forget to see your chiropractor regularly, too, and make yourself the best you in 2018! Happy New Year!!!

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