

The Wellness Family Newsletter

Presented to you by:
Bluewater Chiropractic Wellness Center



What Controls You?

When you think about it, our bodies are pretty amazing machines. We can run, jump and climb. We can see, hear, taste, feel and smell. We are made up of many incredible parts that work together to keep the whole thing in operation. If you take a moment to really consider that we're 90% water and all that we can do, it's a little awe inspiring. Take it to the next step and consider what controls this machine?

THE NERVOUS SYSTEM

Just like a car or a computer, our body has a master controller that makes everything work. The Central Nervous System is the complex of nerve tissues that control the activities of the body. Messages are sent by the brain via the spinal cord to the muscles, organs and glands coordinating and influencing all of the other systems of the body.

Messages are sent by the brain, down the spinal cord and our through the nerves between the vertebrae that make up the spine. Messages are also returning to the brain via the same route.

AUTONOMIC NERVOUS SYSTEM

If we want to take this one step further, we should consider the autonomic nervous system, which influences the function of our internal organs and controls key involuntary bodily functions. Specifically, there are functions we can't control on our own like our heart beat, food digestion and body temperature, just to name a few.

This system actually consists of two divisions. The first is the sympathetic nervous system, which accelerates the heart rate, constricts blood vessels, and raises blood pressure. This is the system that will stimulate the body's fight-or-flight response. The second is the parasympathetic nervous system, which slows the heart rate, increases the intestinal glandular activity, and relaxes the sphincter muscles. This system goes to work when the body is at rest.

All involuntary systems are controlled by the autonomic nervous system. We do not tell our heart that it needs to digest the food we just ingested, it knows it needs to do that. Depending upon what food we're eating the pancreas gets involved producing insulin, the gall bladder gets involved producing digestive enzymes and many other organs do their jobs. The autonomic nervous system is part of the master controller: the central nervous system.



BODILY SYSTEMS

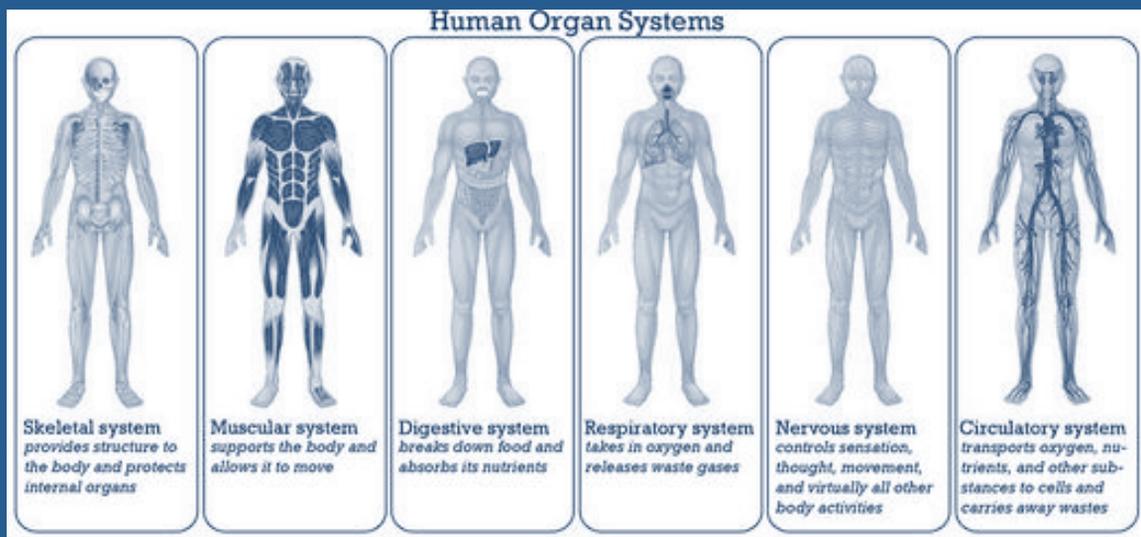
Our body is being controlled by the central nervous system. The body is made up of many systems that all work together, and each system has an important function, but all of these systems controlled by this one central nervous system. Consider how important that one system must be when you consider that it controls all of the other bodily systems.

For instance, let's first consider the circulatory system made up of the cardiovascular or vascular system and the lymphatic system. This system's primary job is to circulate our blood and by circulating that blood it carries oxygen and nutrients to and waste materials away from all of our body's tissues. That same blood being circulated by the heart carries filtered blood plasma between blood cells as lymph.

Next let's take a look at the respiratory systems, which helps our body to breathe via our lungs. This system is made up of the trachea, bronchi, bronchioles, lunge and diaphragm. Each of these organs must work properly for us to breathe. Without this system working properly there would be no oxygen to be carried by the cardiovascular system.

Another important system is our immune system. To function properly the immune system must recognize and detect a wide variety of foreign invaders, also known as pathogens; this can range from viruses or bacteria to parasitic worms, and distinguish them from our own healthy tissue or non-harmful invaders. An improperly functioning nervous system is the case of most allergies including seasonal allergies, respiratory allergies and food allergies.

Finally, let's consider the digestive system since as much as we don't want to talk about it, it's probably the most important system in the body. This system is made up of a group of organs that work together to convert food into energy and the basic nutrients we need to fuel our body. The alimentary canal begins with the oral cavity.



For more information, please contact us at:
www.BluewaterChiropractic.com
850-897-1177