



Chiropractic Newsletter

Your Amazing Body

Daring to Fly

As you grow, your AMAZING body and mind goes through many changes—some exciting, some a little scary. But just like in nature, every stage has its purpose. We can trust life! Staying healthy means learning to take care of our bodies, trying new things, and having the courage to grow into who we're meant to be. One tiny creature shows us how powerful that journey can be...

"The Nymph Who Dared to Fly"

A folktale inspired by dragonflies

Long ago, in the still waters of a quiet pond, lived a young water nymph named Luma. She and her friends spent their days darting through the reeds, playing hide-and-seek in the watery shadows, and whispering about the world above the surface—the place they'd only heard about in hushed stories.

"The sky is too big!" the others would say. "It's not for us."

But Luma felt a tug in her heart whenever she looked up. She dreamed of sunlight on wings and dancing on the wind. Deep down, she believed she was meant for something more.

Then one warm morning, Luma felt strange. Her skin itched, her body felt tight, and an inner voice whispered, *It's time.*

Afraid but curious, she climbed a stalk of grass higher than she'd ever dared before, breaking the surface of the water for the very first time. The air kissed her face. It was bright, and wide, and nothing like she'd imagined.

And then—she changed.

Her skin began to shed, and from within, delicate wings unfolded, shimmering with light. She wasn't a nymph anymore. She was something new. Something beautiful.

A dragonfly.

Luma's first flight was wobbly, but her heart soared. She zipped through the breeze, skimming the water where her old friends still played. Some looked up in awe, others in fear.

She called to them: "Don't be afraid to grow! There's magic waiting when you rise."

And from that day on, dragonflies have danced across ponds and fields, a reminder that courage leads to transformation, there is magic inside and all around us if we're brave enough to see it, and that sometimes, to find your wings, you must leave the water behind.

Just like Luma, all of us grow and change—inside and out. We can be brave and curious and learn trust the voice within.

Being healthy doesn't mean being perfect—it means listening to our bodies, getting adjusted, being kind to ourselves, and daring to try new things. Remember, chiropractic adjustments don't just to help you feel good, adjustments support you and your AMAZING body through the changes and challenges of life. That's where the magic is!

You are amazing and powerful. And, just like

Luma, with a little courage, you too can grow, change, and fly – trust your inner voice, and become the person you are meant to be.

Wishing you a happy spring with lots of sunshine, play, and dragonfly magic!

—Mackenzie McNamara, DC

