



# Chiropractic Newsletter

## Your Amazing Body

### The Gratitude Issue

As the weather gets cooler, and we move into the month of November, there is so much to be grateful for. One of my favorite things to do each November is keep a list of things I'm thankful for.

Did you know that you can build new habits in just 21 days? Every day this month, start your day thinking of 3 things you're grateful for... even small things – like having hot water to take a warm bath, a cozy bed or blanket to snuggle with, or something that makes you laugh – and big things like the people you love, fun new experiences, or succeeding in school. When we repeat a new habit every day, it teaches our AMAZING brain to start looking for more things to be grateful for – almost like creating a new program for our mind.

Scientists have found that people who practice gratitude sleep better, feel happier, have more friends and have healthier hearts. And your AMAZING body gives you so many reasons to say "thank you" every single day.

Here are some things our AMAZING bodies do – that you could add to your gratitude list this month:

**Your AMAZING Heart.** Did you know your heart beats around **100,000 times every day**, pumping blood through a network of **over 60,000 miles of vessels** — that's enough to circle the Earth twice! (wow!) This steady rhythm delivers oxygen and nutrients to every cell in your body, keeping you alive and energized. When you move, breathe deeply, or feel emotions like excitement or love, your heart responds instantly — adjusting to what you need in the

moment. "Thank you, to my AMAZING heart for working so hard for me, every moment of every day!"

**Your AMAZING Brain.** Did you know your brain is made up of about 86 billion neurons that talk to each other through tiny electrical and chemical signals — faster than lightning!

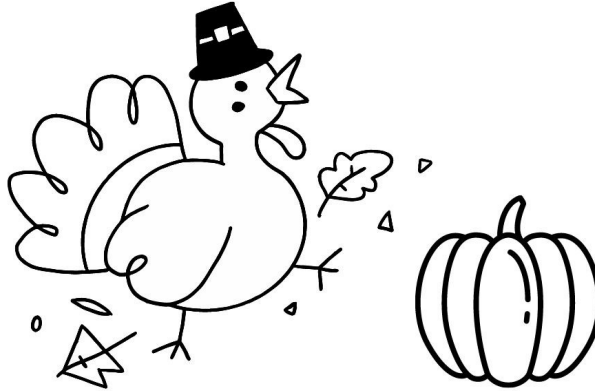
It helps you remember, imagine, plan, and make choices. It also processes your emotions and helps you understand how others feel. When you practice gratitude, your brain releases "feel-good" chemicals like dopamine and serotonin, which boost your mood and calm your nervous system. "Thank you, to my AMAZING brain for helping my body do everything it needs to do — you keep me alive and make me, me!"

**Your AMAZING Digestive System.** Did you know your digestive system is what takes food and turns it into energy your body can use? Every time you eat, when you chew your food, the digestive process begins. Your body breaks down food into small particles — proteins, fats, and carbohydrates — that it uses as building blocks to grow, heal, and make new cells. That's why people say "you are what you eat" — because what you eat creates the building blocks for the rest of your body. Did you know that your body is continually renewing itself? Your skin, for example, forms new cells that replace the surface skin cells every 2-4 weeks. How does it make these cells? Through your diet, your AMAZING digestive system, and your body's incredible ability to heal, grow, and repair itself. "Thank you, to my AMAZING digestive system for helping me turn food into fuel so my body

can stay healthy and strong!”

Remember, your body doesn’t just help you live — it helps you *experience* life — and express who you are in the world. Every heartbeat, breath, idea, and meal is a reminder that your body is full of wisdom, power, and love. **Be grateful — you are truly AMAZING!**

—Mackenzie McNamara, DC



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