

Find the Words in the Chiropractic Story

A **chiropractor** is a doctor who helps your body be as **healthy** as it can be. To be healthy, all the different parts of your body must work together as a **team**, like in a classroom. Some students hand out papers, some erase the board, some run errands for the teacher and some hand out art supplies. There are a lot of jobs to do in the classroom, and there are a lot of jobs to do inside the body. Like digesting food, pumping blood, blinking eyes, sweating, using muscles to move and many, many more. In the classroom, it is the teacher's job to organize the students so all the jobs get done and the classroom is healthy. In the body, the **nerve system** is in charge of **organizing** all the other parts of the body so you can be healthy.

If a bone in your **spine** is out of place it puts pressure on the nerves. This is called a **subluxation**. This is **bad** for your health. When you have a subluxation, parts of your body can't hear the message from your nerve system. It would be like a teacher asking the class to clean up the room but some of the students have earplugs in their ears. Some of the students are working properly but others are not. The classroom is a little bit cleaner, but not 100% cleaned up.

A chiropractor **adjusts** the spine so the nerve is free from pressure and can do its job better, like pulling out the earplugs. When the nerve works better, the parts work better. When the parts work better, your body works better. When your body works better, you are healthier.

Chiropractic is for your body. Chiropractic helps your body work at 100%.

R O T C A R P O R I H C
S R L E S B B A K M U P
S G T E Y T A D B A D P
Y A M Y S E V J E O E X
H N O I T A X U L B U S
T I E Z E M D S T N P R
L Z C R M Y P T U T S P
A I C I V I C S D I G E
E N J E N E V U S M N L
H G P E I L M O S O S I
L E P Q K Q R E D W I N