

## HOW IS YOUR BODY WIRED?

By **DR. DEREK CONTE**

From head to toe our bodies are controlled by nerves emanating from the spine, carrying messages to and from the brain. These nerves sense the world for us and relay messages to the brain for review. If the brain thinks adjustments are necessary, regulatory messages are bounced back to the organs of the body to maintain a healthy state of affairs. If you are cold you will shiver. If you are hot you will sweat; hungry or thirsty, you will eat or drink. Even pain causes a neurological reflex. Every muscle, organ, gland and hair on our body receives specific nerves dedicated to their particular control. But what is the basic layout of the nerves? What does pain in different areas of the spine mean?

The first three nerves at the top of the neck affect heart rate, blood pressure, digestion, hearing, balance, vision, and sensation to the head. Nerves of the lower neck are dedicated to movement and sensation of the shoulders, arms, hands, fingers and diaphragm for breathing. The top of the back controls the heart, lungs and chest. The middle of the back controls the digestion: stomach, liver, gallbladder,



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spleen and pancreas. A bit further down come the controls for the small intestines and kidneys. In the lower back: the lumbar spine, sacrum and coccyx give the nerves to all the reproductive organs, urinary bladder, large intestine, rectum and movement and sensation to the hips and rear, thighs, lower legs, feet and toes.

Remember, all these nerves move to and from the brain through the bones of the spine. Any misalignment of the bones through which nerves pass can cause disruption of these vital messages and reduce the function and health of the tissues. Pain in any area of the spine can signal trouble within the body and should be checked out by a professional.

Chiropractors are highly trained to detect misalignments, correlate them with symptoms and correct them, without drugs, by specific chiropractic adjustment.

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