



THE MARVEL OF THE HUMAN SPINE: A PILLAR OF STRENGTH AND FLEXIBILITY

ARTICLE WRITTEN BY KAREN PHILLIPS

The human spine is more than just a column of bones; it is a remarkable structure that embodies strength, flexibility, and resilience. Composed of 33 vertebrae, intervertebral discs, ligaments, and muscles, the spine not only supports our body but also protects the spinal cord, which transmits signals between the brain and the rest of the body.

One of the most fascinating aspects of the spine is its ability to handle load. Its unique design allows it to distribute weight evenly while maintaining balance and stability. The intervertebral discs, composed of a tough outer layer and a gel-like center, act as shock absorbers, cushioning the vertebrae during movement and heavy lifting. This design enables the spine to withstand significant forces—up to several times an individual's body weight—without injury, provided it is well-maintained.

Unique to the human spine is its natural curvature. These curves—cervical, thoracic, and lumbar—help to absorb shock and maintain balance, adapting to various loads and movements. Each curve plays a critical role in distributing mechanical stress during activities like walking, running, and lifting.

From a chiropractic perspective, the spine is central to overall health. Chiropractors view the spine not just as a structural component, but as a vital aspect of the body's nervous system. Misalignments, known as subluxations, can disrupt nerve function, leading to a variety of health issues. This phenomenon has profound implications for both afferent and efferent nerve signals.

Afferent Signals: Incoming Information

Afferent nerves are responsible for transmitting sensory information from the body to the brain. When the spine is in proper alignment, these signals can flow freely, providing the brain with crucial information about the body's position, movement, and any potential pain or injury. However, when a subluxation occurs, it can disrupt these signals. This interference can lead to distorted sensory perception, affecting balance, coordination, and even pain sensitivity. For example, a misaligned vertebra might compress a nerve, leading to tingling or numbness in the limbs—an indication that the nervous system isn't receiving accurate feedback from the body.

Efferent Signals: Outgoing Information

Efferent nerves carry signals from the brain to the muscles and organs, directing them to function properly.

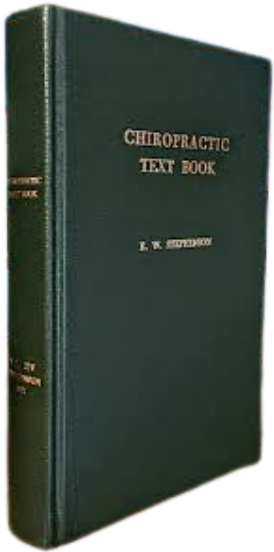
A subluxation can also impact this pathway, resulting in impaired motor function and decreased muscle coordination. This disruption can manifest as muscle weakness, spasms, or fatigue, making everyday tasks challenging. Furthermore, when the communication from the brain to the body is compromised, the body's ability to heal can be significantly hindered. Regular chiropractic adjustments can help restore proper alignment, enhance mobility, and support the body's innate ability to heal itself.

In summary, the human spine is a complex and resilient structure, essential for movement and overall well-being. Embracing chiropractic care and understanding spinal health can empower individuals to nurture their bodies, allowing for a life of vitality and freedom.



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The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called "The Chiropractic Textbook". Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.



Here's to a greater understanding of life and health.

Chiropractic Principle #22

The Amount of Innate intelligence.

The mission of Innate Intelligence is to maintain the material of the body of a "living thing" in active organization.

In Other Words...

Innate Intelligence is the Intelligence of living things. Every living thing possesses **100%** the Intelligence it requires. It matters not that the actual quantity may vary from one living thing to another; **each has a distinct requirement.**

For Instance...

A **worm** may require a different quantity of Innate Intelligence than a **monkey**, but such a comparison is not needed. Each has 100% Intelligence of what it alone needs!

As Applied To You...

You possess 100% the Intelligence you need. The amount decreases, **only** when speaking of the amount of Intelligence expressed. Such is the case, with a spinal **sbluxation**. A sbluxation **blocks the proper flow** of your Intelligence through your nervous system, so your body no longer functions at its best.

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

Mexican Ground Beef Casserole

Who doesn't like a Mexican dish!

[Recipe from Cooked & Loved](#)

Ingredients:

- 1 tablespoon oil
- 1 onion small , diced
- 1 green bell pepper medium
- 1 lb ground beef 450-500 g
- 2 garlic cloves minced
- 1 teaspoon cumin
- 1 teaspoon cayenne pepper or chili powder
- 1 teaspoon smoked paprika regular can also be used
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 kidney beans can, 14 oz / 400 g, or black beans
- 2 cups tomato purée 15 oz | 425 g
- 2 tablespoons coriander or chopped cilantro
- 2 cups Cheddar cheese 8 oz | 225 g, if in the US, use a mix of red and white
- 1-2 jalapeños green, chopped, deseeded if you want less heat
- Garnish: Chopped coriander/cilantro chopped jalapeños



Instructions:

1. Preheat the oven to 400 F | 200 C.
2. Heat an ovenproof skillet with oil on medium-high heat. Cook onion and bell pepper for 2 minutes. Add beef and garlic, salt, pepper and spices. Stir and cook for 2 minutes by breaking the beef.
3. Add beans, tomato purée and cilantro. Stir and bring to a simmer. Cook for 5 minutes. Adjust salt and pepper if needed. Remove from heat.
4. Sprinkle the beef and beans with jalapeños and cheese. Bake in the oven for 15 minutes until the cheese melts and is nicely brown.
5. Serve as a main dish with rice or as an appetizer with tortilla chips.



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The lesson you struggle with most, will continue to repeat itself until you learn from it.



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Team News

Sally and a small group of ladies from CCK had an amazing 5 days trekking in Italy's Dolomites.

