

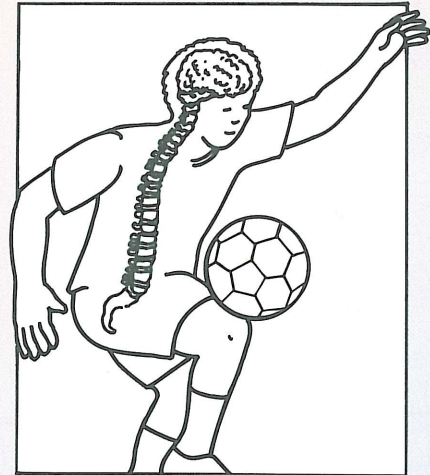
# What is Chiropractic?



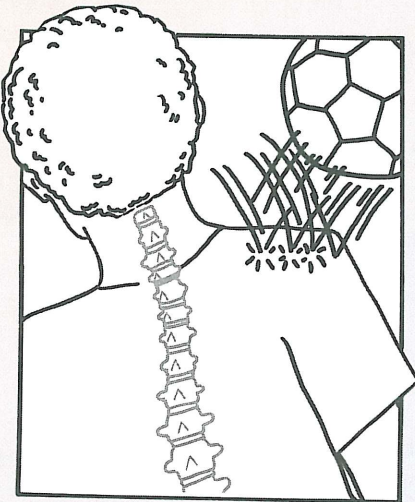
To be all you can be, your body must be healthy!



Your brain tells your heart to beat, your toes to wiggle, and everything else what to do.



The brain sends messages to every cell, organ and system of your body through tiny "wires" called nerves.



If your bones get moved or your nerves get scraped or pinched, messages from your brain don't get though to the rest of your body.



A chiropractic doctor uses adjustments to help your spine and nerves to work their best.



Enjoy better health with regular chiropractic visits.

## SECRET WORD SCRAMBLE

Unscramble the words below and find the secret word by writing the circled letters in order.

1. **uhcot** — — — — ○  
Your fingers do this

2. **tearh** — ○ — — — —  
This circulates blood throughout your body

3. **irnab** — — ○ — — —  
Helps you figure out puzzles

4. **lgusn** ○ — — — — —  
These help you breathe

5. **gthsi** — — — — — ○  
Your eyes give you this

6. **shcte** — ○ — — — —  
Where your ribs meet in the front of your body

SECRET WORD:

— — — — —