

Nervous system

Worksheet 2

LISTENING - GAP FILLING EXERCISE

3D Medical Animation - Central Nervous System

Adapted from: <https://www.youtube.com/watch?v=-s8yEhRZgvw>

1. Did you know that the most important part of your body is your central nervous system ?
2. From your brain electrical impulses or signals are sent down your spinal cord and travel all the way to the base of your
3. In every level in your spine the exiting spinal nerve supplies specific muscles and organs
4. These nerves such structures as your eyes, ears, throat and arms.
5. In a healthy spine your spinal bones or are in proper alignment.
6. However, from poor posture, falls, a car or other injury your vertebrae can become misaligned.
7. When this happens, nerve begins and your body starts to dysfunction.
8. When a subluxation is left untreated your spine begins to decay.
9. A subluxation in your upper back can causeproblems, digestive problems and decreased energy levels.
10. It's important to know that your body has theto heal itself