

## Nervous system

### Worksheet 2

#### TEACHER'S NOTES

1. Did you know that the most important part of your entire 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 spine.
3. In every level in your spine the exiting spinal nerve supplies specific muscles and organs
4. These nerves supply such structures as your eyes, ears, throat and arms.
5. In a healthy spine your spinal bones or vertebrae are in proper alignment.
6. However, from poor posture, falls, a car accident or other injury your vertebrae can become misaligned.
7. When this happens, nerve damage 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 cause respiratory problems, digestive problems and decreased energy levels.
10. It's important to know that your body has the ability to heal itself