

Hello everyone!

Here are some interesting facts about your body and just how magnificently you were created;

After conception, in about 270 days, you became you, starting with only TWO cells-how awesome is that?! Your mom's body, in its infinite wisdom, knew exactly how to make you into a viable, tiny human being, with your nose in the exact right place, with a nerve system to control all activity and with an innate ability to grow from tiny to adult-no instruction manual needed.

You are made up of an estimated 70 trillion cells. That's so many that if you could count ten cells each second (under a microscope), it would take you tens of thousands of years to finish counting. Are you impressed yet?!

Each cell is like its own little factory with pathways through the cell membrane so that nutrients can move in and waste products can exit. The cell produces energy to power your body and some transport oxygen to other cells. Each cell is of critical importance and the healthier the cells, the stronger the body as a whole. By the way, if you are dehydrated, your cells look like raisins under the microscope. When you hydrate and take in adequate amounts of essential fatty acids (fish oil, avocado, olive oil etc.), your cells look more like grapes. Want to be a raisin or a grape in the newyear? You have a lot of influence there!

When a baby nurses its mom, the baby's saliva communicates with mom's chemistry, telling mom what it needs that day to grow the body and develop the brain; more fat perhaps or more protein. Mom's milk responds accordingly! Brilliant don't you agree?!

If you break a bone, the body responds with an initiation of inflammation. Osteoclasts move in to remove the damaged bone cells so that the new, healthy bone can be laid down by the osteoblasts. With our doing a thing besides resting and keeping the bone still, your body takes care of the healing; incredible when you think about it!!

When your immune system is challenged and you become overwhelmed by an infection, your body will sometimes respond with a fever. Yes, it doesn't feel good and all you want to do is sleep! In its infinite wisdom, your body will raise its temperature to essentially cook the virus or bacteria, hence speeding up the recovery. A fever is your friend and in most cases it should be allowed to run its course without interfering in any way. Not only will you recover faster, your immune system will have a chance to go through the proper steps to strengthen for future infections as well. Your body knows best so sit back, watch and listen-it is so brilliantly created!

These are just a scratch on the surface of the magnificence of the body and its makeup. Honoring and respecting our body and treating it right is necessary if we want to live a long, healthy life. Every meal counts, every work out and every night's sleep is important. Make a commitment in the new year to try a little harder to do it better. Surround yourself with people who have better habits than you do and watch their influence rub off on you!

Cheers!