

# YOUR NERVOUS SYSTEM

Your nervous system is the **master control system** of your body. Through your nervous system you coordinate all your body's functions and movements, adapt to stress, sense the world, think, feel and express emotion. Your nervous system keeps you alive and healthy.

## YOUR NERVOUS SYSTEM IS:

 **BRAIN**  
+  
 **SENSE ORGANS**  
+  
 **SPINAL CORD**  
+  
 **NERVES**

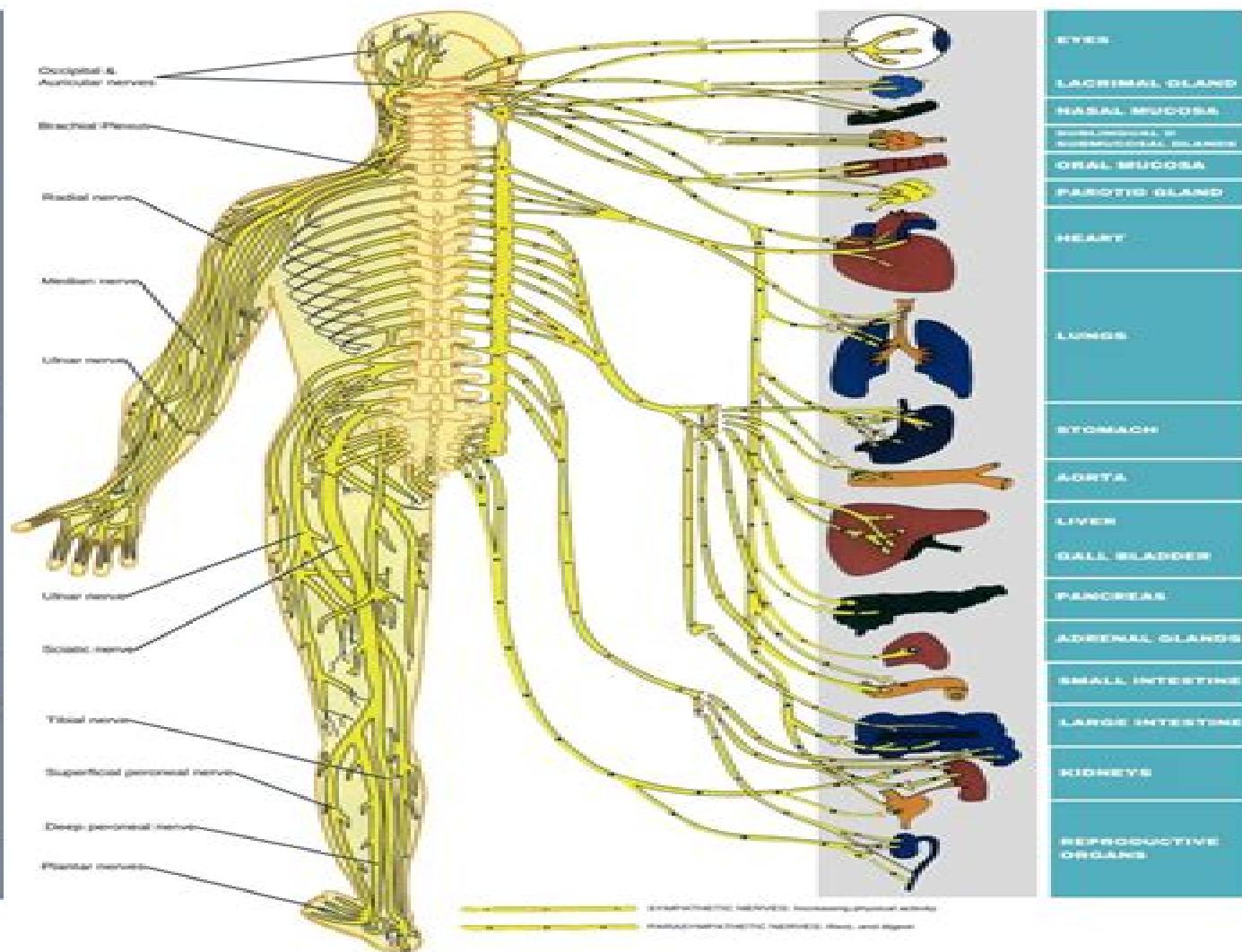
## Subluxations:

 Some areas of tension, altered motion, or spinal misalignment that can interfere with nervous system function

 They can affect the functions of your body well before spinal pain or discomfort is noticed

 Research indicates that pressure equal to the weight of a 10kg person can alter the information flow along a nerve by up to 50%

 Your spine can moving well, free from subluxations, is central to the optimum health and well-being of your body and mind



# Nervous System For Dummies

**Arturo Cuomo**

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