Amazing things your body does every day.

A little something from all of us at Healing Humans. Your body is quietly doing remarkable work around the clock. Here are a few of our favorite facts, each with one easy thing to try.

01

You're taller in the morning.

The discs between your vertebrae soak up fluid while you sleep and slowly press it out during the day, so most people are about a centimeter taller when they wake up.

Try: a gentle stretch before bed helps them recharge.

02

Babies have about 300 bones. You have 206.

Many small bones fuse as we grow. Your spine starts with 33 vertebrae, and by adulthood several have joined to form your sacrum and tailbone.

Try: thank your skeleton by carrying bags on both sides.

03

Your discs love to move.

Adult spinal discs have almost no blood supply of their own. They take in nutrients a little like a sponge, and everyday movement is what keeps that exchange going.

Try: stand up and walk for two minutes every half hour.

04

Your head weighs about as much as a bowling ball.

Roughly 10 to 12 pounds. The further it drifts forward over a phone or laptop, the harder the muscles in your neck and upper back have to work to hold it up.

Try: lift the screen to eye level instead of dropping your chin.

05

Your nerves are faster than a race car.

The fastest nerve signals travel around 120 meters a second, well over 250 miles an hour, from your brain down your spine to every muscle and organ.

Try: balance on one foot while you brush your teeth.

06

Your skeleton is always renewing.

Bone is living tissue. Your body breaks down and rebuilds a portion of it all the time, which is why movement, sunlight and good nutrition matter at every age.

Try: a brisk walk in the morning sun.

07

You have more than 600 muscles.

Together they make up a big share of your body weight, and they love to be used. Even a few minutes of strength work a day adds up.

Try: ten slow sit-to-stands from a chair.

08

A slow breath out calms you down.

Making your exhale longer than your inhale nudges your nervous system toward its rest-and-repair mode. Your heart rate eases within a few breaths.

Try: breathe in for 4, out for 6, five times.

Healing **Humans**

Six small habits, big difference.

None of these take more than a few minutes. Pick one this week and let it become yours.

1. **Drink a glass of water when you wake up.**
   Your body goes hours without water overnight. Starting the day hydrated helps your joints, your discs and your energy.

2. **Get outside in the first hour of the day.**
   Morning light helps set your body clock, which makes it easier to fall asleep that night.

3. **Make "motion is lotion" your motto.**
   Short, frequent movement keeps joints happier than one long workout and a day of sitting.

4. **Protect your sleep.**
   Deep sleep is when your body does much of its repair. A cool, dark room and a steady bedtime go a long way.

5. **Eat the rainbow.**
   Colorful fruits and vegetables bring the vitamins and minerals your muscles, bones and nerves run on.

6. **Listen early.**
   Stiffness, tingling or a nagging ache is your body talking. It is usually easier to help when we hear it early.

Thank you for being part of the Healing Humans family. Whether it has been a week or a few years since we last saw you, our door is always open, and we would love to help you feel your best.

With care, the Healing Humans team

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