



# Your Amazing Body

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## And Get Your Finger Out of Your Nose!!!

Who knows how long it has been since Mom's have been telling their children to stop picking their nose!?! It has probably been since the dawn of time!! Right!?! And why not, everyone knows boogers are gross, don't they!?!

What makes boogers disgusting is mostly what they are made of. Boogers are formed in large part by mucus, that's the sticky, slimy stuff that's made inside your nose and lungs. (You probably just call it snot... YUK!!!) Get this, your nose and sinuses make about a quart (liter) of snot every day!!!! Disgusting!!! Why!?! Why!?! Why would our bodies that are so very smart make so much really disgusting stuff!?!

Well, it may be slimy, but mucus is also really important!!! First of all it keeps the lining of your nose moist which makes it difficult for bacteria to set up shop and grow and make you sick. It also warms up the air you breathe which is nice for your lungs. The other important thing it does is traps pesky bacteria, dust, dirt, pollen and other nasty things in the air you breathe and keeps them from ever getting to your lungs where they could cause big trouble. Particles like these get trapped in the mucus and then get wrapped up in the tiny hairs in your nose where they dry out and form a booger.

Boogers can be squishy and slimy or dry and crusty, depending on how long they have been hanging around in your nose drying out. Either way of course they are really gross! However, everyone gets them and they are a sure sign that your body is working the way that it should, keeping all of that pesky bacteria and dirt from getting into your lungs.

How does your body know how to do that? Well, you have an intelligence within you that you are born with. We all do.



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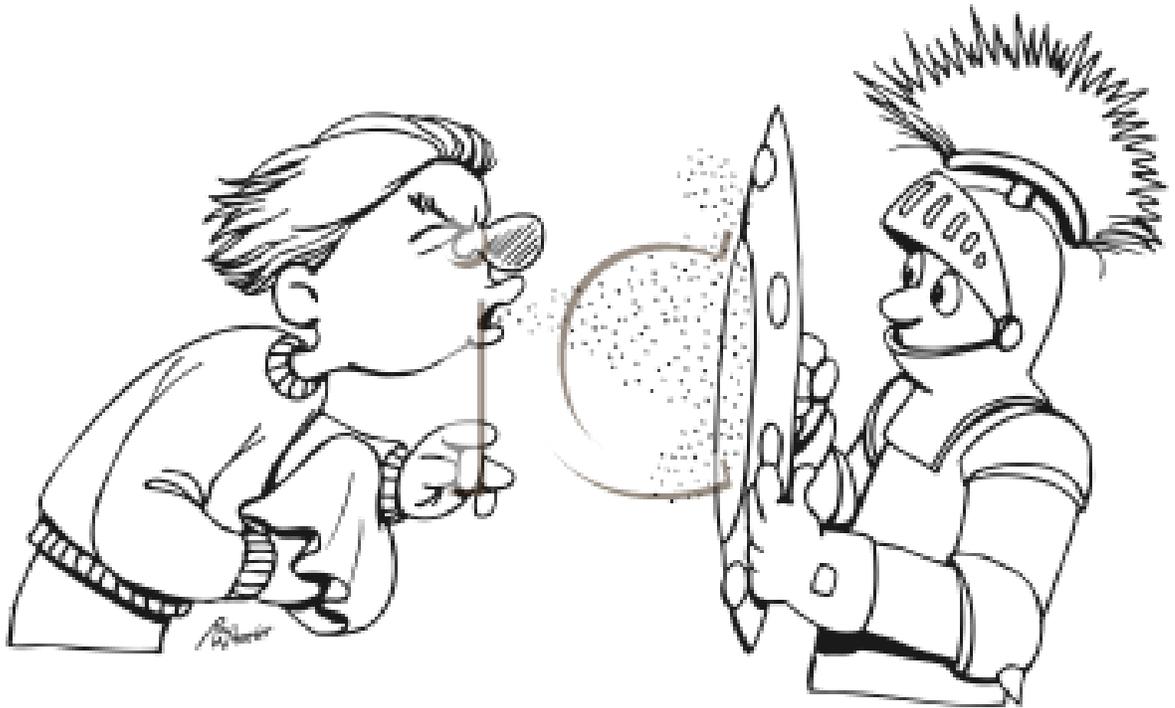
And that wisdom not only creates our bodies but keeps it working in organized fashion for our whole lives. It uses your nerve system to communicate and coordinate.

Chiropractors check to make sure that your inborn wisdom is expressed as fully as possible. They do that by making sure that the bones of your spine aren't disrupting the function of your nerve system. The clearer your nerve system, the better the communication and the better you can be the amazing person you were meant to be!!!

So even though they are super gross, you can probably consider boogers the guardians of your lungs! And for the record your mom is right. Because they can be loaded with pesky bacteria, the best way to get rid of them is by blowing your nose, not picking!!! So get your finger out of your nose!!! That's just gross!!!

- Judy Campanale, DC, ACP, FCSC (hon)

**Kids Coloring Page**



Parents: check out the research here:

<https://www.researchgate.net/blog/post/new-antibiotic-discovered-in-human-boogers>

<http://www.nature.com/nature/journal/v535/n7613/full/nature18634.html>

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