

## **The hypothalamus is our thermostat**

**Question:** Why does my body shiver when I change temperatures from hot to cold?

**Answer:** The hypothalamus gland, located in your brain, acts to balance temperature changes as they occur throughout the body. When your skin's thermal receptors notice that you're cooling down, a message is sent to the hypothalamus. It responds by directing warm blood away from the skin's surface. Blood vessels near the skin's surface and various muscles in the body begin to contract. Shivering starts in the head and works its way down the body.

Some muscles actually contract better than others, such as the mouth muscles, which cause your teeth to chatter. All this shivering actually helps your body to warm up and increases your metabolism, generating more heat. Isn't the nervous system great? Keep it fine tuned with regular chiropractic adjustments.

**Quote of the week:** *"The secret of health for both mind and body is not to mourn the past, nor to worry about the future, but to live the present moment wisely and earnestly."* – Buddha