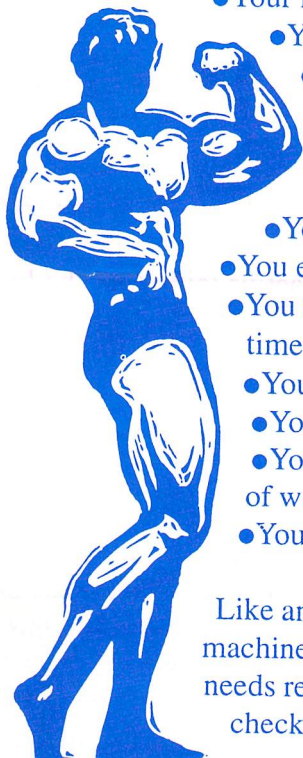


What Machine Could Do All of This?

For an average adult during an average day:

- You exercise 7,000,000 brain cells.
- Your heart beats 103,689 times.
- Your hair grows .01717 inch.
- Your blood travels 168,000,000 miles.
- Your nails grow .000046 inch.
- You breathe 23,040 times.
- You move 750 major muscles.
- You inhale 438 cubic feet of air.
- You speak 48,000 words.
- You eat 3-1/4 pounds of food.
- You turn in your sleep 25-30 times.
- You drink 2.9 pounds of liquids.
- You give off 85.6 degrees F.
- You lose in weight 7.8 pounds of waste.
- You perspire 1.43 pints.



Like any piece of finely tuned machinery, the human body needs regular chiropractic checkups/tune-ups.