

Taking Control of Your Health

THE STERN CHIROPRACTIC NEWSLETTER

Featured Topic: INNATE INTELLIGENCE

Referral Corner:

The Greatest Compliment my Patients Can Give is the Referral of Their Friends and Loved Ones. Thank You For Your Trust. This month, I would like to thank the following people: The Sapoznik Family, The Turnbull Family, The Perper Family, The Brand Family, The Kupperman Family, The Garlin Family, The Silver Family, Vicki Baker, Meredith Baker-Rush and Susan Gallas.

Charity Corner:

During November & December, Stern Chiropractic will be collecting non-perishable food for the Vernon Township Food Pantry as well as collecting contributions for The Lake County Meals on Wheels. A matching contribution will be made by Stern Chiropractic (certain restrictions apply). Please join me in helping those needier than ourselves.

Topic of the Month

INNATE INTELLIGENCE

Chiropractic is based on the idea that the body is born with its own ability to heal itself. This concept is not just some crazy chiropractic theory. Gray's Anatomy calls it "*that mysterious*

something" and Canon (well known physiologist) calls it "*The wisdom of the body.*" The fancy term we use to describe this concept is "innate intelligence", which means the body is born with the smarts to do what it needs to do when it needs to do it!

What causes illness and disease?

Our bodies being overwhelmed by **STRESS**. Such stressors may include poor diet, lack of exercise, physical stress or injury, emotional stress, chemical stress, etc... Chiropractic believes that such stressors "blow a fuse", if you will, in your nerve system. Chiropractors call this blown fuse "subluxation." If subluxation is left unchecked for too long, it starts to cause your nerve system to short circuit. This is when more permanent degenerative changes and damage occurs.

Subluxation is when joints in your spine get "stuck"

and put pressure on the spinal nerves. Spinal nerves carry information from all of the organs, muscles, joints, bones ... to the brain and back. Pressure onto these nerves causes a breakdown in your body's communication (nerve) system. The body can't express its full potential for health when there is interference in the nerve system! Chiropractors gently adjust (move) the joints of the spine to take the pressure off the nerve system, not unlike taking the kink out of a hose to allow the water to flow more easily and fully.

The way in which I practice chiropractic isn't just about getting checked and adjusted regularly. Recognizing that there are several stressors that interfere with the body's ability to heal itself, I promote a healthy lifestyle, including good nutrition and hydration, exercise and reduction of stress. The combination of a nerve system free of interference and a healthy lifestyle leads to a much greater level of health and wellbeing for your entire family.

Who needs Chiropractic?

EVERYONE! This is because people of all ages are exposed to stressors that tax their nerve systems enough to “blow fuses.” From the time you were a baby developing in the womb, through the time you take your last breath, your nerve system is bombarded by chemical (unhealthy food, drugs and other toxins), physical (minor injuries, accidents or ongoing repetitive actions) and mental/emotional stressors. Think about the infant’s journey during delivery- from the physical stress of the delivery, possible chemical stress of drugs given to the mom and the emotional stress of being swept away from its mom immediately for testing and a swift slap on the bottom, etc. Or think about your daily journey of traffic, work, family issues, more traffic ... We all have a lot of stress on a regular basis.

How do you know if you need to get adjusted?

The only way to know if there are any “blown fuses” in your nerve system is to be checked by a chiropractor. If you wait until you experience pain and symptoms, you’ve waited too long. Chiropractic is much more effective and efficient at keeping your body functioning at it’s best if your body gets regular wellness check-ups and tune-ups. Think of it like getting a lube and oil on your car or regular dental check-ups.

What can we do to reduce the stress and restore our 100% life potential and innate healing ability?

The following are some suggestions:

1. Have your family’s nerve systems checked regularly for subluxation.
2. Eat right and drink enough water.
3. Exercise regularly.
4. Get enough sleep.
5. Manage your stress – don’t let it manage you.

Let us help you restore your family’s innate healing potential and help you live a happier and healthier life. The younger you start the better off you will be so bring the entire family in for their nerve system check-ups TODAY!

Products of the Month:

Holiday Gift Ideas:

The following are some great holiday gift ideas to help your friends and loved ones have a happier, healthier and more relaxed holiday season:

Page Boy Book Stand – improve your child’s posture and reduce their eye and neck strain with this great portable book stand.

Sitback Rest – the best low back support cushion for your work, home or car.

Therapeutica Orthopedic Pillow – sleep comfortably

again while improving the health of your spine.

Therapeutica Spinal Support – the ultimate full spine support for any chair or car.

Qlink Pendant – this pendant will strengthen your resilience and resistance to the effects of stress.

RinoFlow Nasal & Sinus Wash System – a great drug free way to clean your sinuses and avoid sinus infections.

HTT10 Massage Chair – The best massage chair you have ever tried. It’s like having your own personal masseuse at your beckon call.

I hope this information helps you take control of your health and your life! If you have any questions, feedback or have any suggestions for future topics, please call or email me.

If you know someone who would be interested in receiving this newsletter, if you would like to receive this newsletter via email, or if you would prefer to no longer receive this newsletter, please let me know.

Don’t forget the importance of maintaining your health with regular chiropractic and acupuncture care.

Sincerely,
Gregg Stern, D.C., FICPA

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