

Hi All,

April is here and we have entered the 2nd quarter of 2010. How is your year going? Are you seeing the ABUNDANCE and SUCCESS that you had hoped for mentally, physically, spiritually, emotionally, financially and in your relationships? If you are, Congratulations. If you are not, why not?

You cannot get somewhere if you don't know where you are going. Make sure to carefully think about what is important to you and what you want. Write it down. Assign a reasonable time frame to achieve it and then lay out a plan on how you will achieve it, step by step.

Some of the things I have done in this regard are schedule set times to create, monitor and review my goals. Journal to track my progress and how I feel about things to make sure my head and heart are in the right place and that I still want what I thought I wanted. I take at least 1 action step a day to move forward toward achieving my goals. I talk to people about goals (like I'm doing now) to keep myself on task.

I recently completed a planning session where I redefined my purpose, mission and goals. I decided to invest more time, money and effort into moving myself toward the LIFE of my DREAMS. Here are a couple of examples:

I redefined my purpose in life: **My purpose** is to be happy, healthy, enjoy my life fully and help others to do the same.

I tweaked the Stern Chiropractic Mission Statement: **OUR MISSION** is to enhance the lives of our practice members through the **power of chiropractic**. By providing a full spectrum of wellness services and products, we strive to help health-minded families and individuals attain better health and well-being so that they may achieve their goals, live their dreams and share this gift with others.

I have just taken 2 HUGE action steps to move me along my path:

1. I am going on ChiroMission in May – a chiropractic mission to the Dominican Republic and Haiti to help those in need through the Power of Chiropractic.

2. I have reinvested in the already advanced technology I use here to evaluate and monitor your health and wellness. This additional technology,

approved by NASA, will now not only provide advanced measurement of the health of the Master Control System of your body, your Nerve System, but will also measure and monitor your ability to adapt to stress and provide an overall health and wellness quotient.

We have seen over and over again that regular chiropractic care enhances your body's capacity to manage stress and enhances your overall health and wellness. Now we can measure where you are currently at and create plans specifically tailored to your needs to help you achieve better health and a higher Quality of Life.

Everyday when you awaken you have a choice. You can choose your day or someone else will choose it for you. Choose your day and make it a GREAT one!

**Stern Chiropractic is Chicagoland's
Wellness Lifestyle resource and is here
to help guide you and your family to an
EXTRAODINARY LIFE of Love, Joy,
Health and Happiness in 2010.**

**Call NOW to get your family started
on their EXTRAORDINARY journey!**

I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.

**Become a friend on Facebook and see health and
wellness articles posted on a regular basis.**

Vitamin D deficiency during pregnancy may impair maternal and fetal outcomes.

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Over the past decade, new evidence has shown that vitamin D deficiency may contribute to the risk of developing a wide range of common chronic diseases that are different from the classic action on calcium and bone homeostasis. Acting through the vitamin D receptor, vitamin D can produce a wide array of favorable biological effects via genomic, non-genomic or intracrine mechanisms and, therefore, contributes to the improvement of human health in humans. We hypothesize that some of these effects may be even more critical during pregnancy. The focus of this paper is to review the data on the classic and non-classic actions of vitamin D with regards to pregnancy. It appears that vitamin D insufficiency during pregnancy is potentially associated with increased risk of preeclampsia, insulin resistance and gestational diabetes mellitus. Furthermore, experimental data also anticipate that vitamin D sufficiency is critical for fetal development, and especially for fetal brain development and immunological functions. Vitamin D deficiency during pregnancy may, therefore, not only impair maternal skeletal preservation and fetal skeletal formation but also be vital to the fetal "imprinting" that may affect chronic disease susceptibility soon after birth as well as later in life.

[Med Hypotheses](#). 2010 Jan;74(1):71-5. Epub 2009 Aug 18.

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Note: When supplementing with Vitamin D, you must use a High quality Vitamin D3 supplement. Stern Chiropractic carries the highest quality liquid vitamin D3 drops. They are flavorless and provide 1,000 IU's per drop. According to current research, everyone, even children, should be supplementing daily with Vitamin D.