



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Stern's Breakthrough Patient Newsletter...

### Stern Chiropractic, Ltd.

121 McHenry Rd., Buffalo Grove, IL 60089

847-537-BACK (2225) - fax: 847-537-2226

[www.SternChiro.com](http://www.SternChiro.com)

Dear Patient and Friend,

If you are a procrastinator, now may be the time to consider the health price you may be paying for this habit. Procrastination may be the worst enemy of optimal health. We think about exercising and eating healthy foods, however postponing these changes is much easier than actually performing them.

When this attitude dominates our behavior, we have turned into an "after" person, dealing with health issues after they arise. This is reactive habit and we will make health decisions based on pain or fear. Pain will

actually make the decisions for us at times. However, pain is a signal that something is already wrong. Our health is already compromised, sometimes seriously.



Fear is another reactive motivator that may also convince us to change our health habits. Unfortunately, fear brings with it a certain level of anxiety that may damage the good health we are striving for.

Fear develops when we read newspaper ads and hear advertising on television describing various health problems. Often the fear instilled by these ads may lead us to ask for prescription medications we may not really need.

Fear and pain are negative motivators, and they depend on negative reactions as motivators for good health habits. If we wait for

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fear or pain to motivate us, we may suffer pain and/or serious health problems.

When we make a decision to act, rather than react in the area of health habits, you are improving your chances for a healthy life. This decision means you will be a “before” person, because you build health before problems begin, rather than treating problems after they arise.

Chiropractic care is a natural health care tool not only to correct problems after they arise, but also to help prevent problems from developing in the first place.

Chiropractic, which focuses on the body's ability to heal itself, focuses on the spine as the avenue of communication between the brain and every cell and organ in the body. When this natural communication system is disrupted by displaced spinal vertebrae, health problems can result.

Chiropractors help prevent health problems by identifying and correcting spinal misalignments, even before health problems occur.

Regular chiropractic care can be your best health habit now and for years to come.



Don't be a health care “after” person. Instead, choose the natural way to prevent problems and create a lifetime of optimal health through regular chiropractic care.

**Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health.** Optimal health is one of our

most valuable possessions. We should value ourselves enough to strive for the highest level

of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals.

Chiropractic care can help give us the natural health we deserve when we commit to learning more about our bodies and take all of the necessary steps to stay well.

**“Regular chiropractic care can be your best health habit now and for years to come.”**

# Join Us and Celebrate *EARTH DAY - April 22, 2008*

*Who Says You Can't Change The World?  
In Honor of Earth Day, We Are Celebrating the Week of April 21 - April 26*

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**E**arth Day, which began in 1970, is now celebrated by millions of people worldwide. This year is its 38th anniversary, and around the world, hundreds of thousands of nongovernmental organizations, governments, teachers, and faith-based groups, among others, are making plans to declare that they are part of something extraordinary: a worldwide movement to protect our planet, our children, and our future. This year, Earth Day Network's theme is *Protect Our Children and Our Future*.

This Earth Day, hundreds of major events will take place around the world, in communities large and small, in classrooms, in places of worship, in parks and on beaches. From Kiev to Beijing, from India to Romania, from Africa to the Americas, we will demonstrate our diversity and our resilience.

*Earth Day* is a perfect opportunity to reflect on the inter-relationship between human ecology and global ecology. *Earth Day* educates and mobilizes people worldwide for environmental protection. It is our responsibility to keep our environment clean and safe for generations to come and this is a great opportunity to bring people together for the common good.

And you needn't wait for April 22, to help protect the Earth. *Earth Day* is every day – to build a better future for the environment we all need to be working toward solutions on a year-round basis. *Earth Day* is the only event celebrated simultaneously around the globe by people of all backgrounds, faiths and nationalities. More than a half billion people participate in *Earth Day* campaigns every year.

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**Who Says You Can't Change  
The World?  
YOU  
can make a difference!**

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## Closing Thoughts...

### **The Healing Benefits of Hugging!**



**Hugging is healthy:** *It helps the body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.*

**Hugging is all natural:** *It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100% wholesome*



**Hugging is practically perfect:** *There are no moving parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft proof, non-taxable, non-polluting...  
**And, of course, fully returnable.***