

Hi All,

August is here and there is still plenty of time to enjoy the beautiful summer weather and to create the BEST YEAR OF YOUR LIFE.

In addition to having another opportunity to create the BEST YEAR OF YOUR LIFE, August also brings with it the start of school. We all want the best for our children and what could be more important than their health and happiness? With the start of school we want to make sure that their immune systems are strong, their attention is focused and they are performing at their best (physically, mentally, spiritually and emotionally).

The nerve system controls the function of every organ, tissue and cell in the body which includes your children's immune systems, their ability to focus and process information and their ability to perform at their highest level, physically, mentally, spiritually and emotionally. Even more important, if the nerve system is not clear and healthy, your children will not express their full life force and potential and never become all that they could be.

The only way to determine the functional health of your children's nerve systems is through a nerve system check-up (chiropractors are the only doctors trained to do this and **Dr. Stern is the only National Board Certified Pediatric specialist** in the area).

Don't you want your children to have the best possible shot at doing their best in school, sports, dance, extracurricular activities and LIFE?

If so, schedule nerve system check-ups for your children at Stern Chiropractic TODAY!

Let Stern Chiropractic help guide you and your family to an EXTRAODINARY LIFE of Love, Joy, Health and Happiness in 2009.

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.

The following is important information for all of you who have children playing any type of contact sport.

Effects of concussion last decades

Tue Jan 27, 2009

CHICAGO (Reuters) – A single concussion early in an athlete's career can take a toll on memory, attention and reaction time 30 years later, Canadian researchers said on Tuesday.

Compared with athletes with no history of concussion, those who had sustained a concussion had memory and attention problems and had slower reaction times, researchers reported in the journal Brain.

"This study shows that the effects of sports concussions in early adulthood persist beyond 30 years post-concussion and that it can cause cognitive and motor function alterations as the athletes age," Louis De Beaumont of the University of Montreal, who led the study, said in a statement.

De Beaumont studied former university-level athletes aged 50 to 65, most of whom had played hockey. Nineteen had sustained a concussion more than 30 years prior; the remaining 21 had not. All were healthy and physically fit.

The former athletes answered questionnaires on their general health and took a battery of memory and attention tests. Those who remembered having had concussions did more poorly on the tests.

De Beaumont said the findings suggest "athletes should be better informed about the cumulative and persistent effects of sports concussion on mental and physical processes so that they know about the risks associated with returning to their sport."

