



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Stern's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

"You've got to have heart!" What does this phrase mean to you? Many of us hear this expression and feel it means to have a passionate interest in living. This may be true, but for a moment let's expand our thinking and come up with some other meanings. For example, we really do need a healthy heart to thrive and survive in these fast paced times. These days, maintaining a healthy heart can be much more challenging than it was years ago, in much quieter times.

As the world moves around us in frantic speed, our bodies create their own mechanisms to adapt to the physical, chemical and emotional demands we place on them. We sometimes take the resilience of our hearts for granted, until one day we may experience a wake-up call, demanding our attention.

This awakening can lead to a desire to educate and empower ourselves and change our lifestyle habits to promote a healthy heart. This awakening helps us to realize the impact of stress on our hearts and in our lives.

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A heart healthy lifestyle can be ours if we practice the five fundamental guidelines to optimal health:

1. Healthy Diet... The food we put in our bodies today makes up the cells and tissues we live with tomorrow. We need to make healthy food choices for optimal health.

2. **Proper Rest...** Sleep is a critical factor in enabling our bodies to heal and re-charge each day. We cannot just “wing it” on a couple of hours of sleep and expect to perform at our best.
3. **Exercise...** “Use it or lose it.” We have heard the old saying many times and we know it’s true. We must exercise our bodies to experience health. A sedentary lifestyle can lead to many health issues.
4. **Attitude...** This is the vital mental key enabling us to put it all together for optimal health. A positive attitude helps keep stress in check. The right attitude develops a good, loving heart helping to defeat unhealthy emotions such as anger, fear and blame. It is necessary to practice positive acts every day to help maintain loving attitudes.
5. **Maximum Nerve System Function...** We cannot underestimate the power of the healing life energy our nerve system provides for all of the body’s functions. The vital life force energy of the nerve system integrates all aspects of well-being and health. A fully functioning nerve system maximizes the health of all tissues, organs, muscles and cells, including the most important muscle we have, the heart.



Chiropractic care focuses on all five aspects of health, with special emphasis on a healthy nerve system. This attention to the spine through proper alignment of the vertebrae allows us to experience our healthiest selves. ***Have some heart!*** Be kind and gentle to yourself and others. Think and do the things that support the emotional, physical and spiritual well-being of your heart.

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The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

In this extraordinary Patient Newsletter, **Chiropractic Miracles**, we will discuss different topics of interest, documented research studies, and even personal success stories. **I will reveal to you my personal “Guide to Chiropractic Wellness” which will absolutely arm you with the tools necessary to make the best health decisions for yourself and your family.**

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the “Chiropractic Lifestyle.” I commend you for taking charge of your health and the health of those you love!

Exploring a Common MYTH about CHIROPRACTIC ...

Is Chiropractic Care Dangerous?

Fact ...

The safety of chiropractic care has been well documented in professional journals of all kinds. Serious side effects of a chiropractic adjustment occur approximately one out of every one million adjustments. Compare this to the serious side effects of medicines and surgical errors to put safety into perspective. Research reveals that some 100,000 people die each year from the effects of prescription drugs. Overall, 51% of approved drugs have serious adverse effects not detected prior to approval.

Each year prescription drugs injure 1.5 million people so severely they require hospitalization and 100,000 die, making prescription drugs the fourth leading cause of death in the United States. The bottom line is that chiropractic care is far safer than any medical care you can receive.



Is Chiropractic Care Safe?

Yes! Chiropractic is among the safest of the healing arts. As proof, simply compare malpractice insurance rates between chiropractors and other health professionals. Chiropractors' malpractice premiums are a small fraction of those for medical doctors. Also, by avoiding the potentially devastating side effects of drugs and surgery, chiropractic care enjoys an excellent track record. In fact, chiropractic care has proven to be 100 times safer than taking an over-the-counter pain reliever. The most common side effect is better health for people of all ages.

Truth...

Chiropractic...

puts nothing in the body...takes nothing out of the body...treats no disease or symptoms of the body...makes no claim to heal...gives nature the credit...aligns the spine to restore vital nerve flow...gives nature a higher potential to heal the body.

Pain...

Any pain whether emotional, physical or mental has a message. Once we receive this message and follow its advice, the pain goes away. A problem is an opportunity to discover your best effort!

Six Immediate Steps To Healing

1. ***Say "NO" Whenever Necessary.*** Break the people-pleasing habit when it is detrimental to your own well-being. It is not selfish to take care of yourself first. It is a necessity. You cannot give from an empty cup. Speak up for yourself more often. Set realistic limits and boundaries for yourself and stick to them. Don't fall for guilt trips that lead you to agree to things that are too much for you to handle.
2. ***Listen To Your Body.*** Tune in to your own body and take care of yourself. Start by resting when you feel tired, eating when you feel hungry, and saying "NO" when you have reached your limits. Most importantly, take the time to do the things that are important for your health.
3. ***Let Go Of What's Not Working.*** This means unhealthy relationships, stressful jobs or repressed emotions. Healing begins when you let go of the situations and feelings that no longer serve your life in a healthy manner. When you let go, you begin the process of allowing positive and fulfilling situations to enter your life, such as positive people, healthy relationships and better opportunities.
4. ***Accept Yourself.*** Part of the process of creating health is accepting your uniqueness of yourself. Loving who you are is a very powerful method for healing and health.
5. ***Say "YES" to feeling good.*** Start believing in the possibilities of good health. Don't fall prey to the myths and traps associated with aging; learn to live with growing older. Harness the gift of education by learning more about healing and building better health.
6. ***Get A Chiropractic Adjustment.*** 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. A chiropractic adjustment is the quickest and most effective way to release stress in your nerve system. Removing interference in your nerve system gives your body the ability to heal and regulate at its optimal level.



:: Chiropractic: Bringing Out The Best In You

Choosing Your Chiropractor As Your Family Doctor

Millions of people around the world are experiencing the miraculous benefits of living the "Chiropractic Lifestyle." It is becoming more and more evident that people are sick and tired of taking a pill for every ailment and they will no longer accept it. **The popularity of chiropractic continues to grow and become**

more widely accepted as primary health care than ever before.

The chiropractic approach to healthcare is holistic, stressing the patient's overall health and wellness. It recognizes that many factors affect health, including exercise, diet, rest, environment and heredity. Chiropractors provide a natural, drugless, non-surgical approach, and rely on the body's inner recuperative abilities.

Chiropractors emphasize the importance of healthy lifestyles and do not prescribe drugs or perform surgery. As a result, chiropractic care is appealing to many health-conscious Americans. Chiropractic care has

become more accepted as a result of recent research and changing attitudes about alternative healthcare practices.

As you personally benefit from corrective chiropractic care, you take on some new responsibilities. As your pain is eliminated, your energy increases, your sleep habits improve and you are living a more vital life than ever, it is your responsibility to share your success with others you care about. Then others can improve their lives as well. **Sharing with your family is the best place to begin!**

More and more families today are choosing to consult their family chiropractor first, before their traditional medical doctor. That is a smart choice. Adverse reactions to drugs are epidemic and surgery is becoming more and more dangerous. Chiropractic offers safe, natural and effective results.

Family care can start from the very beginning. Newborns, infants and children benefit from chiropractic care. Detecting and correcting childhood problems can help to avoid problems later in life. **A healthy spine and nerve system, working at its very best, keeps people of all ages looking and feeling their best!**

Fascinating Facts To Think About

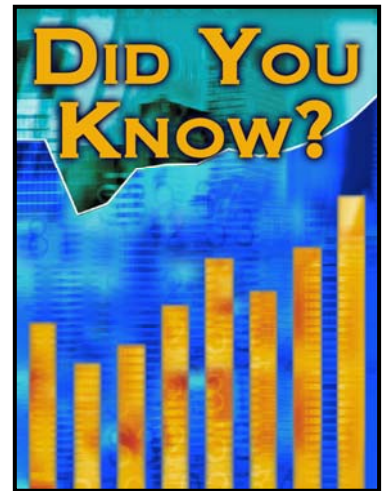
Did You Know?

❖ **Stop skipping breakfast.** Diet research shows that eating in the morning can speed your resting metabolic rate by 10 to 25 percent after your meal, according to Georgia G. Kostas, RD, director of nutrition at the Copper Aerobics Center in Dallas. That means you start burning calories at a much quicker rate than if you waited until noontime to grab your first meal.

❖ **Stressed out?** Physical activity protects against harmful effects of stress. Researchers at the University of Texas MD Anderson Cancer Center, Houston found that during periods of high stress, those who exercised less reported 37 percent more physical symptoms than their fitness conscious counterparts.

❖ **Flavonoids, natural chemicals found in orange juice,** may be responsible for heart-healthy benefits. Participants in a University of Western Ontario study who had high cholesterol raised their “good” HDL cholesterol by 21 percent after drinking 3 glasses of orange juice a day for 12 weeks.

❖ **What *not* to do with the flu.** Taking aspirin or acetaminophen may prolong the flu up to three and a half days, according to a study in *Pharmacotherapy*. It is reported that the drugs interfere with the body's infection-fighting powers. Researchers recommend sticking to time honored cures instead: bed rest and lots of liquids.



❖ **Turning on the light in the middle of the night** when you need to use the bathroom may disturb your biological rhythms, according to Brigham and Women's Hospital, Boston.

❖ **Extra virgin olive oil means it's unrefined.** Spanish research reports indicate that extra virgin olive oil is much better than other varieties at preventing the kind of LDL oxidation that can damage arteries. That's because it's rich in protective compounds usually lacking in refined oils.

CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

Life in Full Focus!

Today I am fortunate to say that I have been pain free for a year. I see Dr. Stern on a regular 3-week interval to keep my body and life in balance. The last time I was in his office I was looking at the same pictures that have been on his wall since I started coming to his practice. The difference is this time I was able to notice the dimension in the picture. Thinking about this made me smile as I realized that I'm able to see my life in full focus now that I don't have to focus on the pain!

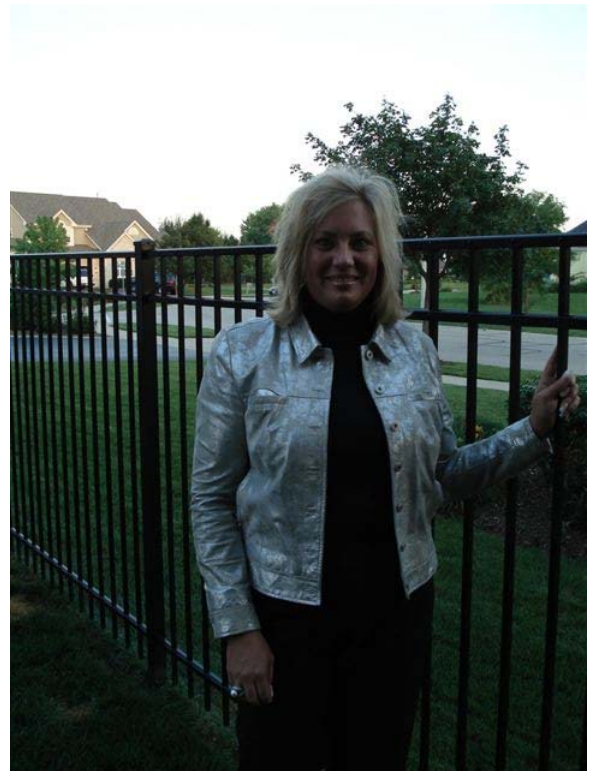
Unfortunately, Chiropractic care can easily be viewed as an unnecessary expense or something to do only when in pain. While it was the pain that drove me to seek care, I have

experienced that keeping my spine in balance keeps my life in balance. I have learned so much from Dr. Stern on the importance of keeping my neurological pathways clear and achieving a healthy lifestyle -- I couldn't imagine not having a regular appointment.

I'm passing along my story, as I was new to the area a year and a half ago. Moving here from another state and having lower back pain when I arrived, I didn't know whom to turn to for care. It was my good fortune to meet a nail technician who had clients treated by Dr. Stern, and she encouraged me to give him a call. I'm so thankful today for that recommendation!

Sincerely,

Linda Oines



Closing Thoughts ...

Principles For Personal Success!

We should always follow the golden rule about how we would like to be treated if we were in another person's shoes.

- ***We need to keep a pleasant personality.*** People prefer to do business and interact with people they like. People like to associate with people who are pleasant to be around. Pleasant people portray themselves as sincere with a generous, cheerful and considerate attitude.
- ***Maintaining optimal physical and mental health is essential.*** Even if we already have an enthusiastic and positive attitude, we must control our mental and physical habits so they remain life enhancing and productive for success. Proper rest and relaxation are vital to renew energy and sharpen purpose and focus. Most of us realize optimal health is the key to expressing our best, however we need to remember that regular chiropractic care is a necessary step toward physical and mental wholeness.
- ***Forming good habits is really smart.*** Both good and bad habits are formed the same way- through repetition. By understanding this, we have the power to change a negative habit into a positive habit by repeatedly commanding our thoughts and actions through positive motivation. These steps ensure that the positive habits become automatic.
- ***Always giving that "little extra" can elevate our daily lives and help make a difference in the lives of others.*** Studies indicate that a shift has taken place from the "me" generation to the "we" generation. When we reach within ourselves, we will find that "extra something" we can give to those around us. When we give more than is expected from us, life will reward us. Elbert Hubbard wrote, "Folks who never do any more than they get paid for never get paid for any more than they do." Always give that extra something. You'll be glad you did and someone in the world will be better because of it.

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I challenge you to give that "something extra" and make your life even happier, healthier and more successful. Make a bigger difference in the lives of others because that is where real joy comes from, making others happy.

I ask you to welcome challenges, look for opportunities in every situation to learn and grow, delight in the beauty around you and offer your sincere caring and kindness to others. This is the real "stuff" of life.

I am committed to giving you that "something extra" because I am committed to making a bigger difference in the lives of my wonderful patients.