



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Stern's Breakthrough Patient Newsletter...

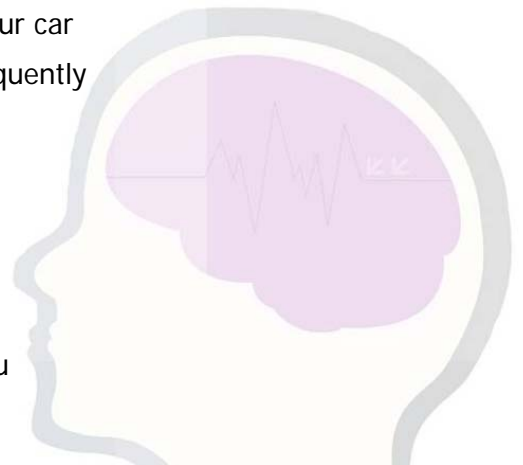
Stern Chiropractic, Ltd.
121 McHenry Rd., Buffalo Grove, IL 60089
847-537-BACK (2225) - fax: 847-537-2226
www.SternChiro.com

August :: 2008

Dear Patient and Friend,

What do our body and our automobile have in common? Our body and our car have very complex operating systems that we take for granted and infrequently think about unless something goes wrong.

Years ago, you may have learned to drive a car with a manual gearshift, which was located either in the steering column or in the floor of the car. You learned deliberate motions to move the gears through each position. Most cars today, have gears that shift automatically while driving and you are not even aware of these movements.



In many ways, our body functions like a car with an automatic gear shift. Every second, the human body automatically performs millions of vital functions, without us even being aware that it is occurring.

The brain, the master controller of the body sends messages to all parts of the body through the nerve system. These millions of detailed processes are ordered and controlled by the brain. A critical element in this communication system is the spinal cord, which is housed within the spinal canal. This canal has many openings in the vertebrae through which the spinal cord and its membranes pass to all parts of the body.

INTHISISSUE

- | | |
|---------|--|
| Page 2: | Your Body and Your Automobile |
| Page 3: | You Have The Power to Be Healthy |
| Page 3: | How Does Stress Affect The Nerve System? |
| Page 4: | Life Exercises |



The vertebrae protect the delicate nerve system. This system is a miraculous network of inborn intelligence and it enables the body to heal itself and regulate itself, as long as there is no interruption in the system. However, stress and strains of daily living can cause the spinal vertebrae to misalign and cause an interruption of the communication process.

We seldom think about the complex and automatic operation of our bodies or our cars unless there is a problem. When we have car trouble, we take our car to a car mechanic to fix the problem because cars cannot heal themselves. Similarly, when our bodies express symptoms and we feel sick, we often take over-the-counter medications or we go to a health care provider who may prescribe medications. However, we may forget **the first step in restoring health is to locate the cause of the problem. Remember, the body is capable of healing itself, as long as there is no interference with its inborn intelligence. The next step toward health is to correct the cause of the problem.**

This leads us directly to chiropractic, the only healthcare system focusing on the correction of misaligned spinal vertebrae that interfere with the body's communication system. When these misalignments are corrected, the body's inborn intelligence can function properly again. This restores the body's natural ability to heal and regulate itself, without the need for medications.

For over 112 years, chiropractors have empowered people to understand that every function of the body is controlled and directed through the nerve system. Health comes from within. When the nerve system is clear from any interference and the communication from the brain to organs and tissues is 100%, the function of the body will be normal, and normal function brings health.

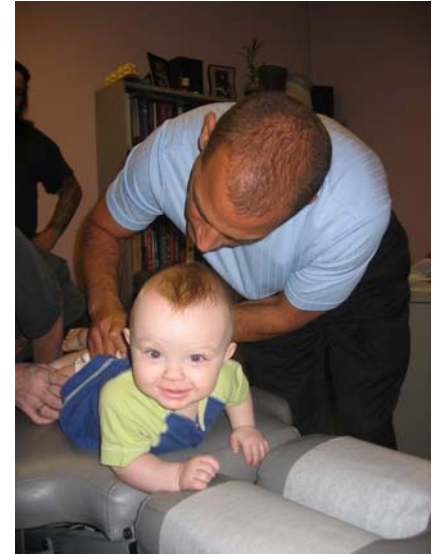
Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer pressing questions. **It will absolutely provide you with all of the tools necessary to empower you to make the best health choices for you and your family and guide you on a path to "optimal health."**

You Have The Power To Be Healthy!

-Source: Journal of American Health Policy, 1992

Perhaps the greatest discovery of our time is the awesome power of the human body to heal and rejuvenate itself.

The generally accepted philosophy of health and wellness is drastically shifting. Traditionally, drugs and surgery were utilized as solutions to health problems. Today, more and more people refuse to rely on drugs and surgery and are shifting to a more natural approach to health and wellness. They are searching within their own bodies and allowing the power of the body to heal itself.



This approach is what chiropractors have been sharing with their patients for 112 years. The power that made the body is the same power that heals the body. This is the foundation of chiropractic care. Millions of people are discovering that chiropractic care is one of the most sensible and safe methods to optimal health and wellness.

Have You Heard?

Chiropractic patients tend to have substantially lower health care costs, according to a review of data gathered from over two million chiropractic patients in the United States. The data also indicated that chiropractic care reduces the need for both physician and hospital care.

— CM —

How Does Stress Affect The Nerve System?

Stress is a normal everyday occurrence, but the body's inability to adapt to stress is like a time bomb waiting to explode.

Physical stress can result from accidents, falls and poor posture. Because the spine is a lifeline for the body, poor posture may indicate spinal misalignments. Part of the brainstem enters the first vertebra of the spine; however, if this vertebra is not in proper alignment, abnormal pressure may be placed on the brainstem and the nerves originating from that area.

The body's health is seriously affected by this pressure and a Doctor of Chiropractic is the only health care provider trained to detect vertebral subluxations. Through a series of gentle adjustments, the chiropractor realigns the spine for the restoration of health.

Closing Thoughts ...

Life Exercises

- ◆ Every so often, push your luck.
- ◆ Never underestimate the power of a kind word or deed.
- ◆ Never give up on anybody; miracles happen every day.
- ◆ Become the most positive and enthusiastic person you know.
- ◆ Learn to listen.
- ◆ Think big thoughts, but relish small pleasures.
- ◆ Don't expect others to listen to your advice and ignore your example.
- ◆ Opportunity sometimes knocks softly.
- ◆ Leave everything a little better than you found it.
- ◆ Don't forget a person's greatest emotional need is to feel appreciated.
- ◆ Never waste an opportunity to tell someone that you love him or her.
- ◆ Treat everyone you meet like you want to be treated.
- ◆ Make new friends but cherish the old ones.
- ◆ Don't use time or words carelessly; neither can be retrieved.
- ◆ Judge your success by the degree that you're enjoying peace, health and love.
- ◆ Smile a lot; it costs nothing and is beyond price.



-Author Unknown

It is time that you recognize how wonderful, powerful and perfect you already are. All of the answers you will ever need are right inside of you. All you need to do is trust your inner wisdom. Set your goals, raise your standards, and choose to show up as the "Best YOU Ever!" Decide to live in the present and live an "EXTRAORDINARY" life. Share this valuable information with those you care about so they can transform their lives too!