



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,

Facts can be your best friends and not your enemy. *Don't confuse me with the facts*, is a funny phrase we sometimes hear. It is funny to us because we all know that sometimes we are quick to make decisions without knowing all of the facts. Sometimes we make impulsive health decisions without knowing all of the facts. Then, this issue isn't very funny at all. When we have a health issue, facts can be very important. In fact, knowing the facts, can be the difference in life and death.

We need factual answers to the following questions:

What is wrong with my body?

What are my options to resolve the problem?

Which option is the best for me?



Usually when our health is threatened in some way (injury or illness), we seek help from a source we trust. Children turn to mom and dad for help, while adults seek different healthcare solutions if they cannot resolve the problem themselves.

The more facts we learn, the more we understand that *going natural* is better for us in choosing

foods and in choosing healthcare. Sometimes we allow advertising or the casual opinion of a friend to determine how we answer important questions about our health. We may see an ad on television, giving a list of symptoms, and we may decide that a particular medication will solve our health problems.

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So we ask the doctor to prescribe it, without ever answering the questions, *What is wrong with my body?* and *What are my options for making it better?* and *Which option should I choose?*

When it comes to our health, our most important asset, we need to know all of the facts. We need to know how the body works, and we need to know that the body has a natural ability to heal itself. The fact is ... having a healthy spinal column is a critical component to health. The brain and nerve system perform the basic function of communicating messages to every tissue, organ and cell of the body and the spinal column protects this process.

When a spinal vertebrae is misaligned, caused by an injury or simply an activity of daily living, these misalignments (subluxations) can interfere with the communication from the brain to the body, leading to many health problems. Chiropractors are educated and trained to detect and adjust subluxations, restoring health naturally.

If you have hesitated to seek chiropractic care because you have never tried it or *you don't believe in it*, take time now to learn the facts. Try chiropractic, and you will see for yourself how healthy you can be. Chiropractic is a healthcare system built on the body's natural ability to heal itself.

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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.**

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!

The Most Powerful Doctor In The World Is YOU ...

Our Society Is ...

- Too quick to rely on drugs
- Too quick to consent to surgery
- Too quick to give away our power and decision making abilities to others

In a time when our society is making more responsible decisions about our environment, it seems logical that we would also look for a more holistic, more natural approach toward health care. It makes perfect sense to follow the laws of nature in caring for our bodies. How does chiropractic care fit into this approach?

Chiropractors educate patients to understand that the human body has the ability to heal itself. A chiropractic adjustment removes any interference in the nerve system, which may be preventing the body from healing itself. When the nerve system is free from interference, the body can heal naturally. Clearly, chiropractic care is one of the first action steps we should take when dealing with a health concern. Chiropractic care is drugless, noninvasive and far less risky than many conventional medical approaches.



Medical care does serve an important role in a crisis situation when emergency care is needed. However, no drug or surgical procedure can restore the vital life energy that is halted by a subluxation (misaligned vertebrae). Only a chiropractic adjustment can restore the natural pathway of communication and allow healing to take place.

There is no doctor in the world more powerful than the inborn doctor within our own bodies. You are your own Master Healer and you know precisely how to run and maintain a healthy body.

Therefore ...

- Natural and safe approaches to optimizing health should always come first
- Chiropractic care is the number one recognized natural health care system in the world
- Drug intervention should occur only when absolutely necessary
- Surgery should be considered only as a last resort

Call for your chiropractic appointment today and discover a natural and safe approach to optimal health.

Closing Thoughts ...

Something To Think About ...

Imagine a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, of course!



Each of us has such a bank. Its name is **Time**. Every morning it credits us with 86,400 seconds. Every day we have failed to invest with good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for us.

Each night it burns the remains of the day. If we fail to use the day's deposits, the loss is ours.

There is no going back. There is no drawing against the *tomorrow*. We must live in the present on today's deposits.

Invest it so as to get from it the utmost in health, happiness and success! The clock is running. Make the most of today.

- To realize the value of **One Year**, ask a student who failed a grade.
- To realize the value of **One Month**, ask a mother who gave birth to a premature baby.
- To realize the value of **One Week**, ask the editor of a weekly newspaper.
- To realize the value of **One Hour**, ask the lovers who are waiting to meet.
- To realize the value of **One Minute**, ask a person who missed the train.
- To realize the value of **One Second**, ask a person who just avoided an accident.
- To realize the value of **One Millisecond**, ask a person who won a silver medal in the Olympics.

Treasure every moment that you have. And treasure it more because you shared it with someone special. And remember that time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the *present!*

-Daniel Bai