



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

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Dear Patient and Friend,

Who can benefit from chiropractic care? Children certainly can. With high energy and great enthusiasm, they climb, jump, slide swing, run, skate and ride. And before they can do all these things, they must go through the up and down experience of learning to walk.

Although these activities are all a normal part of childhood, they can cause scratches, bruises, sprains, pains and even broken bones. Parents understand this and learn to cope with such challenges. For example, parents have their children wear a helmet while riding a bicycle. Elbow and knee pads are important while skating. These precautions help prevent injury as active children are growing up.

Although it is important to protect the head, knees and elbows, another part of the body remains vulnerable to injury, the spine. Even the process of learning to walk can bring hard falls that jolt the spine.

INTHISISSUE

- | | |
|---------|---|
| Page 1: | Who Can Benefit From Chiropractic Care? Children Can |
| Page 3: | Chiropractic: Bringing Out The Best In You...Carpal Tunnel |
| Page 4: | February 13 th -19 th Is..."Random Acts Of Kindness Week" |
| Page 5: | Calmness Is Healing |
| Page 5: | Do This, Live Longer |
| Page 6: | Fascinating Facts To Think About...Did You Know? |
| Page 7: | Listen To What Our Patients Are Saying...Kevin Van Kammen |
| Page 8: | I've Learned |

As children grow, rigorous physical activities can take a toll on the spine, yet many of us are not as aware of the need to protect this area of the body. Because there may not be visible signs of such injuries, we may not notice them right away. However, spinal injuries during childhood can lead to bigger problems later in life.

Childhood is not the only time when activities can cause spinal problems. In the adult years, auto accidents and falls can cause irreversible damage to the spine if left uncorrected. It is much easier to know that we need to see a dentist, because we are experiencing a toothache. We are aware that the sooner the cavity is treated, the chances are better that the tooth will not deteriorate. However, unlike a toothache, spinal subluxations may not cause immediate pain, but the same principle applies: the earlier a spinal problem is detected and corrected, the chances are better that it will not deteriorate into a more serious health issue. Considering our lifestyle from infancy to maturity, it is clear that regular chiropractic care is essential for a healthy spine throughout life.

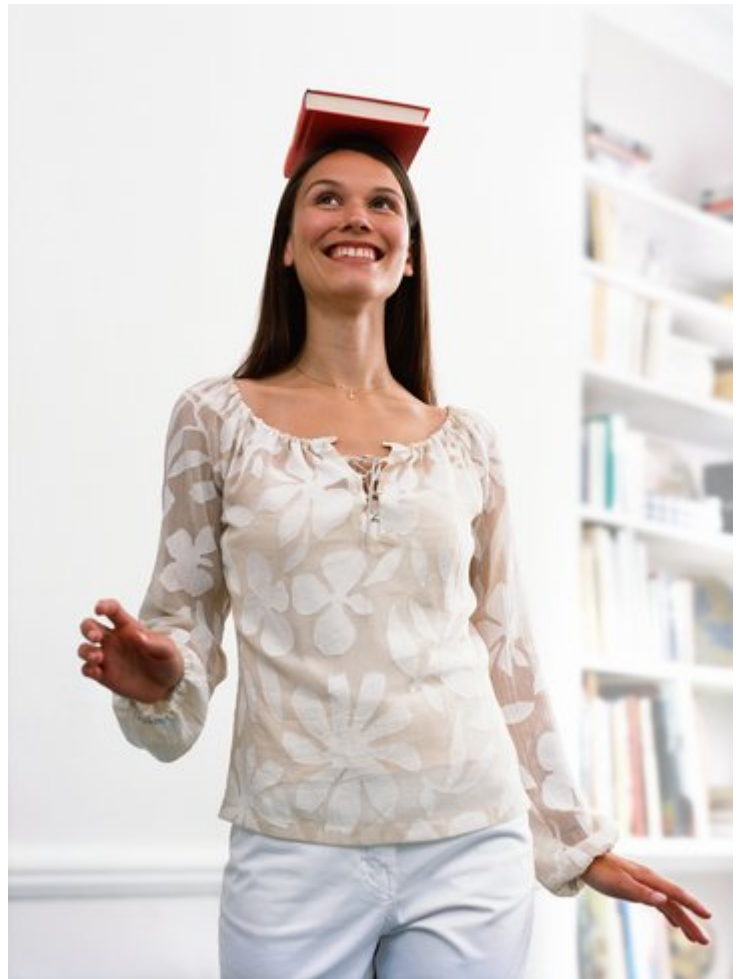
The spine has some surprising functions we may never have considered. The spine is very important to posture. In fact, did you know that proper posture helps our brain function better? It is true. Dr. Roger Sperry, 1998 Nobel Peace Prize winner for brain research, said most of the energy output from the brain is used to maintain the relationship of the physical body with gravity. "With poor posture, only 10 percent of the brain's energy output is used for thinking, metabolism and healing the body from illness," Sperry pointed out.

Since the spine is a critical element in proper posture, Dr. Sperry's declaration certainly seems to indicate that a healthy spine is of the utmost importance in health. As evidence of this fact, when individuals begin chiropractic care, it is very common for them to experience an increase in energy and an overall sense of well-being.

Doctors of Chiropractic focus on all 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. **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.

Who needs chiropractic care?

Children certainly! Adults certainly, and anyone who can benefit from a healthy spine!



:: Chiropractic: Bringing Out The Best In You

Carpal Tunnel Syndrome (CTS)

The Occupational Disease Of The 21st Century

Do you have it? You may if you have one or more of the following: tingling and numbness in the hand, fingers and wrist; swelling of the fingers; dry palms; blanching of the hand; and pain so intense that it awakens you at night with the possibility of similar symptoms in the upper arm, elbow, shoulder or neck.

Millions of people now suffer from CTS and increasing numbers of them are seeking chiropractic care. The drug-free chiropractic approach of releasing nerve and spine stress by freeing your body of vertebral subluxations has been a blessing to millions afflicted with this condition.

Just about anyone can get CTS. Today, office workers, computer operators, musicians and assembly line workers, among others, are most prone to CTS. CTS is commonly found in pregnant women, women who use birth control pills or individuals with an under-active thyroid.

The medical approach to CTS is to stop using the wrist in the same way by wearing a splint and immobilizing the joints. Resting the wrist in addition to ice and medications are also used. As many as 100,000 operations a year are performed for CTS and recovery from such surgery may take from 6 months to 10 years. Since the



medical treatment for this condition is so often unsatisfactory, medical doctors have for years been

recommending that patients consult experts in muscle and joint therapy.

Vertebral subluxations have been observed in many patients who have carpal tunnel syndrome. In fact, nerve compression in the neck can block the flow of nutrients to the nerves in the arm, shoulder, wrist and related areas, and make them more susceptible to injury. Not surprisingly, when 1,000

cases of carpal tunnel syndrome were investigated it was found that a large number of those suffering from CTS also had neck arthritis.

Anyone suffering from CTS should consult a chiropractor to ensure that their spine is free of spinal nerve stress. Chiropractic adjustments have made the difference for millions of people with CTS. It just may make the difference for you too.

February 14th – 20th Is...

Random Acts Of Kindness Week

“Random Acts of Kindness” are those sweet or lovely things we do for no reason except that, momentarily, the best of our humanity has sprung into full bloom. When you spontaneously give an old woman the bouquet of red carnations you had meant to take home to your own dinner table, when you give your lunch to the guitar-playing homeless person who makes music at the corner between your subway stops, when you anonymously put coins in someone else’s parking meter because you see the red “Expired” medallion signaling to a meter maid – ***you are doing not what life requires of you, but what the best of your human soul invites you to do.***

Here are some suggested Random Acts of Kindness:

- ❑ Give another driver your parking spot
- ❑ Really listen when someone is talking
- ❑ Spend an afternoon visiting the residents at a senior center or nursing home
- ❑ Look for the good in everyone you meet
- ❑ Give an extra concert or ball game ticket to a stranger
- ❑ Help someone struggling with heavy bags

Random Acts of Kindness for Children:

- ❑ Send letters, artwork, or special treats to soldiers in other parts of the world
- ❑ Draw Kindness Buddy names and secretly do something kind for that person
- ❑ Write positive notes to another child in class
- ❑ Write letters of appreciation to teachers who have made a difference in their life

Sharing your chiropractic experiences with those you care about is a “Random Act Of Kindness.” Just imagine how you could change someone’s life for the better by introducing them to the most effective, most natural way to achieve **ALL** of their health goals. Share with them how regular chiropractic care has helped you to feel better, increase your energy and vitality, and to be healthier than ever before. **Now that is a “Random Act Of Kindness” and a perfect opportunity to change a life.**

Lead With Your Heart by Practicing “Random Kindness and Senseless Acts of Beauty!” There are so many wonderful ways you can participate in “Random Acts of Kindness” Week! Regardless of the activities you choose, it will be fun, rewarding, and will impact the lives of the community and the world. Children and adults alike can demonstrate the magical, transformational power of simple kindness to our fellow humankind. ***Help Make The World A Better Place. PRACTICE “RANDOM ACTS OF KINDNESS.”***



Adapting to Stress: Calmness Is Healing

- CHI Newsletter Fall 2003

In an emergency room, a calm patient is far more likely to survive than a hysterical one with a similar injury. Calmness accelerates healing and recovery time. In fact, calmness not only governs healing, it is a prime determinant of "Quality of Life."

While inflammation, pain and edema can be described as noise in the cellular matrix of the body, fear, worry and irritation would be noise in the nerve system. These noises interfere with our lives, exhaust us, and wear down our resistance to disease, making us more susceptible to colds and flu, impeding recovery.

When our bodies are quiet, they are capable of amazing things. **Calming noise in the nerve system is probably the single most important factor in increasing the body's ability to heal itself and in increasing quality of life.** When our nerve system is quiet we are able to think more clearly, concentrate better and adapt to the environment at a much higher level.

A chiropractic adjustment is the quickest and most effective way to calm the nerve system and improve healing. **Since the nerve system is the chief means of communication in the body, noise can interfere with nerve flow and lead to health problems.** Doctors of chiropractic specialize in calming the nerve system by restoring vital communication within the body.

— CM —

Do This, Live Longer

- Men's Health March, 2002

Ever wonder if the two minutes it took you to scarf down that bag of chips took 2 minutes off your life? Health experts at *Loma Linda University* studied members of the California Seventh-Day Adventists, many of whom lead rigorously healthy lives and live longer than the rest of us. According to the study, here's how many years each of these habits could add to your life.

I hope that it is as obvious to you as it is to me that better lifestyle choices and simple lifestyle changes can dramatically affect the quality of the rest of your life. As a matter of fact, 37 percent of cancers and

50 percent of heart disease cases can be prevented through making these simple, yet critical lifestyle changes.

Vegetarian Diet: **Adds 2.4 Years**

Vigorous Exercise Three Times Each Week: **Adds 2.1 Years.**

Maintaining a Healthy Weight: **Adds 1.5 Years.**

Eating Nuts Five Times per Week: **Adds 2.9 Years.**

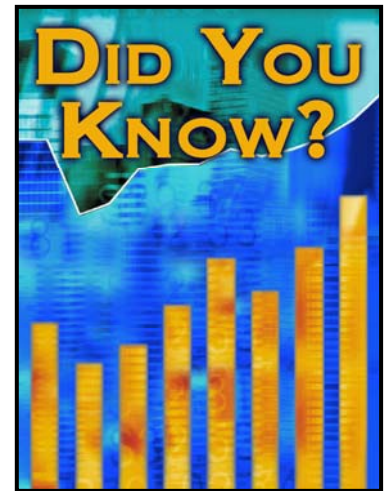
Never Having Smoked: **Adds 1.3 Years.**

Regular chiropractic care in addition to eating right, exercising, getting proper rest and reducing stress will absolutely improve the overall health and wellness of you and your family. **Remember that chiropractic is not a treatment of any disease, it is a lifestyle that one chooses to live for the rest of their life to stay healthy and improve their quality of life.**

Did You Know?

Fascinating Facts To Think About

- Carrots are one of the few vegetables that benefit nutritionally from longer cooking. The longer carrots are cooked, the more their vitamin content is released. Beta-carotene is more readily absorbed from cooked carrots than from raw ones. Carrots also help protect against cancer and offer benefits for the heart, circulation, eyesight and liver function.
- The closest thing to an anti-aging pill is EXERCISE. Physically fit people who eat a healthy, balanced diet and take nutritional supplements can live 10-20 years longer, biologically than their chronological age. Lack of exercise may account for as many as 250,000 deaths each year. Exercise can also help control blood pressure in aging individuals.
- New research from Cornell University shows that the benefits of an apple peel go far beyond its rich color. The peel contains high concentrations of phenolic compounds, such as the antioxidant quercetin, which is believed to have significant anticancer powers.
- More than 46 million people in the United States have made the decision to quit smoking and have succeeded. This accomplishment has far-reaching health benefits, as described by the U.S. Surgeon General: "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives."
- Eighty four percent of Americans spend 45 minutes a day cleaning. Why? Well, because of the mess, for one reason. But a Scotch-Brite survey also found 50 percent of women use cleaning as a stress releasing activity.
- Nearly 70 percent of married women say they spend fewer than 10 minutes a day caring for themselves. Oddly, fewer than 15 percent suggested having their husband take on chores as a solution. "We still feel guilty about asking men to do "women's work."
- Potatoes that are damaged, have turned green or are sprouting contain a toxic chemical called solanine. The amount of solanine increases if potatoes are exposed to light. At best, even small amounts of solanine will make you feel unwell.
- New research suggests antibiotics often don't help acute sinusitis in kids. So why prescribe them and raise the risk of creating antibiotic-resistant bacteria? Ask your child's doctor about alternatives.
Source: *Health*, July/August 2001.



CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

I have noticed several benefits of chiropractic care throughout my treatment, which began about 4 months ago. The reason I first came in was because I pulled my back playing volleyball. I had considered coming before that because of the good things my wife had to say about it, but unfortunately the injury happened before I started coming. The first stage of my care was to heal the back injury. **This method appealed to me because it is the body's natural way of healing as opposed to taking drugs.**

During this stage of treatment, my back gradually became better and was back to 100% after a few weeks.

Amazingly, my allergies which had been so bad prior to the treatment completely went away.

I noticed this while sitting out by the pool at my in-laws house, who live in the country and have a lot of weeds and trees around the yard. That used to cause my allergies to go crazy – runny nose, sneezing, and itchy eyes. But the week after beginning treatment I went there and had no allergy side effects – **no more need to take Claritin.**

Since this initial phase of treatment, I have continued getting adjustments weekly at first, and am now trying bi-weekly. **One major benefit I've noticed is improved posture and back strength.** I went through a stage where my back seemed to be a little sore, almost as if I had been doing a back workout at the gym. It seems this was because by correcting my posture, my back was adjusting to it. Now my back no longer gets sore, and in fact seems to be stronger and more supportive. I've noticed when running or working out, this posture and back strength helps improve the rest of my body's movement. Finally, I have realized that I used to sit with horrible posture at work which could've lead to my eventual back problem. I now notice this and correct it whenever it occurs.



Kevin Van Kammen

Closing Thoughts ...

I've Learned

-Andy Rooney

- ❖ That the best classroom in the world is at the feet of an elderly person
- ❖ That when you're in love, it shows
- ❖ That just one person saying to me, "You've made my day!" makes my day
- ❖ That having a child fall asleep in your arms is one of the most peaceful feelings in the world
- ❖ That being kind is more important than being right
- ❖ That you should never say "no" to a gift from a child
- ❖ That I can always pray for someone when I don't have the strength to help in some other way
- ❖ That no matter how serious life requires you to be, everyone needs a friend to act goofy with
- ❖ That sometimes all a person needs is a hand to hold and a heart to understand
- ❖ That life is like a roll of toilet paper...the closer it gets to the end, the faster it goes
- ❖ That we should be glad God doesn't give us everything we ask for
- ❖ That it's those small daily happenings that make life so spectacular
- ❖ That God didn't do it all in one day...what makes me think I can?
- ❖ That love, not time, heals all wounds
- ❖ That the easiest way for me to grow is to surround myself with people smarter than I am
- ❖ That everyone you meet deserves to be greeted with a smile
- ❖ That there's nothing sweeter than sleeping with your babies and feeling their breath
- ❖ That no one is perfect until you fall in love with them
- ❖ That life is tough, but I'm tougher
- ❖ That opportunities are never lost; someone will take the ones you miss
- ❖ That when you harbor bitterness, happiness will dock elsewhere
- ❖ That one should keep his words soft and tender, because tomorrow he may have to eat them
- ❖ That a smile is an inexpensive way to improve your looks
- ❖ That I can't choose how I feel, but I can choose what I do about it
- ❖ That when your newly born child holds your finger in his little fist, you're hooked for life
- ❖ That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it
- ❖ That it is best to give advice in only two circumstances; when it is requested and when it is a life-threatening situation
- ❖ That the less time I have to work with, the more things I get done

— CM —

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!