



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,

Symptoms are our body's warning system. When you feel symptoms such as pain or illness, do you find the cause of the symptoms or just silence it?

A red traffic light. The ringing of a telephone. The gas light in the dashboard of your car. The unmistakable sound of a police car siren. All of these examples are messages that tell us something is wrong, dangerous or requires action. We learn to recognize the messages of many universal signals and taking the necessary action steps becomes a habit. We **stop** at red traffic lights. We answer ringing telephones. We fill up the gas tank when the warning light comes on. We get off the road and let police cars pass. These are simple, well understood warning signals. We know what actions to take to respond to them. Why is it that in other areas of

our everyday lives, such as health, we frequently ignore signals completely?

Maybe if our bodies were equipped with mechanical devices that beeped or set off a siren at the first sign of illness, we would learn to respond quickly to protect our health. Instead, most people ignore pain and symptoms, which are the

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brain's way of letting us know a problem exists and needs to be corrected. We often expect the pain to just disappear or maybe a pill will mask the pain so it doesn't interfere with our daily activities.

From the time we are children, many of us are taught to silence our body's warning siren with a pill. When we do this, we leave the cause of the problem uncorrected and that can be potentially devastating. The underlying problem can become chronic, lasting months or even years and it can frequently lead to other major health issues.

Millions of people experience pain on a frequent basis. Many times this pain can interfere with their lives. They lose time at work and valuable time with their family. In many cases the pain can become debilitating. Conditions such as migraine headaches, back and neck problems, sciatica, arthritis and many other illnesses disable more people than heart disease and cancer.

Most important to optimal health is a healthy nerve system, which is composed of the brain, spinal cord and many nerves. When a spinal vertebra is out of its normal alignment, nerves can be irritated or pinched resulting in an interruption of communication in the nerve system, ultimately resulting in pain and subsequent health problems. Silencing or ignoring the body's warning signals can prevent the detection and correction of the underlying cause of ill health. **Act! Don't just react.** Listening more closely to the messages your body is sending can help you become healthier than ever before.

The chiropractic model of health and wellness does not focus on pain and symptoms. 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.

All you need to do for optimal wellness is to take the first step and recognize the messages your body is sending. Don't wait for something bad to happen. Make the decision today to live a healthier lifestyle because you deserve great health and wellness. You deserve a life filled with love, vitality and all of your dreams come true.

February 12th-18th 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 bags

Kids:

- 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*.**

The Law of Nature

We know and accept the laws of nature, but what would we do if some bizarre interference affected this natural process? For example, what would we do in the spring if the birds did not return from the south, the whales didn't migrate north, the trees failed to grow new leaves, or the temperature never changed? Would we ignore this unnatural, peculiar happening and continue on with our lives? No! We would be alarmed, knowing that something was very wrong.



We would search diligently to find what was interfering with the natural cycle of nature. Once we found the interference, we would then remove it and restore physical order to the world.

The natural rhythm of body health works in much the same way. Good health is a basic, natural state of the body. With proper nutrition, sleep and exercise, the power within the body automatically runs and maintains health naturally. However, subluxations of the spine can block the body's natural flow of life. The goal of chiropractic is to uncover such blockages and thus, restore health.

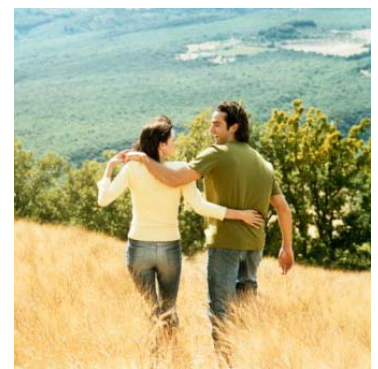
Myth... Chiropractors are *back doctors* who help people with aches and pains.

Truth... Chiropractors are doctors who specialize in correcting vertebral subluxations that interfere with proper nerve system function. The nerve system is responsible for coordinating and detecting all the functions of the cells, tissues, organs and systems of the body.

CM

Happiness Helps Keep You Healthy

"A happiness lapse could put your health in jeopardy, hints a major new study. This study sheds new light on the way we view the mental-health component in breast cancer and disease in general. The connection between psychological and physical wellness is only beginning to be understood, but it's the way of the future in medicine."



A good mood will definitely have your health on the upswing. **Happiness does not come to us. Happiness comes from us. It simply takes making the decision to be happy in the moment.** Today, trade your negative and weakening thoughts for positive thoughts. Allow your powerful thinking, your smiles and happiness to help you immediately breakthrough self-imposed limitations that you may have believed insurmountable. You will see your health and well-being improve instantly. Happiness will take you a long way! Share your happiness with others. Happiness is contagious! Make our world a much brighter place!

Think of what a joy and a privilege it is to be alive in this moment. Nothing else can compare. Stop for just a minute and reconnect yourself with the wonder and irreplaceable energy that is your life. Reacquaint yourself on a regular basis with this most fundamental of all your blessings.

Pre-School Children Fastest Growing Group Given Antidepressants

-Psychiatric Services, April 2, 2004

A study highlighted in the April 2, 2004 issue of Psychiatric Services reports that pre-school children are the fastest growing group of people in the United States being prescribed antidepressants.

The study covered the period between 1998 and 2002. By examining the insurance records of a random sample of two million children, researchers found that among children under the age of five, the number of boys prescribed antidepressants increased by 64% and the number of girls increased by 100%.

On March 22, 2004 the U.S. Food And Drug Administration (FDA) issued a warning that patients taking antidepressants, including children and teenagers, should be very closely monitored for increasing hostility, anxiety, insomnia and other behaviors that may be signs of deepening depression and suicidal tendencies.

Even pre-school kids experience stress including family difficulties, jumping and falling, and lack of parental attention. **I am concerned that we are nurturing a generation of drug dependent kids.** What kind of mixed messages are we sending our children when we counsel them to "Just Say No" in the schoolyard, but greet them with a kiss and a pill when they get home?

What can you do? Keep your expectations of your children reasonable. Give just a little more of your valuable time and attention to your children. Let them know how much you love them and how proud of them you really are. Hug them and make them laugh at least three times every day.

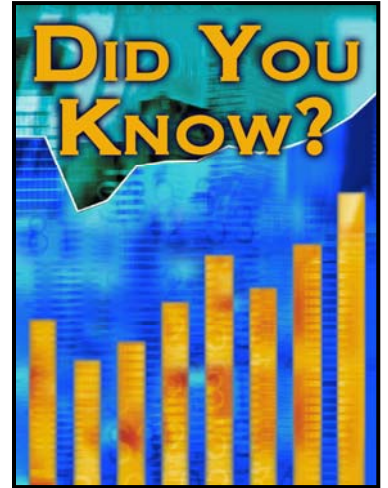
Get their spines checked regularly for vertebral subluxation and nerve system stress. Corrective chiropractic care gently realigns the misaligned vertebrae into its normal, healthy position and frees the nerve system from any interference and stress. This allows your child's nerve system and immune system to strengthen and function properly. **As a practicing chiropractor specializing in pediatrics, I find that adjusting children and removing stress to their nerve systems, insures the best possible healthy and stress free futures.**



Fascinating Facts to Think About

Did You Know?

- ❖ **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. Cited in *Self*, January 2001



- ❖ **Chronic stress lasting longer than a month** may make the body more susceptible to cold germs, reports a study from Carnegie-Mellon University. Subjects experiencing long-term interpersonal problems and job related stresses were up to five times more likely to catch colds when exposed to a virus than those who were not under similar stress.
- ❖ **Approximately 70 percent of residents in the United Kingdom drink tea on a regular basis,** and these individuals consume about three cups a day. Ongoing research reveals this level of tea intake may offer significant health benefits. In addition to tea's contribution to overall daily fluid intake, tea also contains powerful antioxidants. Tea also can contribute to our daily intake of other valuable nutrients.
- ❖ **Kiwis do have almost everything you would want in a fruit.** Kiwi has twice the amount of vitamin C as oranges, as much potassium as bananas, more fiber than apples, and lots of magnesium.
- ❖ ***Just five to ten minutes of sun exposure every day can yield important health benefits.*** A little sunshine may boost the brain's production of serotonin, a chemical that can enhance your mood and sense of well-being. A little sunshine may help our bodies process vitamin D, which in turn gives us energy. A little sunshine may inhibit the body's production of melatonin, a hormone associated with sleep. Of course, too much sun can lead to premature aging of the skin, cataracts and skin cancer. Appreciate the health power of small doses of sun, and protect yourself with sunscreen, sunglasses and clothing coverage if you're outside for longer stretches of time. Source: *Bally Total Fitness*



CHIROPRACTIC MIRACLES

"Listen To What Our Patients Are Saying"

This month I wanted to share with you a very special note, written on a very special card, sent to me by a very special person:

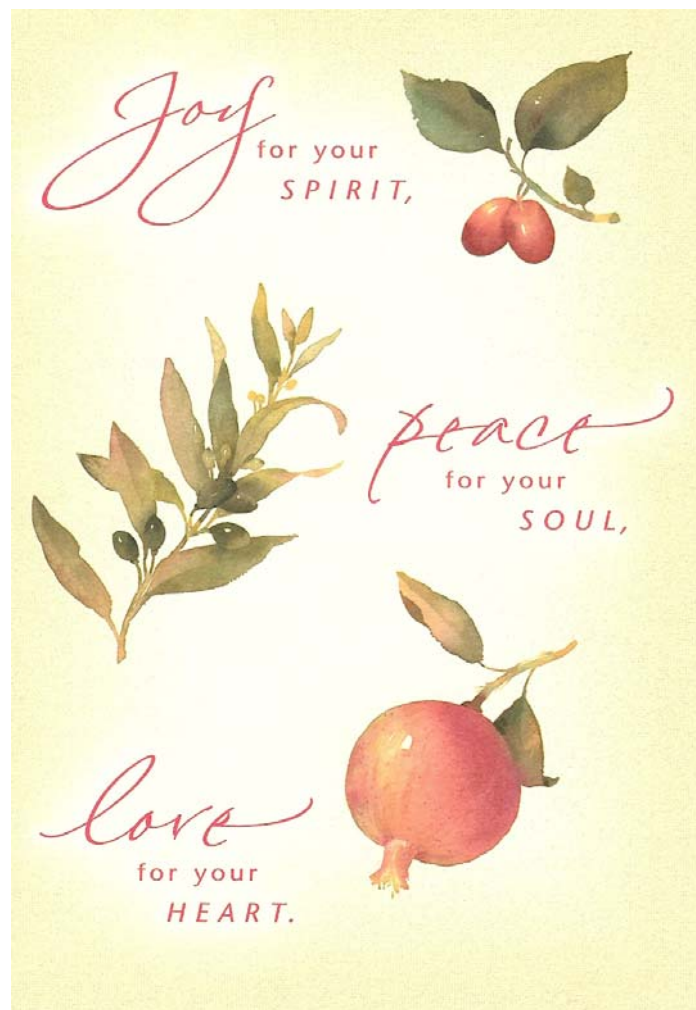
Dear Dr. Stern,

Thank you for being my health doctor!

You have changed my life!!

And you have changed my belief in myself!!!

-Helen Kay Sirek



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 grandchild 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!