



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,

When you are driving down the highway, do you ever look out the window at other cars and wonder where they are going in such a hurry? And then, do you ever wonder where YOU are going in such a hurry? Are you actually enjoying your day or just speeding through it?

Life moves pretty quickly these days. We are so busy living it that we forget to focus on the quality of our lives and participating in what really matters. We think, "I can't stop now, I have things to do, places to go, expectations to meet."

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We participate in a 21st century thievery operation. Not only is our time being stolen, but other things we value are being stolen, and we are allowing it to happen. Perhaps it is time to question ourselves about how we spend our time each day as well as what is most important to us in life.

Maybe we accept our time limitations, but we long for a better QUALITY of life. If you are somehow dissatisfied with life, try to

get down to the bottom of it. What is it that you want but do not have? Companionship? Recognition? Better health?

Most of us want a life in which we have time during the day to enjoy the special people or

activities that bring a smile to our faces and our spirits as well. We want to enjoy the PROCESS of life, not just the end result.

Underneath the quality of our day is the quality of our spirit and our health. It can be difficult to be happy when the body has unresolved health issues. Today, we are increasingly aware that nature offers the best solutions to many of our health issues. With renewed health, suddenly we become more patient, more tolerant, and less irritable individuals who can enjoy the PROCESS of life.

Since health underlies our participation in and enjoyment of life, doesn't it make sense to make our health a priority in our lives? Unfortunately, our society does not encourage us to investigate alternatives to accepted health care methods. We tend to accept what history has handed us, instead of asking questions and finding out ourselves which health care methods encourage the body's natural ability to heal itself.



No matter what your health problem may be, restoring nerve system function will help your body use its natural recuperative powers to heal itself. 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.

Don't let life pass you by. Take note of what really matters in life. Make your health a priority in 2008. 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.

Children Need Chiropractic Too!

Common Questions Asked By Parents About Chiropractic

“Which Common Children’s Disorders Have Been Linked to Spinal Subluxations?”

The most common reason children are taken to a Doctor of Chiropractic is for correction of spinal misalignments (subluxations) directly linked to some of the most common childhood disorders: earaches, headaches, colic, asthma, bladder control loss, stomach troubles, and growing pains. If a child is suffering from any of these issues, a visit to the chiropractor may be the answer.



“Can My Family’s Medical Doctor or Child’s Pediatrician Find Spinal Subluxations?”

Parents sometimes wonder if the family doctor or pediatrician can find spinal subluxations or determine the necessity for chiropractic care. With the right chiropractic training, it is possible they could. However, just as parents would not take a child to the dentist to put a cast on a broken arm, or to a medical doctor for a toothache, mothers and fathers should seek the appropriate professional for

determining the health of their child’s spine- a Doctor of Chiropractic.

Americans are the most “overmedicated and over operated on” people in the world. Hospitals are overflowing, mental institutions are flooded, the disease rate is increasing much faster than the population, and the cost of health care is rising

even faster than the disease rate. Pills, shots and potions, along with unnecessary surgery, have made the U.S. the sickest, most drugged nation in the world.

Chiropractic care, on the other hand, has only one side effect - good health! Chiropractic care takes nothing away from the body, nor does it add anything to it.

Chiropractors simply locate and correct interferences to normal nerve control so the “power” that made the body can heal the body. Chiropractic plays an important role in taking responsibility for our health!

Closing Thoughts ...

Teaching the ABC's To Your Children

-Glenda Hotton, M.A. Counselor

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- A baby is sitting on a light-colored floor, surrounded by numerous colorful, three-dimensional alphabet letters. The letters are scattered around the baby, some in the foreground and some in the background. The baby is looking towards the camera with a neutral expression. The letters are in various colors including red, blue, yellow, green, and purple. The background is a plain, light-colored wall.
- A**lways be on time.
 - B**e a model of honesty.
 - C**are about their hurts.
 - D**o acts of kindness.
 - E**very day give plenty of hugs and kisses.
 - F**orget past offenses.
 - G**ive occasional "token gifts" of love.
 - H**ave a happy disposition.
 - I**nvest quality time.
 - J**ump for joy when they bring home good grades.
 - K**eep looking for the good and positive.
 - L**isten to their cares and woes and excitement.
 - M**ake adjustments for physical pain.
 - N**ever criticize in front of their peers.
 - O**nly say words that edify.
 - P**ut on the heart of patience.
 - Q**uietly discipline in private.
 - R**ecognize each child is creatively, uniquely different and specially gifted.
 - S**pend time reading to them and listening to them read.
 - T**ake care of yourself.
 - U**nderstand the age appropriate behavior of each child.
 - V**oicing - teaching them to share facts, thoughts, ideas, dreams, opinions, intuition.
 - W**elcome their friends.
 - X**-ray to the need of the heart.
 - Y**esterday does not have to dictate today.
 - Z**oom in on good behavior.