

Hi All,

It is a new year with abundant opportunity and great promise. How do you plan to make this the BEST YEAR of YOUR LIFE?

Let's start with making each day a GREAT DAY!

Your thoughts create your reality so let's make sure you are focusing on thoughts that will get you to where you want to be.

Create a road map to get to your destination. Create goals so you have a written plan of what you want and use daily affirmations to keep your thoughts positive and keep you on course.

Make sure you awaken on the right side of the bed. Start every morning with your "Hour of Power."

Upon awakening, have a routine that you follow to assure that you will CREATE A GREAT DAY for yourself and everyone around you.

Personally, I choose to awaken early and meditate for an hour or do yoga but there are many things that you can do i.e.:

- Exercise
- Meditate
- Pray
- Read
- Review your goals
- Recite your affirmations
- Paint, sculpt draw
- Visualize your day, week ...

An "Hour of Power" can be an hour, two hours or just a few minutes but make sure that everyday when you awaken you choose your day or someone will choose it for you and it may not be the day you want.

Stern Chiropractic is Chicagoland's Wellness Lifestyle Resource, please let us know how we may help you.

**Stern Chiropractic is here to help guide
you and your family to an**

EXTRAODINARY LIFE of Love, Joy, Health and Happiness in 2010.

Call NOW to get your family started
on their EXTRAORDINARY journey!

I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.

Become a friend on facebook and see health and wellness articles posted on a regular basis.

See Bonus Attachments Enclosed –

1. Message of Wisdom for the New Year
2. Flyer for a Family Wellness & Fun Fair on 1/31/10

Message of Wisdom for the New Year

The following points were taken from an 11/05 presentation by Dr. Deepak Chopra with additional commentary by Dr. Gregg Stern.

1. Change your perception of reality.
 - Reality is not physical, it is mental energy
 - Your reality is based on what is going on in your head – MAKE IT GREAT!
2. Your mind and body need rest.
 - Rest allows you to heal & rejuvenate physically, spiritually & mental/emotionally.
 - This can be accomplished through meditation and/or sleep.
3. Pay attention to nutrition.
 - Your body needs proper nutrition to heal and flourish.
4. Include proper nutritional supplementation in your diet
 - The foods of today are refined and processed to the point where you are not getting all the nutrients you need.
 - Proper supplementation requires guidance. Work with your Chiropractor or nutritionist to set up and monitor a supplement regimen.

5. Work on Mind-Body coordination.

- Activities such as Tai Chi, Chi Gong, martial arts, dance, and deep breathing are just a few examples of activities that integrate the mind and body – do whatever works for you.
- These activities should be practiced regularly to maintain and enhance the connection.
- What part of your being connects the mind to the body?
 - The Nervous System

6. Regular Exercise enhances your physical, mental and spiritual health.

7. Clear out the toxins in your body and your life.

- Detoxify your body, mind and spirit.
- Eliminate the toxic relationships and circumstances in your life.

8. Learn to let things go.

- Be flexible and adaptable.
- If you cannot control it, do not try to – just adapt to it.

9. Start experiencing all the Love and Happiness that surrounds you.

- Look for the good in things and enjoy them.
- Hang out with people that support you and help you grow.

I do understand that much of this is easier said than done but don't be too hard on yourself and don't expect to accomplish all of this in a day. Your life and health are a work-in-progress and require ongoing attention.

If the above information intrigues you and you would like to take the 1st steps toward better health and well-being, we are here to help. Stern Chiropractic serves as the health and wellness coach for many families, more than likely, for families you know. Dr. Stern specializes in pediatric, maternity and family wellness care and is here to help and serve you in any way he can.

If you desire better health and wellness, call us TODAY for your health and wellness evaluation.

Let Stern Chiropractic be your health and wellness coach!