

Hi All,

Wow, it is already mid-summer. Have you done EXTRAORDINARY things this summer or has half the summer just slipped by before you knew it? Either way, there is something that you should always keep in the front of your mind:

**Today is the best day of your life (if you want it to be) and it is the only day that actually exists.**

This means that the present moment is the only time that actually exists. The past is just your memory of what you perceived happened and the future is just your projection of what could happen but the present is the only thing actually happening now. So, the idea is, be in the present. Participate mentally, physically, spiritually and emotionally in what is happening right now. Drag yourself out of your head and experience the NOW. LIVE MORE, LOVE MORE and BE MORE.

In addition, everyday when you wake-up, you have the absolute ability to consciously decide what type of day you are going to have, GREAT or bad. It is just as easy to pick GREAT so why don't you give it a try.

Each morning when you awaken take a moment before you get out of bed and visualize yourself having THE BEST DAY OF YOUR LIFE. Tell yourself "TODAY IS GOING TO BE THE BEST DAY OF MY LIFE." Say your daily affirmations (create some if you do not have any and make them positive). Consider waking-up early for your "Hour of Power." This can be anywhere from a few minutes to an hour or more where you do something positive (i.e. meditate, exercise, review your goals and affirmations, pray ...) that will propel you into a GREAT day.

If you are having the BEST DAY OF YOUR LIFE, everyone around you will be encourage to do the same.

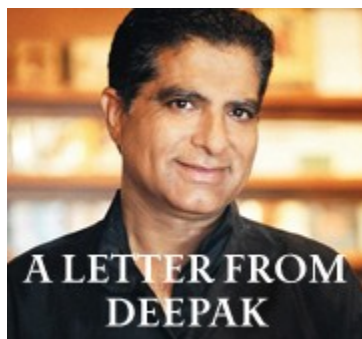
Create a happier, healthier, more loving and present world, one GREAT day at a time.

**Let Stern Chiropractic help guide you and**

# your family to an EXTRAORDINARY LIFE of Love, Joy, Health and Happiness in 2009.

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.

## The Essential Ingredients of Mind-Body Health



The assumption that healthy people are just lucky, have good genes, or practice preventive medicine is no more than a half-truth. The healthiest people in our society – meaning those who avoid catastrophic disease and live to a happy old age without any major debilitating illnesses – fall into a different profile. According to current medical understanding, here are the essential ingredients of mind-body health:

**1) Emotional adaptability.** This is the single most important factor in staying well and living long. It's the ability to let go and remain open to change. Everyone suffers losses and setbacks, but some get stuck in their pain, storing emotional toxicity or [ama](#) that contributes to imbalance and illness. Fortunately, emotional resilience is a quality that we can develop in ourselves.

**2) Good coping mechanisms.** There are two ways to cope with life's uncertainty: acceptance and resistance. Acceptance is allowing events to unfold around you and reacting to them spontaneously, while resistance is fighting against the natural force of evolution. Nature will ultimately win, and our struggle against the river of life creates a lot of wear and tear on our body and accelerates the aging process. Cultivating acceptance is a powerful coping skill that doesn't imply being passive or letting go of desire; it is actively practicing the Law of Detachment, which is based on an unwavering belief in the power of your true Self.

**3) Self-empowerment.** Numerous studies show that people who feel victimized or out of control are at higher risk for physical and emotional illness. Those who constantly feel like a victim of life make the mistake of false identification: They see themselves as limited and isolated, not realizing that our essential nature is pure potentiality.

**4) Stress reduction.** Stress exacts an enormous toll on our mental and physical health, including high blood pressure, heart disease, stomach ulcers, cancer, insomnia, depression, and autoimmune diseases. While many claim to thrive under pressure, no one maintains health and well-being in the face of constant long-term stress.

One of the most effective stress relief tools we have is [meditation](#). When we meditate, our breathing slows, blood pressure decreases, and stress hormone levels fall. Beyond these

significant health benefits, the greatest gift of meditation is the sense of calm and inner peace it brings into your daily life.

**5) Feeling loved, wanted, and useful.** All three are necessary for optimal health, and the healthiest people make choices to maximize their experience of these positive qualities. In fact, emotional deprivation is as unhealthy as a lack of good food, essential vitamins, and adequate sleep.

**If someone were to come to me for a physical exam, I'd certainly comply, but before they left I would do everything possible to put them on the right track to optimal health, which has little to do with doctors and everything to do with self-awareness and balance.**

Love,  
Deepak