

Hi All,

Welcome to July. Wellness is a “Buzz word” right now but what is it? Wellness is your capacity to “ADAPT” to the ongoing stressors and changes in life while you continue to move forward along the health continuum.

How do you know your level of health and well-being?

Your nerve system is the master control system of your body, controlling the function of every organ, tissue and cell in your body. Knowing the health of your master control system would be the right place to start.

Think about your nerve system like a 4 lane information superhighway. Is your information superhighway in good repair or are there constant construction and traffic jams?

Dr. Stern is a Diplomate in Chiropractic Pediatric, Maternity and Family **Wellness** Care and not only is he constantly reviewing the research to be at the cutting edge of wellness but for years has had very High Tech equipment to measure and monitor your nerve system for road construction and traffic jams.

Now we have some very **BIG NEWS**.

Stern Chiropractic has reinvested to obtain the newest and highest level of wellness technology. With the newly added technology we now have the capacity, not only, to measure where and how much construction and traffic is on your information superhighway but also now we can measure and monitor your nerve systems capacity to “ADAPT” to the ongoing changes and stressors you experience. This means we can measure your Wellness.

This new technology combined with our ongoing study of wellness makes Stern Chiropractic your family’s GPS to a Healthier, Happier and Higher Quality Life. We are not just your normal run-of-the-mill GPS, NO, we have the Technology to help guide you around the traffic and move you along your journey toward everyday being your **BEST DAY EVER!**

**** July Special Wellness Offer ****

50% OFF all Adult and Child New Patient Evaluations

- Appointment must be in July & you must mention this offer when you call to schedule your appointment.

Come Experience Our New Technology and Discover
Your Wellness Score!

Stern Chiropractic is Chicagoland's
Wellness Lifestyle resource and 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.

**Combined Unhealthy Behaviors Associated With 4-Fold Increased
Risk for Death**

April 26, 2010 — Smoking, lack of physical activity, poor diet, and alcohol consumption, when their effect is considered collectively, appear to be associated with a substantially increased risk for death, according to a new study.

Elisabeth Kvaavik, PhD, from the University of Oslo, Norway, and colleagues note that most studies evaluate these risk factors as independent entities, but "to fully understand the public health impact of these behaviors, it is necessary to examine both their individual *and* combined impact on health outcomes," they write in the April 26 issue of the *Archives of Internal Medicine*.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

The researchers interviewed 4886 individuals in the United Kingdom who were at least 18 years of age in 1984 to 1985. Participants were allocated a health behavior score, with 1 point assigned for each of 4 poor behaviors:

- smoking;
- fruits and vegetables consumed less than 3 times daily;
- less than 2 hours of physical activity per week; and
- weekly consumption of excessive alcohol (>14 units [1 unit equals 8 g] of alcohol for women and >21 units for men).

In addition, risk increased with an increasing number of poor risk behaviors. Compared with those with no risk behaviors, the adjusted hazard ratios for total mortality associated with 1, 2, 3, and 4 poor health behaviors were 1.85 (95% confidence interval [CI], 1.28 – 2.68), 2.23 (95% CI, 1.55 – 3.20), 2.76 (95% CI, 1.91 – 3.99), and 3.49 (95% CI, 2.31 – 5.26), respectively (*P* value for trend < .001).

During 20 years of follow-up, 1080 participants died:

- 431 from cardiovascular disease;
- 318 from cancer; and
- 331 from other causes.

Individuals with all 4 behaviors had about 3 times the risk of dying from cardiovascular disease or cancer, 4 times the risk of dying from other causes, and an overall death risk equivalent to being 12 years older than those with none of these behaviors.

"Modest but achievable adjustments to lifestyle behaviors are likely to have a considerable impact at both the individual and population level," the study authors write. "Developing more efficacious methods by which to promote healthy diets and lifestyles across the population should be an important priority of public health policy."

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