



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,

Making a promise is a very powerful action to take. Many times during our lives, we are asked to make promises to do certain things. For example, at age 16, we receive a driver's license that requires us to make a commitment to obey the laws of the road. If we fail to obey these laws, we may pay a price. We might pay a fine or lose our driver's license for a while. Many lessons can be learned through experiencing loss. We learn quickly to pay close attention to speed limit signs and reduce speed when necessary. Experiencing loss can teach us a practical lesson such as this. However, it also helps us change behavior in other ways.

Have you ever experienced the unfortunate loss of a loved one? Grief is a common and expected emotion to feel at this time. In addition, we frequently feel a sense of regret that we did not fully appreciate and value the relationship we had with our loved one until it was lost. Regret is a very difficult emotion to deal with. Usually

we can choose to celebrate the wonderful memories; sometimes we may choose to change our future behavior with our loved ones who are still with us. We make promises to spend more time with the people who are important to us and tell them how much we value and appreciate the relationship. Loss can teach us a valuable life lesson.

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In other words, sometimes we tend to take things for granted until we lose them. It is when we lose them that we truly understand their value in our lives. We can understand this concept in other areas of our lives as well: financial independence, health and happiness. We can promise ourselves that we will reach specific goals regarding financial independence and even happiness. These promises have little value if we don't have good health to follow through with them. It seems unfortunate to me that our own health frequently seems to be the personal asset we take for granted the most. Because we take our health for granted, we may never have set an effective plan to insure optimal health today and in the future.

The best promise you can make **TODAY** is to make the health of you and your family top priority. Promises are powerful. A promise means that we state an action that we will take and not allow anything to stop us. We can use this powerful tool of making a promise to create and implement a health plan that focuses on the body's natural ability to heal itself. Make a promise to yourself to prevent health problems before they arise by eating well, exercising, getting enough rest and committing to a chiropractic corrective and wellness care plan.

Chiropractic care focuses on **YOU** and your body's ability to heal itself. Chiropractic emphasizes the necessity of having a healthy spine in order to insure optimal health. The brain, the body's central command center, sends messages to every tissue, organ and cell of the body through the nerve system. These messages can be interrupted through misalignments of the spinal vertebrae (subluxation) caused by activities of daily life including falls, sports and accidents.

Traditional medicine utilizes drugs to treat and mask the symptoms, while chiropractors realign the vertebrae of the spine, restoring the body's natural communication system. Chiropractors locate and correct the cause of the problem so true health can be restored.

Don't make the unfortunate mistake that so many people make. Don't take your health and your family's health for granted. Make a promise to yourself **TODAY** to make chiropractic a part of your healthy lifestyle and insure yourself and your family a healthy future.

Are Children Being Overmedicated?

Parents are much too quick to give over-the-counter medication to their children for things such as sniffles, sore throats or aching stomachs, concludes a federal study performed by the National Center for Health Statistics and reported in the *Journal of the American Medical Association*.

Evidence suggests that some of these medications provide few benefits and, in many cases, may even be harmful. Many pediatricians were not surprised by the number of parents who overuse medications, even though the parents were told the medications would not help children recover from common illnesses.

"Everyone thinks that if you take a pill, you'll get better. And that's a terrible message for anybody," says Dr. Debra Esemio-Jensen, head of the pediatrics clinic at *North Shore University Hospital* in Manhasset, NY. She said she is particularly opposed to the use of cold medicines.

"The high usage rate of these medications may be a tremendous waste of money and many of them unnecessarily expose children to toxicity," says pediatrician Dr. Anne Gadomski.



Chiropractic care offers a wonderful solution to many common childhood illnesses. Chiropractic care is a gentle, safe and noninvasive approach to restoring the natural, inborn healing powers of the body. Regular chiropractic care can help anyone, at any age, achieve optimal health.

Parents who often appreciate the importance of checkups for their child's teeth, hearing, eyes, ears, nose and throat draw a blank when it comes to their child's spine. In fact, a spinal check-up could be one of the most important of your child's life.

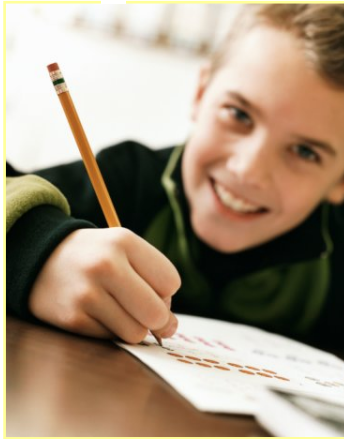
Meditation for Moppets

Stressed-out kids are finding relief in relaxation techniques such as meditation.

Business Week - March 29, 2004

Every morning and evening, 12 year-old Haig Monokian sits in his room, closes his eyes and focuses on his mantra. This straight-A student believes meditation helps him to calmly handle days packed with school, music lessons, basketball, karate and the pressures of preteen life. "If I am stressed out about something, meditation makes me feel better. I don't lose my cool that easily."

Researchers are finding that even in children, this technique of deep relaxation can reduce anxiety and improve everything from blood pressure to creativity and self-



esteem. Meditation has been shown to improve "executive functions" such as planning, organizing, regulating emotion and keeping to a task. "If meditation quiets the mind and improves brain function, wouldn't it be particularly helpful to those with learning disabilities and ADHD?" asks William Stixrud, a clinical neuropsychologist.

It has been found that students who meditate rated themselves as more alert, happier and less frustrated than those who did not meditate.

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Children experience stress and anxiety just as adults do. Their days are jam packed with school work, sports activities, music, religious lessons, spending time with friends and peer pressure. Don't be fooled. Kid's stress is just as real as adult's stress. Just as in adults, stress can cause unhappiness and anxiety as well as common childhood illnesses such as ear infections, headaches, acne, asthma and the common cold.

Meditation, in addition to regular chiropractic adjustments, helps unwind a child's nerve system and allows their inner wisdom to express itself and heal their bodies from the inside out. This winning combination insures the best possible healthy and stress free futures.



Chiropractic :: Bringing Out the Best in You

Choosing Your Chiropractor as Your Family Doctor

Millions of people around the world are experiencing the miraculous benefits of living the "Chiropractic Lifestyle." It is becoming more and more evident that people are sick and tired of taking a pill for every ailment and they will no longer accept it. **The popularity of chiropractic continues to grow and become more widely accepted as a primary health care than ever before.**



The chiropractic approach to healthcare is holistic, stressing the patient's overall health and wellness. It recognizes that many factors affect health including exercise, diet, rest, environment and heredity. Chiropractors provide a natural drugless, non-surgical approach, and rely on the body's inner recuperative abilities.

Chiropractors emphasize the importance of healthy lifestyles and do not prescribe drugs or perform surgery. As a result, chiropractic care is appealing to many health-conscious Americans. Chiropractic care has become more accepted as a result of recent research and changing attitudes about alternative healthcare practices.

As you personally benefit from corrective chiropractic care, you take on some new responsibilities. As your pain is eliminated, your energy increases, your sleep habits improve and you are living a more vital life than ever before. It is your responsibility to share your success with others you care about. Then others can improve their lives as well. **Sharing with your family is the best place to begin!**



More and more families today are choosing to consult their family chiropractor first, before their traditional medical doctor. That is a smart choice. Adverse reactions to drugs are epidemic and surgery is becoming more and more dangerous.

Chiropractic offers safe, natural and effective results.

Family care can start from the very beginning. Newborns, infants and children benefit from chiropractic care. Detecting and correcting childhood problems can help to avoid problems later in life. **A healthy spine and nerve system, working at its very best, keeps people of all ages looking and feeling their best!**

Fascinating Facts to Think About

Did You Know?

❖ **Whiten your teeth the natural way.** “To keep teeth bright and prevent yellowing, you need to remove the staining bacteria,” says Lana Rozenberg, DDS. “This is exactly what happens when you chew certain foods that produce a high salivary flow,” she said. So, in addition to apples, take a bite out of pears, kiwis, celery, carrots, broccoli, cauliflower and cucumbers. Brighter teeth are just another perk to eating healthy foods.



❖ **Green tea may help fight skin cancer,** according to a study published in *Archives for Dermatology*. The tea's polyphenols - natural compounds already shown to neutralize cancer causing chemicals in test tubes - were found to have anticarcinogenic potential for skin as well. Researchers speculate that green tea enriched products could one day help prevent skin disorders.

❖ **An active lifestyle has many benefits.** People who devised ways to integrate activity into their daily life, such as briskly walking the dog or frequently pulling weeds, made fitness gains similar to those put on a specific exercise regimen, according to *The Cooper Institute for Aerobics*.

❖ **Naturally lowering blood pressure is possible** through good nutrition. A low-fat diet, rich in fruits and vegetables, can lower blood pressure significantly, according to studies done by the *National Heart, Lung and Blood Institute*.

❖ **Winning at weight loss.** People with poor body image are less likely to succeed at losing weight, according to Stanford University School of Medicine researchers. Of 177 men and women studied, those with a healthy body image were more than twice as successful at meeting weight loss goals.

❖ **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.



Principles for Personal Success!

We should always follow the golden rule about how we would like to be treated if we were in another person's shoes.

- ***We need to keep a pleasant personality.*** People prefer to do business and interact with people they like. People like to associate with people who are pleasant to be around. Pleasant people portray themselves as sincere with a generous, cheerful and considerate attitude.
- ***Maintaining optimal physical and mental health is essential.*** Even if we already have an enthusiastic and positive attitude, we must control our mental and physical habits so they remain life enhancing and productive for success. Proper rest and relaxation are vital to renew energy and sharpen purpose and focus. Most of us realize optimal health is the key to expressing our best. We need to remember that regular chiropractic care is a necessary step toward physical and mental wholeness.
- ***Forming good habits is smart.*** Both good and bad habits are formed the same way - through repetition. By understanding this, we have the power to change a negative habit into a positive one by repeatedly commanding our thoughts and actions through positive motivation. These steps ensure that the positive habits become automatic.
- ***Always giving that "little extra" can elevate our daily lives and help make a difference in the lives of others.*** Studies indicate that a shift has taken place from the "me" generation to the "we" generation. When we reach within ourselves, we will find that "extra something" we can give to those around us. When we give more than is expected from us, life will reward us. Elbert Hubbard wrote, "Folks who never do any more than they get paid for never get paid for any more than they do." Always give that extra something. You'll be glad you did and someone in the world will be better because of it.

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I challenge you to give that "something extra" and make your life even happier, healthier and more successful. Make a bigger difference in the lives of others because that is where real joy comes from – making others happy.

I ask you to welcome challenges, look for opportunities in every situation to learn and grow, delight in the beauty around you and offer your sincere caring and kindness to others. This is the real "stuff" of life.

I am committed to giving you that "something extra" because I am committed to making a bigger difference in the lives of my wonderful patients.