



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Stern's Breakthrough Patient Newsletter...

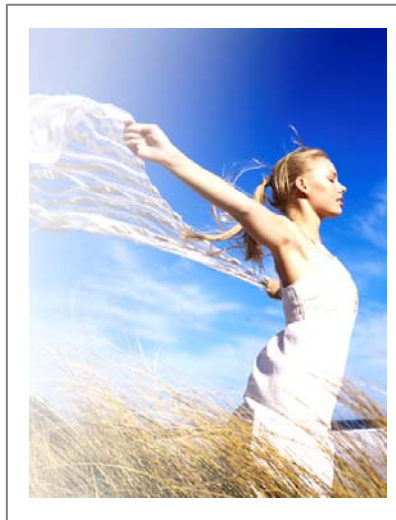
Stern Chiropractic, Ltd.
121 McHenry Rd., Buffalo Grove, IL 60089
847-537-BACK (2225) - fax: 847-537-2226
www.SternChiro.com

July 2008

Dear Patient and Friend,

Do you notice the hum in the air? Maybe you can't really hear it, but can you feel it? Can you feel the vibration? The "vibrations" around us are not mysterious at all; they are the result of life in motion. The only thing that is a constant in life is *change*. Change occurs faster and faster, and sometimes we can feel overwhelmed from the pace.

A generation or two ago, grandparents used to complain about too much change. They do not complain about the changes themselves, they complain about the speed of the changes.



Younger people and children are the ones who seem immune to the acceleration of change. Those who shop for groceries know that evidence of change can be seen at the supermarket. Try to find a cereal you purchased last week.

You probably won't find it because it has already been replaced by a new low-carb, low sugar version.

In spite of the rate of change in many areas of the human experience, some things never change. For example, we all want to succeed. We don't frequently change our life goals of health, financial security and happiness, because none of us would choose to be sick, poor or sad. We know that motivation and persistence are two key factors of success, no matter what our goals are.

INTHISISSUE

- Page 2: Get Off The "Symptom See-Saw"
- Page 3: Adapting To Stress: Body And Mind
- Page 4: How To Put A WOW In Every Tomorrow

We strive to become healthy and remain healthy. However, frequently our habits reveal that we have slipped into patterns of motivation that hurt us rather than help us.

What motivates us to seek the help of health professionals: health or sickness? Unfortunately, many of us would have to answer that we look for help only after we become sick. When we are motivated by sickness, we seek help only when we already are experiencing symptoms or health issues. In this circumstance, we are not really in control of the quality of our health because we are taking a reactive rather than proactive approach to healthcare.



When we take a reactive approach we rely on pills to mask symptoms. Although this approach may make us feel better temporarily, it never really helps us achieve and maintain health. Reactive healthcare leaves us battling symptoms for most of our lives. Rather than living on the *symptom see-saw*, instead we need to act on a plan designed to achieve and maintain optimal health.

Corrective chiropractic care is the best way to achieve this goal. Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health. Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

Practicing chiropractic for more than 8 years, I have been at the leading edge in healthcare and I have coached thousands of patients of all ages to take full responsibility for their health. Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer your pressing questions. It will absolutely provide you with all of the tools necessary to empower you to make the best health choices for you and your family and guide you on a path to *optimal health*.



Health is a state of well being in three distinct areas:

1. Physical 2. Mental 3. Social.

One of my major rules for "Maximized Living" is "Peace Management." A negatively stressful life will rarely lead to a healthy body. A struggling, desperate individual will likely experience illness despite following most of the other important rules of wellness. Even if you could be healthy while experiencing stress, you'd just be a healthy miserable person. And, who wants that?

On the other hand, someone who has peace of mind, knows who he or she is, works hard to emerge victorious over struggles and experiences loving relationships will very likely enjoy ongoing good health. If you're not having a good time living in your body, it's hard for that body to be well or for you to call it healthy. The fact is, you can't separate your wellness from your emotions. Every feeling you have affects some part of your body.

All feelings create physiologic change. Skin, heart rate, digestion, joints, muscle energy levels, the hair on your head and endless cells and systems you don't even know about change with every emotion. These changes can be called the stress response.

Celebrations and tragedies alike cause a stress response in the body. Some stress is unavoidable. The only stress-free people on the planet can be visited at any local cemetery. On the other hand, stress becomes negative only when:

- ◆ Your response to it is negative.
- ◆ Your feelings and emotions are inappropriate for the circumstances.
- ◆ Your response lasts an excessively long time.
- ◆ You are feeling continuously overwhelmed, overpowered and overwrought from circumstance.

Our personality and emotions are not pre-determined and pre-programmed as we once thought. You are not who you perceive yourself to be! Many of us feel stuck inside a brain that doesn't work the way we want it to. What science has discovered is that we control our genes. They don't control us!

Although your DNA is your basic blueprint, it is triggered by our attitude and environment. By beginning to embrace and cooperate with life and recognizing how powerful you are, you can start to have a spirit of overcoming, experiencing positive, healthy stress, rather than living as a victim in a state of overwhelm, and negative stress.

Stress has become a serious health hazard. If you don't get a handle on it quick, stress can take a huge toll on your physical, mental and social well-being. Let me share with you the most simple way to turn stress into your ally and not your enemy...

Regular chiropractic adjustments are the quickest and most effective way to reduce stress to your nerve system. Spinal nerve stress caused by a vertebral subluxation is a dangerous mechanism that damages nerves, weakens health and depletes energy stores. Many people may walk around with a painless subluxation for years without knowing it. Doctors of chiropractic are professionals who specialize in correcting vertebral subluxations, the cause of spinal nerve stress, which leads to increased energy, improved health and a rejuvenated body.

Closing Thoughts...

How to Put A Wow in Every Tomorrow

Develop An Attitude of Gratitude...

Even when you are experiencing tough times, remember the blessings in your life. Always be grateful for the people, love and abundant treasures in your life. It's like sprinkling sunshine on a cloudy day.

Encourage Others...

When someone has a goal, most people point out the obstacles. You be the one to point out the possibilities. Tell them you have faith in them and that you'll support them in any way.

Give Sincere Compliments...

We all like to be remembered for our best moments. Acknowledge the good in people and make them feel better about themselves.

Keep Growing...

Life is about constant growth. There is always another level of growth. Walk a different path than you are accustomed to. Take a class. Read an inspiring book. Listen to motivational tapes. And then, share your growth with others.

Give The Gift of Forgiveness...

Forgiveness is a blessing for the one who forgives as well as for the one who is forgiven.

Take Care of Yourself...

Exercise, eat a healthy diet, reduce stress, get a good night sleep. Taking care of yourself may also include singing, dancing a little bit every day, and having love in your life.

Perform Random Acts of Kindness...

Do kind things for others for no other reason than to make them feel good. Don't expect anything in return. The most fun is when the other person doesn't know who did it.

Treasure Relationships...

Create valuable relationships in your life and treasure them. Eat meals together, take walks, listen to each other. Share laughter and tears. Create memories. Don't forget to tell the other person how much you care for them.

Share Your Faith...

You can wish someone joy and peace and happy things. However, when you share your faith, you've wished them everything.

**Take time to appreciate life. Spend time with those you love and let them know how much you appreciate them. Life is a journey with many lessons along the way.
Learn from each lesson and know that it is truly a gift.**

