

Hi All,

Summer is here, the sun is shining and most people seem to be happier for it. What better time to take a closer look at ourselves. I always say, there is no better time than the present.

Along with the hot weather can come hot tempers. Anger, frustration, impatiens ... these are just some of the negative emotions that we may say were caused by something that happened or someone we interacted with. The first question always needs to be, "what part did I play in this?" Although at first glance it may seem as though you were a totally innocent bystander, always remember that the universe brings to you that which you put out. Unfortunately we don't recognize this because we see in others that which we refuse to see in ourselves.

This is a tough one to swallow because it requires looking closely at oneself, observing and evaluating ones own behaviors, attitudes and energies, accepting ones shortcomings and meditating on how could I have shown up different, bigger and better in this situation. If you would like to reduce stress, anger, frustration and impatiens within yourself and others, take a closer look at you.

I am an "old dog" and I do find it difficult to learn "new tricks" but I recognize in my life that my day and my life would be much more enjoyable if I didn't sweat the small stuff (my wife likes to remind me of this – she does this because she loves me and that truly is a blessing). I also remind myself that I have the choice of looking for the good in people instead of the bad. These things are not necessarily my nature but I find when I do them, life is so much more enjoyable and isn't that what it is all about?

As Marianne Williamson said, I try to walk around with a "Namaste Consciousness" What does this mean? Namaste translates to the innate being in me recognizes the innate being in you. We are all beautiful beings imbued with the same life force. We can choose to share love, joy and happiness and hence receive that in return or we can share hate, anger and frustration and receive that in return. The good part about it is that you get to choose.

I strongly suggest that every morning when you awaken, take your 1st waking moment to consciously decide that Today is going to be a GREAT DAY and you are going to do at least 1 good thing. And you know what, it will be a great day for you and everyone you come into contact with.

There is no better way to kick off your summer than with Love, Joy, Health and Happiness. If you need help getting started, just give us a call.

**Let Stern Chiropractic help guide you
and your family to an EXTRAODINARY
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. The smallest act of sharing can have profound effects for generations to come.

This month I wanted to share something very special with you. The following is a letter I received from the mom of one of our wonderful practice members and it demonstrates how vital it is to have your children evaluated for subluxation (nerve system interference). It could be the absolute most important thing you do to guarantee them the best opportunity for higher levels of health and well-being.

Meghana

May 5, 2009

Our daughter, Meghana, a twin born naturally in the breech position was pulled by her little legs from my body on December 4, 2008. From the very start of her life she had trouble eating, having to learn, first, how to suck and then having trouble eating the right amounts to sustain her. Early on she was diagnosed with Acid Reflux and the doctors immediately rushed to give her drugs to treat it. After trying this



'traditional' approach for the 'trial' two weeks, as requested by her doctors, we quickly gave up on this method. Not only did we feel guilty for drugging her but it wasn't working. Daily she was projectile vomiting and then choking on it, with episodes so scary that I would end up crying with her afterwards. Add to this that she was so frustrated and irritated by her feedings that she would barely drink 3 ounces before finally screaming at us to stop her feeding. Being 2 months old this was not an adequate amount to drink! At this point my mom suggested we try chiropractic. I knew that chiropractic had helped me at different points in my own life, but I had never heard of using chiropractic on an infant so I, at first, balked. Then my mom forwarded me the website for Dr. Stern and after reading over his entire website I decided taking Meghana was worth a try, especially since his specialty seemed to be little ones.

At Meghana's first adjustment I was pleasantly surprised that Dr. Stern was so gentle that I felt as if I had watched my daughter receive a gentle hug from this doctor! The results of this first appointment were astounding to say the least. At Meghana's very next feeding she downed 5 ounces of her bottle in no time flat, no crying, no fussing, and no complaints. Every bottle after that was a breeze in comparison. We were shocked and pleased. After one month of treatment Meghana never again would projectile vomit while under the care of Dr. Stern. It was as if her acid reflux had just disappeared.

There have been other improvements in our lives with Meghana's care from Dr. Stern. She sleeps better! Her head shape has improved and the freedom of movement in her neck is clear to see. Now when we take her to see Dr. Stern she is excited and smiles at him so sweetly. When getting Meghana dressed to go to her appointments with Dr. Stern we ask her, "Meghana, are you ready to go see Uncle Stern!?" No, Dr. Stern is not Meghana's 'real' Uncle, but in our book he deserves the title. We will be forever grateful for his help in healing our daughter.

Thank you, Uncle Stern!
Prakash, Linda, Akshay and Meghana Mugdur