

Hi All,

**(DON'T MISS THE PHOTO SHOW AT THE END!)**

Welcome to my birthday month of June. I am turning 45 this year and have never felt better. Regular chiropractic care, regular yoga/exercise, daily meditation, health diet, proper supplementation, restorative rest and a WONDERFUL family are the keys to a happy and healthy life. I encourage EVERYONE to come in and get your nerve systems' checked and healthy lifestyle consultations to achieve your best health possible.

As many of you know, I just returned from my ChiroMission trip to the Dominican Republic and Haiti. Thank you again to all those who donated. We raised \$1,500 and over 560 stuffed animals that all went directly to those in need.

The trip was amazing and eye-opening. I adjusted almost 2,000 people myself with over 95% being kids and the group adjusted approximately 30,000 people. The areas we served were poverty stricken and some in complete squalor. I never had anyone who spoke English with me but by communicating the simple message that I was a Doctor of Chiropractic from the US who was there to help them and that this was good for their bodies, the people came out in masses, waited hours and could not be more appreciative, grateful and wonderful. Through observation and palpation, it was easy to see how challenged the health of these people really was yet every child had a huge smile on their face just GRATEFUL to be alive. Staring into their eyes as I adjusted them kept me connected to my mission there and the smiles and hugs of gratitude just warmed my heart.

Day 1 - I arrived late in the day and the group met to be briefed on the mission.

Day 2 – In the morning, the group climbed a waterfall. This excursion provided challenges to all but demonstrated the great benefits that come from simply trusting in others and yourself. In the afternoon I visited a Dominican public school with a chiropractic student (part of the mission team) and a Dominican pastor (who did not speak English). We served approximately 800 kids ranging from 5-11 years old and the school staff in 4 hours this day and even though every child had notable challenges to their systems, they continued to smile and be grateful for the little they had.

Day 3 – This day was a reinforcement of 2 of my daily affirmations: Everything Happens for a Reason and Life is a Journey, Not a Destination, I Cherish Every step of the Journey.

I was originally supposed to go to a village with a lot of people and would be very busy adjusting people all day. Another chiropractor asked if she could go there instead so I was switched to go to Pueblo Nuevo (unknown to me this was a remote village in the mountains of the DR). I went with the flow knowing this was happening for a reason.

A group of us were taken out in a van and were dropped off at our locations. I was dropped off with another chiropractor to wait for a truck. We did not know why we had to wait for a truck but we were soon to find out. A 4 wheel drive pick-up truck picked us up and proceeded out of the town down a rural road. We started an ascent up a mountain and picked up a few workers who needed a ride so they hopped in the back. Soon the grade became very steep (maybe 60°) and the “road” was filled with huge water filled pot holes and boulders. For the next 30-40 min we went up and up. What a crazy bumpy ride it was!

We finally arrived in Pueblo Nuevo, a simple cocoa farming village. As I got out of the truck, they asked my friend to get out as well. We proceeded to watch the truck overheat and the driver poke at the radiator cap with a very long stick until it exploded off like a geyser. I thought, “Great, there goes our ride home!” They added water and took my friend to another village down the other side of the mountain.

I stayed and was greeted (no one spoke English) by the teacher of the 1 room school in the village. I adjusted all the kids and then was escorted down the muddy dirt road of the village to houses where I adjusted the villagers in their homes, on stone steps in front of their homes and anywhere else we stood. Many generations lived in each home and I adjusted all generations from infants to great-great-grandparents. The wonderful teacher was gracious enough to invite me into her family’s “home” for lunch made by her mother. This alone made this a GREAT lunch and the chicken was right from their back yard. Then we sat out at the end of the 1 dirt road that ran through the village and I adjusted farmers and their kids as they came in from the harvest.

As it came close to pick-up time I looked for the truck which did not come. All of the sudden a dirt bike motorcycle drove up and they said "Para Tu (for you)." I was very surprised (I am not a motorcycle person) but, everything happens for a reason so I hopped on the back and we proceeded down the same crazy road we came up on. "This was a scary ride" does not come close to describing my journey down this mountain. We did arrive safely and I was very Grateful for every step of this journey.

Day 4 – I had all the stuffed animals to pass out so I was sent to 2 Haitian villages. I was sent with a guide who had some understanding of chiropractic but did not speak much English at all. The 1<sup>st</sup> village had actual cement block buildings and we walked down a few streets as my guide yelled out to all to bring their children to be adjusted, a Doctor of Chiropractic is here to help them and it good for their health.

By the time we got back to the area by the church where I was going to work, people had started to assemble. I started adjusting the kids and the guide gave each one a stuffed animal. In no time at all there was a crowd of children 20-30 feet deep in all directions waiting to get adjusted. It seemed as though no mater how many I adjusted, the crowed never got smaller because more kids continued to show up. I continued adjusting children for the next 3+ hours until I had served all the children and many adults of the town.

There were no real buildings in the 2<sup>nd</sup> village we visited. It was an enormous shanty town, with dirt and stone roads that were more like alleyways. Many of the people walked barefoot and the toddlers were running around naked. We walked around this village the same way but by the time we got back to the "church" where I was to work, a large mob had already formed. As the doors opened, the masses pushed and shoved to get in like the Rolling Stones Altamont Concert of 1969. The temperature was very hot and humid and there was no air circulation but I adjusted children for hours. We handed out the toys the same way for a short while but then the people were screaming and pushing and trying to get one so the guide passed them all out.

After the church, I walked through the shanty town adjusting those who could not make it through the crowds or could not move well enough to get out. All I can say is it was like nothing I had ever seen before. By this time,

one of my hands was numb from all the adjusting and I stunk so badly I felt bad for those that had to be around me so it was time to call it a day.

Every evening, after returning from our mission work, the group gathered to share their amazing stories from the day. I know we made a huge difference in many lives and thank you again to all that contributed.

With all that said, a mission is not for everyone, but everyone can make a difference in this world. I encourage all of you to choose something that is important to you and go out and serve. Give of yourself for no other reason than you want to help. The 1<sup>st</sup> time you stare into they eyes of those you are helping, you will see that any and all efforts you have made were well worthwhile.

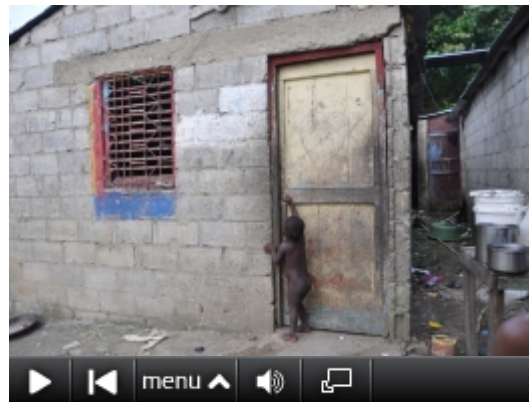
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Click the link below to see what I saw and read what I learned!

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"Chiro Mission 2010 Dominican Republic"



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