



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 however, 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 however, 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 has taught 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 most for granted. 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 your health and that of your family a 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.

Chiropractors realign
the vertebrae of the
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communication system

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 an 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.

You Have The Power To Be Healthy!

-Source: Journal of American Health Policy, 1992

Perhaps the greatest discovery of our time is the *awesome power* of the human body to heal and rejuvenate itself.

The generally accepted philosophy of health and wellness is drastically shifting. Traditionally, drugs and surgery were utilized as solutions to health problems. Today, more and more people refuse to rely on drugs and surgery and are shifting to a more natural approach to health and wellness. They are searching within their own bodies and allowing the power of the body to heal itself.

This approach is what chiropractors have been sharing with their patients for 111 years. The power that made the body is the same power that heals the body. This is the foundation of chiropractic care. Millions of people are discovering that chiropractic care is one of the most sensible and safe methods to optimal health and wellness.

Have You Heard?

Chiropractic patients tend to have substantially lower health care costs, according to a review of data gathered from over two million chiropractic patients in the United States. The data also indicated that chiropractic care reduces the need for both physician and hospital care.

— CM —

How Does Stress Affect The Nerve System?

Stress is a normal everyday occurrence, but the body's *inability to adapt to stress* is like a time bomb waiting to explode.

Physical stress can result from accidents, falls and poor posture. Because the spine is a lifeline for the body, poor posture may indicate spinal misalignments. Part of the brainstem enters the first vertebra of the spine; however, if this vertebra is not in proper alignment, abnormal pressure may be placed on the brainstem and the nerves originating from that area.



The body's health is seriously affected by this pressure and a Doctor of Chiropractic is the only health care provider trained to detect vertebral subluxations. Through a series of gentle adjustments, the chiropractor realigns the spine for the restoration of health.

The Chiropractic Way

-San Francisco Chronicle, May 4, 2003

"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 natural, drugless, non-surgical health treatments, and rely on the body's inbuilt recuperative abilities. They also recommend lifestyle changes - in eating, exercise, and sleeping habits to their patients."



"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 treatment has become more accepted as a result of recent research and changing attitudes about alternative healthcare practices."

CM

In my many years of experience coaching people of all ages to achieve optimal health, I have found that empowering them to exercise properly, eat healthy foods, manage stress properly, get lots of rest, have love in their lives, and of course maintaining excellent spinal health through regular chiropractic care, greatly improves the overall quality of their lives. **The most common words I hear from patients who have mastered this "chiropractic lifestyle" is that they feel more alive, more vital and "On Top Of The World!"**

It is absolutely critical to empower patients to live a healthier lifestyle...a chiropractic lifestyle. This includes proper diet, exercise, stress reduction and adding love to their lives. I find that patients who own a greater understanding of exactly what it means to be "healthy" can make the best health decisions for themselves and their families. **I am truly proud that my chiropractic practice is comprised of families who choose to be lifetime chiropractic patients because they are empowered to live long, healthy and vital lives.**

Chiropractic helps turn on your "inner healer."

When your spine is free of subluxations, your body functions better.

:: **Chiropractic:** Bringing Out The Best In You

Arthritis...The Chiropractic Approach

Arthritis is a disease of the whole body, most dramatically affecting the joints. Osteoarthritis, also known as degenerative joint disease, is the most common arthritis of all; almost everyone over the age of 50 has a touch of it. "It is almost as inevitable...as graying of the hair." In many people there are no symptoms, others have pain and some are even incapacitated by it.

Osteoarthritis often results from an unbalanced spine creating stress on the joints. Your body grows extra bone material in the joints to help deal with the stress. These bone growths can compress nerves, causing pain and affecting internal organs.

Medical treatment offers no cure for arthritis. Since the underlying cause is unknown, symptom treatments include a lifetime of drugs for the pain and inflammation in addition to hot packs and exercises. If a joint becomes severely deteriorated, then surgery may be considered. Aspirin, while it may reduce pain, stiffness and inflammation, may require 8 to 24 tablets a day and can cause stomach irritation, bleeding and



ulcers. In fact, **approximately 10,000 arthritic sufferers die every year from the gastrointestinal complications of various arthritic drugs.**

For over a century, arthritic patients have benefited from chiropractic care. Chiropractic care has, on occasion, even reversed osteoarthritis, something previously considered impossible. And yet, **chiropractic is NOT a treatment for arthritis.**

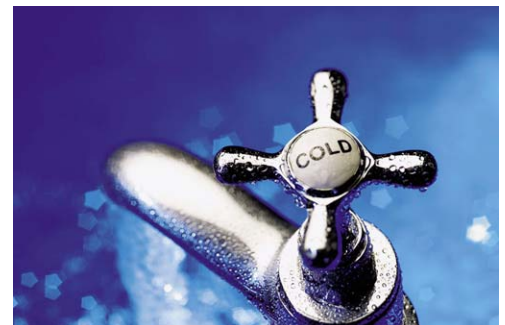
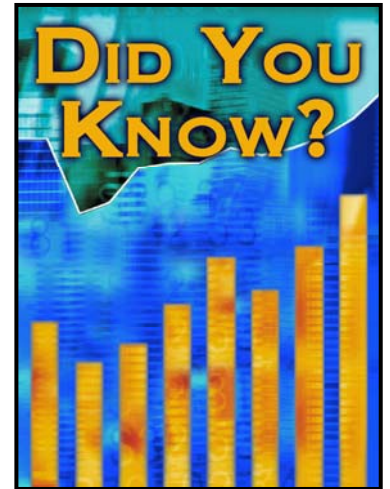
Chiropractic is a system of healthy care that improves the function of your entire body by removing or releasing blockages from your spine called vertebral subluxations. Vertebral subluxations weaken your nerve system and immune system, weakening your body. This can set the stage for sicknesses and diseases of all kinds...arthritis included.

Anyone with arthritis needs to consult a chiropractor for a spinal checkup to locate and remove their subluxations. As a general rule it is always wisest to search out the most natural, conservative methods before submitting to more invasive care such as drugs and surgery. The body has an inner wisdom that far exceeds our own. It can cure diseases that have no cure...even arthritis.

Fascinating Facts To Think About

Did You Know?

- **What not to do for the flu.** Taking aspirin or acetaminophen may prolong the flu up to three and a half days, according to the study in *Pharmacotherapy*. It's reported that the drugs interfere with the body's infection-fighting power. Researchers recommend sticking to time-honored cures instead: bed rest and lots of liquids.
- **Olive oil keeps on winning.** Researchers at *Oxford University*, England found in one study that countries with the highest intake of olive oil had the lowest rate of cancer. Olive oil decreases levels of a harmful acid in the body that may cause cancerous cells to grow, and increases the level of a cancer fighting enzyme.
- **Eighty four percent of Americans spend 45 minutes a day cleaning.** Why? Well, because of the mess, for one reason. But a Scotch-Brite survey also found 50 percent of women use cleaning as a stress releasing activity. Cited in *Self*, January 2001.
- **Chronic stress lasting longer than a month** may make the body more susceptible to cold germs, reports a study from Carnegie-Mellon University. Subjects experiencing long-term interpersonal problems and job related stresses were up to five times more likely to catch colds when exposed to a virus than those who were not under similar stress.
- **Overloading on animal protein increases osteoporosis risk** because your body steals calcium from your bones to neutralize an acid created during the protein's digestion. Women with high acid levels were much more likely to suffer from fractures than those with low levels, say University of California, San Francisco researchers. Lots of veggies need to be eaten with animal protein to bring down the acid level.
- **Some bottled waters are nothing more than tap water**, according to the Natural Resources Defense Council. Government regulations allow bottlers to call their product "spring water" even though it may be pumped from a well or treated with chemicals. Genuine spring water will always disclose the source of the spring on the label.
- **A study published in the journal *Pediatrics*, June 2002, reports that television viewing is associated with obesity** even in very young children. This study of more than 2,700 toddlers, ages one to four, found that the higher prevalence of obesity was associated with children based on the number of hours they sat in front of the television.



CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

My Testimonial to Dr. Stern:

In the early spring of 2003, I was working out with a personal trainer. On one particular morning, I came in for my workout unable to move my neck and shoulders. My muscles were all completely in spasm, and I was unable to move.

My trainer, Michael Kupperman – The Exercise Coach, offered to call a friend, who was a chiropractor, to see if he could help me. Dr. Stern made time for me that day and I have not looked back.



I was the last person who would go to a *chiropractor*. Since beginning my treatment program with Dr. Stern, I have noticed a significant improvement in my overall well-being. Whether I have an acute situation or a regular wellness visit, I always feel so much better, and now realize the wear and tear of sitting in a car all day (I am in medical sales) has begun to take its toll. My regular chiropractic visits have relieved or eliminated many of my symptoms.

I would highly recommend chiropractic care and Dr. Stern to anyone, particularly anyone who is truly interested in improving their overall healthy and well-being.

You will not be sorry!

Sincerely,
Cindy Wirth

Closing Thoughts ...

Guideposts On The Way To Your Dreams!

-Jeff Herring, Knight Rider News Service

"You are never given a wish without the power to make it come true. You may have to work for it, however."
-Richard Bach

"It's OK to dream big if you are willing to take enough action to make it happen."
-Lollie Mc Lain

What is your **BIG** dream? Most of us have dreams but are not willing to do what it takes to make them become reality. If you are willing to work hard, here are some tips to help make your dreams come true.

Desire...Every dream starts with a burning desire: a passion to change something, to make a difference.

Decision...Add to desire the decision that failure is not an option.

Determination...You will always encounter obstacles on the way to your dreams. Determination keeps you moving forward in spite of setbacks, discouragement and all kinds of difficulties.

Responsibility...This means the ability to respond. It also means that you are the one in charge of making it happen. There is no room for "It's not my fault" or "I tried."

Resources...Use the resources around you. Ask for advice. Ask for help. There are people in your life who have either done what you are doing or who are in the middle of doing it. Ask them how they did it. Use your resources.

Enthusiasm...The people who are living their dreams are usually lots of fun to be around. One reason is because they bring such passion and enthusiasm to what they do. Work becomes fun. The really wonderful side effect is that enthusiasm gives you a great deal of energy.

Energy...An absolutely necessary ingredient to living out your dreams is lots of energy. Often the only difference between those who live their dreams and those who don't is that "dream catchers" keep on going while "dream droppers" get tired and quit.

Attitude...You must have the attitude that nothing will stop you no matter what. You've got to live the Japanese proverb: "Fall down eight times, get up nine."

Action...You can have all the above ingredients in full and still not get anywhere. *You have to do something about your dreams every day.* You have to take action, sometimes a little bit each day, sometimes a lot.

Momentum...If you put the above nine tips into action, you will build a momentum that is virtually unstoppable. Momentum carries you through the low and weary times, and makes the obstacles that were once huge boulders mere pebbles in your path.

***There Are Few Things In Life As Satisfying As Living Out Your Dreams...
Get Started On Yours!***