



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Stern's Breakthrough Patient Newsletter...

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June 2007

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 did not complain about the changes themselves; they complained 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 You probably won't find it because it has already been replaced by a new low-carb, low sugar version.

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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. 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.

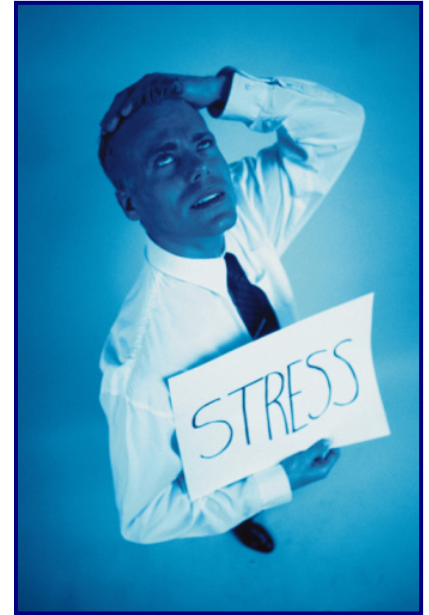
What motivates us to seek the help of health professionals health or sickness? Unfortunately, many of us would have to answer "we look for help only after we become sick". When we are motivated by sickness, we seek help only when we already are experiencing symptoms or health issues. In this circumstance, we are not really in control of the quality of our health because we are taking a reactive approach rather than an active 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 healthcare 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 6 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 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." Here we go...

Six Immediate Steps to Healing

1. **Say "NO" Whenever Necessary.** Break the people-pleasing habit when it is detrimental to your own well-being. It is not selfish to take care of yourself first. It is a necessity. You cannot give from an empty cup. Speak up for yourself more often. Set realistic limits and boundaries for yourself and stick to them. Don't fall for guilt trips that lead you to agree to things that are too much for you to handle.
2. **Listen To Your Body.** Tune into your own body and take care of yourself. Start by resting when you feel tired, eating when you feel hungry, and saying "NO" when you have reached your limits. Most importantly, take the time to do the things that are important for your health.
3. **Let Go of What's Not Working.** This means unhealthy relationships, stressful jobs or repressed emotions. Healing begins when you let go of the situations and feelings that no longer serve your life in a healthy manner. When you let go, you begin the process of allowing positive and fulfilling situations to enter your life, such as positive people, healthy relationships and better opportunities.
4. **Accept Yourself.** Part of the process of creating health is accepting your uniqueness of yourself. Loving who you are is a very powerful method for healing and health.
5. **Say "YES" to feeling good.** Start believing in the possibilities of good health. Don't fall prey to the myths and traps associated with aging; learn to live with growing older. Harness the gift of education by learning more about healing and building better health.
6. **Get A Chiropractic Adjustment.** Chiropractic care is a healthcare approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health. A chiropractic adjustment is the quickest and most effective way to release stress in your nerve system. Removing interference in your nerve system gives your body the ability to heal and regulate at its optimal level.



Chiropractic :: Bringing Out The Best In You

Arthritis ... The Chiropractic Approach

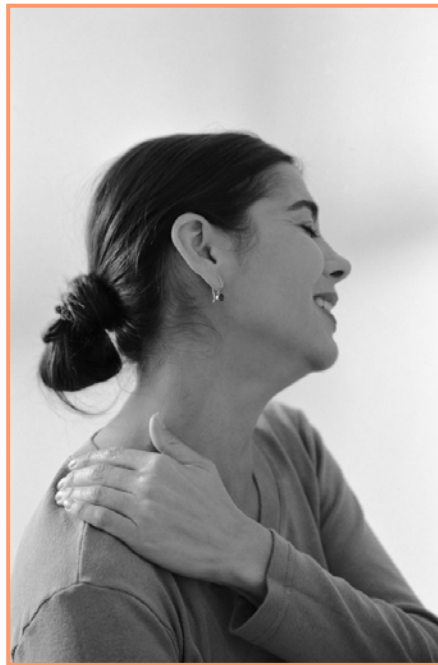
Arthritis is a disease of the whole body, most dramatically affecting the joints. Osteoarthritis, also known as degenerative joint disease, is the most common arthritis of all; almost everyone over the age of 50 has a touch of it. "It is almost as inevitable ... as graying of the hair." In many people 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.

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."

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 the *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.

Fascinating Facts to Think About

❖ **Are you stressed out?** Physical activity protects against harmful effects of stress. Researchers at the University of Texas MD Anderson Cancer Center, Houston found that during periods of high stress, those who exercised less reported 37 percent more physical symptoms than their fitness - conscious counterparts.

❖ **Eating blueberries, one of the foods highest in antioxidants, dramatically reversed memory loss** and restored motor coordination and balance in aging animals, according to new *Tufts University* research. The animals ate an amount equal to about half a cup of blueberries a day for humans.



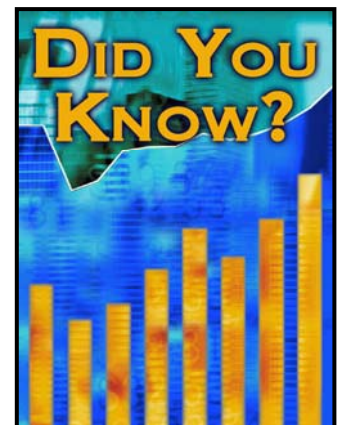
❖ **Sleep stabilizes appetite-regulating hormones**, concludes a study in the *Annals Of Internal Medicine*. In subjects who slept four hours on two consecutive nights, levels of leptin (the stoplight for eating) were 18 percent lower and levels of ghrelin (the hunger trigger) were 28 percent higher than when they spent ten hours in bed. The sleep-deprived group reported feeling hungrier for calorie and carbohydrate rich foods. Source: *Natural Health*, May 2005.

❖ **Finally, a weight loss plan that actually sounds like fun:** Laughing for 15 minutes each day may burn 40 calories, which can translate to four pounds each year, according to researchers from Vanderbilt University.

Source: *Self Magazine*, March 2005

❖ **High heels and heel stress.** A three inch heel creates seven times more stress on the forefoot than a one inch heel. Further, women make up approximately 75 percent of the two million Americans suffering heel pain.

❖ **Flavonoids, natural chemicals found in orange juice**, may be responsible for heart-healthy benefits. Participants in a University of Western Ontario study who had high cholesterol raised their "good" HDL cholesterol by 21 percent after drinking three glasses of orange juice a day for 12 weeks.



Closing Thoughts...

-Jeff Herring, Knight Rider News Service

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 should 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.