



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,

What causes illness? What causes disease?
Are some people just born to be sick while other
people spend their entire lives being healthy?

I don't think so.

Understanding the cause of illness allows us to reach and maintain an optimal state of health. Think of it this way ... Germs are seeds and our bodies are the soil. Many people mistakenly believe the cause of disease is from the seed, or the germ. However, if the 'germ theory of disease' were correct, there would be no one living to believe it.

There are agents of disease surrounding us all of the time. Viruses and bacteria are everywhere we go and on everything we touch, but they cannot affect us unless we are susceptible. They can only affect us if our immune system is not strong enough to fight it off and adapt to the environment.



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As long as our body, or the soil, is attuned to the natural flow of life and therefore having a strong resistance, optimal health is the only thing that can occur.

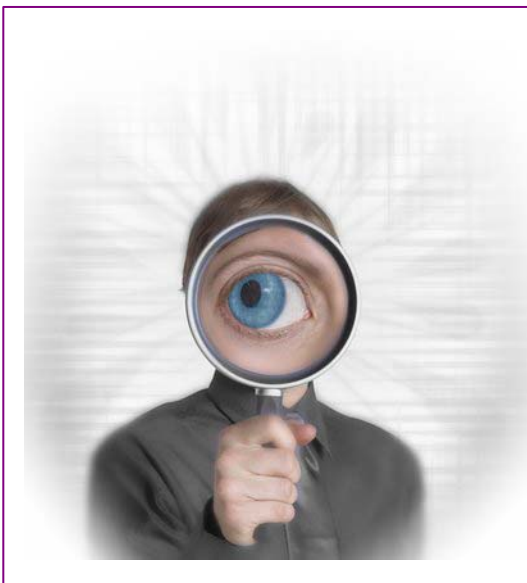
We see this truth in the words of Claude Bernard, "Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them."

Chiropractic is a science that uses the natural, innate power of the body to achieve and maintain optimal health. When our body is in line with the natural flow of life, we express it at our fullest potential. When interferences occur, our health becomes hindered and our body is more susceptible to disease.

Vertebral subluxations are a common interference in the nerve system. Vertebral subluxations impair normal nerve flow, thus weakening the body's immune system, making us susceptible to disease. Chiropractors are doctors who are specifically trained to analyze the spine and correct vertebral subluxations, restoring and maintaining the true health we deserve to enjoy. Germs are a part of the disease process however, they are not the direct cause of disease. It is the body's susceptibility to germs that is the cause of disease.

We are all born with the natural, innate ability to be healthy and fight disease. We need to keep our "soil" healthy and strong with regular chiropractic care to increase the body's ability to ward off disease.

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The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the *Chiropractic Lifestyle*. I commend you for taking charge of your health and the health of those you love!

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 in to 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 Chiropractic Adjustments.** 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. 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.

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 McLain

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!***