



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,

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 do not complain about the changes themselves, they complain 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.

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You probably won't find it because it has already been replaced by a new low-carb, low sugar version.

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 that 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* rather than *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," 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 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. 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 5 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...

March Forth On March 4th...

It's... *"Positive Attitude Day"*

National *"Positive Attitude Day"* is an observance to encourage you to have a positive attitude while putting your best intentions into action, both personally and professionally.

Today, trade negative, weakening thoughts for positive, powerful thinking and you'll immediately see yourself break through limitations you may have believed insurmountable. You'll realize that you can accomplish more than you originally thought possible. In the next five minutes, you can be living in a brighter, more positive world. In the next five minutes, a dreary day can be transformed into a day filled with positive promise. How can this happen? It can happen because of you.

Make today a pivotal day in your life. Make today the day that you commit to creating abundant thoughts, joy, health, vitality, and of demonstrating the highest standards for yourself.

Realize that the secret to living is in *Giving*. Give more of your time, your talents, your resources and your love than ever before. Practice this *Positive Attitude* and watch the *BIG* results you will create in your life. It doesn't take much to brighten your world. Yet it can make a tremendous positive difference for you and for those around you. A smile is a good way to start. A kind word, a helpful act, some real patience and understanding will add to the brightness.

Brighten your world just a little bit, and that brightness will be reflected more than you might imagine. Send out your own special goodness today, and it will come back in even greater measure.

You don't have to be stuck with a day that's going nowhere. Take a little time, make a little effort, brighten your world and see just how quickly things improve.

So, ***"March Forth on March Fourth."*** Hold yourself to a higher standard today, ask more of yourself, and have an *Attitude Of Gratitude*. It will take you a long way! Share this attitude with others. It's contagious!



Help to make our world a much brighter place!

::The Law Of Nature

We know and accept the laws of nature, but what would we do if some bizarre interference affected this natural process? For example, what would we do in the spring if the birds did not return from the south, the whales didn't migrate north, the trees failed to grow new leaves, or the temperature never changed? Would we ignore this unnatural, peculiar happening and continue on with our lives? No! We would be alarmed, knowing that something was very wrong.

We would search diligently to find what was interfering with the natural cycle of nature. Once we found the interference, we would then remove it and restore physical order to the world.

The natural rhythm of body health works in much the same way. Good health is a basic, natural state of the body. With proper nutrition, sleep and exercise, the power within the body automatically runs and maintains it naturally. However, subluxations of the spine can block the body's natural flow of life. The goal of chiropractic is to uncover such blockages and thus, restore health.

Myth...

Chiropractors are "back doctors" who help people with aches and pains.

Truth...

Chiropractors are doctors who specialize in correcting vertebral subluxations that interfere with proper nerve system function. The nerve system is responsible for coordinating and detecting all the functions of the cells, tissues, organs and systems of the body.

CM

::Happiness Helps Keep You Healthy

-Self-Magazine

"A happiness lapse could put your health in jeopardy, hints a major new study. This study sheds new light on the way we view the mental-health component in breast cancer and disease in general. The connection between psychological and physical wellness is only beginning to be understood, but it's the way of the future in medicine."

A good mood will definitely have your health on the upswing. **Happiness does not come to us. Happiness comes from us. It simply takes making the decision to be happy in the moment.** Today, trade your negative and weakening thoughts for positive thoughts. Allow your powerful thinking and your smiles and happiness to help you immediately break through self-imposed limitations that you may have believed insurmountable. You will see your health and well-being improve instantly. Happiness will take you a long way! Share your happiness with others. Happiness is contagious! Make our world a much brighter place!

Think of what a joy and a privilege it is to be alive in this moment. Nothing else can compare. Stop for just a minute and reconnect yourself with the wonder and irreplaceable energy that is your life. Reacquaint yourself on a regular basis with this most fundamental of all your blessings.

Health is a state of well being in three distinct areas: 1. Physical 2. Mental 3. Social.

One of my major rules for "Maximized Living" is "**Peace Management.**" A negatively stressful life will rarely lead to a healthy body. A struggling, desperate individual will likely experience illness despite following most of the other important rules of wellness. Even if you could be healthy while experiencing stress, you'd just be a **healthy miserable person.** And, who wants that?

On the other hand, someone who has peace of mind, knows who he or she is, works hard to emerge victorious over struggles and experiences loving relationships will very likely enjoy ongoing good health. If you're not having a good time living in your body, it's hard for that body **to be well** or for you **to call it healthy.** The fact is, you can't separate your wellness from your emotions. Every feeling you have affects some part of your body.

All feelings create physiologic change. Skin, heart rate, digestion, joints, muscle energy levels, the hair on your head and endless cells and systems you don't even know about change with every emotion. These changes can be called **the stress response.**

Celebrations and tragedies alike cause a stress response in the body. Some stress is unavoidable. The only stress-free people on the planet **can be visited at any local cemetery.** On the other hand, stress becomes negative only when:

- ❑ Your response to it is negative.
- ❑ Your feelings and emotions are inappropriate for the circumstances.
- ❑ Your response lasts an excessively long time.
- ❑ You are feeling continuously overwhelmed, overpowered and overwrought from circumstance.

Our personality and emotions are not pre-determined and pre-programmed as we once thought. You are not who you perceive yourself to be! Many of us feel stuck inside a brain that doesn't work the way we want it to. What science has discovered is that we control our genes. They don't control us!

Although your DNA is your basic blueprint, it is triggered by our attitude and environment. By beginning to embrace and cooperate with life and recognizing how powerful you are, you can start to have a spirit of overcoming, experiencing positive, healthy stress, rather than living as a victim in a state of overwhelm, and negative stress.

Stress has become a serious health hazard. If you don't get a handle on it quick, stress can take a huge toll on your physical, mental and social well-being. **Let me share with you the most simple way to turn stress into your ally and not your enemy...**

Regular chiropractic adjustments are the quickest and most effective way to reduce stress to your nerve system. Spinal nerve stress caused by a vertebral subluxation is a dangerous mechanism that damages nerves, weakens health and depletes energy stores. Many people may walk around with a painless subluxation for years without knowing it. Doctors of chiropractic are professionals who specialize in correcting vertebral subluxations, the cause of spinal nerve stress, which leads to increased energy, improved health and a rejuvenated body.

Fascinating Facts To Think About

- Health, December 2001

- **Flaxseeds.** A 2000 study at the University of Arizona College of Public Health in Tucson reported that people with low blood levels of omega-3 fatty acids may be at higher risk for depression. Other studies show that consuming omega-3 fatty acids may improve mood. Flaxseeds are the richest plant source of omega-3.
- **Whiten your teeth the natural way.** "To keep teeth bright and prevent yellowing you need to remove the staining bacteria", says Lana Rozenberg, DDS. "This is exactly what happens when you chew certain foods that produce a high salivary flow." So, in addition to apples, take a bite out of a pear, kiwi, celery, carrots, broccoli, cauliflower and cucumber. Brighter teeth are just another perk to eating foods that are healthy for you.
- **A report in the British Medical Journal concludes that baby walkers delay normal developmental milestones.** In the study involving 190 babies, researchers found children who used the devices took three to four weeks longer to crawl and walk on their own than children who did not use them. Because of these findings and other data on injuries associated with baby walkers, researchers discouraged their use. *Source: British Medical Journal, June 22, 2002.*
- **To avoid straining the neck and upper back** muscles while doing crunches, try placing your tongue on the roof of your mouth. Another strategy: Touch fingertips to temples.
- **Veggies may lower breast cancer.** The more veggies premenopausal women in their forties ate, the less likely they were to develop breast cancer, researchers found at the *State University of New York at Buffalo*. Researchers believe components in vegetables may have a "synergistic effect."
- **A surprising tension buster is commuting to work.** Fewer than one percent of Americans would willingly eliminate their daily commute, finds a new study. "People use commuting as a de-stresser. For many people, it's their only time to be alone."
- **Exercise is good for hypertension.** A new study published in the February 2000, *American Journal of Hypertension* reports that exercise can have strong anti-hypertensive effects on patients. Researchers monitored the exercise of a small group of mildly hypertensive, obese men for 45 minutes on a treadmill. The lowered blood pressure readings were evident after the first session.



CHIROPRACTIC MIRACLES

"Listen To What Our Patients Are Saying"



I originally came to Stern Chiropractic as a referral from an excellent chiropractor who moved to Indiana last April and had given me acupuncture treatments because of serious sinus infections. I also needed an up-dated evaluation of bursitis in my left hip so I could begin a daily walking program. This segment of my chiropractic results began in October of 2003 using acupuncture with my previous chiropractor, then continuing with acupuncture and the evaluation of my bursitis in May of 2004 with Dr. Stern.

The benefits I've received from chiropractic care include:

- *having minor sinus infections that I can manage on my own;

- *being motivated to follow a healthy eating plan

using multi-vitamin/minerals, Calcium, Vitamin C, Omega 3 and Garlitrin;

- *increased range of motion, stretching exercises, and return to normal walking with less weakness from bursitis;

- *and the ability to loose weight as a result of my walking program;

I have found additional benefits from chiropractic care:

- *having an increased level of physical and mental energy;

- *decrease in headaches or feelings of being lethargic/depressed;

- *more positive outlook about each day and my desire to see the future;

- *learning more about maintaining healthy brain function;

- *giving a priority to invest time and resources needed for my health care.

As a result of chiropractic care, my friends, family and colleagues tell me that I look healthier. They have said that I appear happier and calmer when dealing with adversity. I've also been able to discontinue taking medication for sleeping and for headaches. The mental and physical stamina I have allows me to recover quickly when I need to complete tasks that are beyond my ordinary day: climbing the ladder, trimming trees/bushes, cleaning the garage, moving heavy objects, using tools, painting, washing the car, or doing manual labor.

Now I desire to take my daily walks because it gives me a "high feeling" of accomplishment! I follow my healthy eating diet because I have less cravings and my hunger is satisfied by getting proper nutrition. My intake of water has increased and given me the awareness to sense when water intake is low. I continually tell many people about the great results I've achieved with chiropractic and acupuncture care. I'm just feeling healthy and good about myself! This is my walk for life!

Thrilled with my results: Helen Kay Sirek, Elementary Teacher.

Closing Thoughts ...

"Slow Dance"

Have you ever watched kids on a merry-go-round or listened to rain slapping on the ground?
Ever followed a butterfly's erratic flight or gazed at the moon late in the night?

You better slow down, don't dance too fast, time is short, the music won't last.

Do you run each day on the fly or when you ask "How are you?" Do you hear the reply?
When the day is done do you lie in bed with the next hundred chores running through your head?

You better slow down, don't dance too fast, time is short, the music won't last.

Ever told your child "We'll do it tomorrow," and in your haste, not seen his sorrow?
Ever lost touch, let a good friendship die cause you never had time to call and say, "Hi!"

You better slow down, don't dance too fast, time is short, the music won't last.

When you run so fast to get somewhere you miss half the fun of getting there.
When you worry and hurry through your day, it is like an unopened gift...thrown away.

Life is not a race, do take it slower, hear the music before the song is over!

————— **CM** —————

When you speed through life you often miss golden opportunities and experiences that are there to help you grow to the next level. Symptoms may include deteriorating health, feelings of anxiety and even unhealthy relationships with those you love.

So many of us speed through each day feeling like we are barely keeping our heads above water. There is just so much to do in so little time.

The author of this poem was a young girl who was dying with cancer when she wrote it. She wanted this poem shared with as many people as possible so that everybody could hear her very important message...

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.

Every day I take the opportunity to count my blessings. I appreciate my life and every person who shares it. I am blessed to have the opportunity to serve humankind through chiropractic and to help people express their optimal well-being.

Share this poem with someone you appreciate!