



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Stern's Breakthrough Patient Newsletter...

Stern Chiropractic, Ltd.

121 McHenry Rd., Buffalo Grove, IL 60089

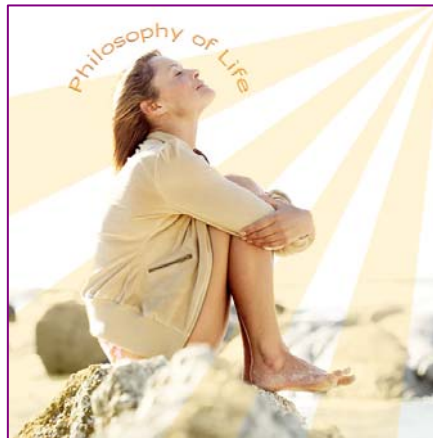
847-537-BACK (2225) - fax: 847-537-2226

www.SternChiro.com

Dear Patient and Friend,

What is your *Philosophy of Life*? What are the beliefs and values by which you live? We don't often discuss our philosophy with others, however the choices that we make and the actions we take in everyday life reveal our beliefs and values. For example, if our philosophy of life places high value on working hard, we will probably work hard all of our lives and find great satisfaction in such work.

Our parents often share their philosophy with us as children. "Pretty is as pretty does" is a proverb mothers sometimes used to teach their daughters their own belief that a person's character is more important than their



appearance. Learning life philosophies from our parents is a very valuable part of growing up. Other philosophies are handed down in families as well, including the *philosophy of health*. Of course, we live in the age of advertising. Drug advertisements are all over the internet, TV channels and magazines. Thousands and thousands of drugs are easily accessible. This may override the healthcare values and practices we were taught when we were younger.

Today, there are two opposing healthcare philosophies becoming more visible. The first is allopathic medicine. This is a mechanistic approach to health in which the body is divided into different systems and a medical doctor who focuses solely on this system is considered a *specialist*. For example, cardiologists are heart specialists and respiratory specialists focus on the lungs and respiratory system.

INTHISISSUE :: March2008

Page 2 :: What Is Your "Philosophy of Life"?

Page 3 :: March 4 Is ... *Positive Attitude Day*

Page 4 :: Thousands of Miracles

These doctors diagnose their patient's illness by examining smaller parts of the whole structure. A condition is diagnosed by gathering test results and symptomatology, then introducing a treatment, usually drugs, in hopes the medication will relieve the symptoms and restore the sick body to health.



This approach disregards the understanding that the human body is very intelligent and is fully capable of healing the body of disease and weakness. This human intelligence needs no help, other than a fully functioning nerve system. Sometimes the body may deteriorate so badly that it needs drug intervention to sustain life until the body can regain its ability to heal itself.

The second health care philosophy is chiropractic care. The chiropractic philosophy of health 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.

The philosophy of chiropractic encourages us to take control of our own health, listen to the messages our body is sending us, and get to the cause of the problem instead of simply covering them up with medication.

What is your philosophy of health? If you suffer from pain or illness and desire a long-term solution to optimal health, make an appointment **TODAY** to visit your chiropractor. If you value your body's ability to heal itself and you believe natural approaches are best, choose the philosophy of chiropractic care. You will be glad you did!

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

*What is your
philosophy of health?*

March Forth on March 4 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!

Closing Thoughts...

Thousands of Miracles...

In every ordinary day there are a thousand miracles, if only we have eyes to see them.

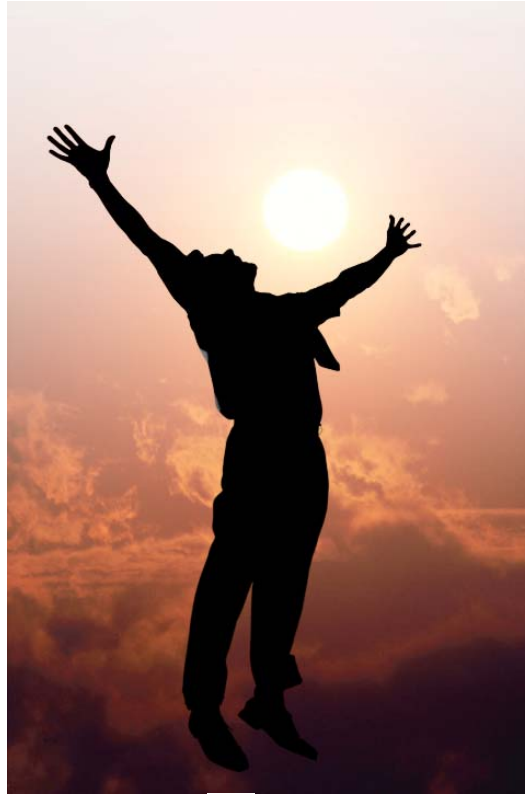
We all share in the sweet mystery of life. We love, feel, cry, care and believe. We yearn to become more and to help others, as we strive to make a difference, however grand or small.

Deep inside every one of us, there exists a source of belief, a light encouraging us onward. However we choose to describe it, faith is the expression of hope. It is the sound of comfort, the recognition of beauty, the healing touch that moves us forward.

Yet there are times when we may be so busy looking ahead that we forget to look up, and the light within us may be difficult to see. When life's simplistic beauty eludes us, we need only open the window, throw open the curtains, and view the rich landscape of our ordinary moments as reverently as our divine ones, to bring the wonder back into view. The slight change in perspective can dramatically transform us.

-Flavia

It is important for each of us to be grateful for all of the miracles in our lives. Be aware of and experience the thousands of miracles that occur



in each of our lives every day. Be grateful for each and every one of them. Choose to live as though **EVERYTHING** is a miracle!

What a perfect opportunity to share precious moments with family and friends. There has never been a better time to share your love with all of those around you. Together, we can all help to make our world a better and healthier place to live.

There are two ways to live your life. One is as though NOTHING is a miracle. The other is as though EVERYTHING is a miracle.

-Albert Einstein
