



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 do our body and our automobile have in common? Our body and our car have very complex operating systems that we take for granted and infrequently think about unless something goes wrong.

Years ago, you may have learned to drive a car with a manual gearshift, which was located either in the steering column or in the floor of the car. You learned deliberate motions to move the gears through each position. Most cars today have gears that shift automatically while driving and you are not even aware of these movements.

In many ways, our body functions like a car with an automatic gear shift. Every second, the human body automatically performs millions of vital functions, without us even being aware that it is occurring.

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The brain, the master controller of the body, sends messages to all parts of the body through the nerve system. The body's millions of detailed processes are ordered and controlled by the brain. A critical element in this communication system is the spinal cord, which is housed within the spinal canal.

This canal has many openings in the vertebrae through which the nerves pass to all parts of the body. The vertebrae protects the delicate nerve system. This system is a miraculous network of inborn intelligence and it enables the body to heal itself and regulate itself, as long as there is no interruption in the system. However, stress and strains of daily living can cause the spinal vertebrae to misalign and cause an interruption of the communication process.



We seldom think about the complex and automatic operation of our bodies or our cars unless there is a problem. When we have car trouble, we take our car to a auto mechanic to fix the problem because cars cannot heal themselves. Similarly, when our bodies express symptoms and we feel sick, we often take over-the-counter medications or we go to a health care provider who may prescribe medications.

However, we may forget **the first step in restoring health is to locate the cause of the problem. Remember, the body is capable of healing itself, as long as there is no interference with it's inborn intelligence. The next step toward health is to correct the cause of the problem.**

This leads us directly to chiropractic, the only healthcare system focusing on the correction of misaligned spinal vertebrae that interfere with

the body's communication system. When these misalignments are corrected, the body's inborn intelligence can function properly again. This restores the body's natural ability to heal and regulate itself, without the need for medications.

For over 110 years, chiropractors have empowered people to understand that every function of the body is

controlled and directed through the nerve system. Health comes from within. When the nerve system is clear from any interference and the communication from the brain to organs and tissues is 100%, the function of the body will be normal, and normal function brings 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...

Are Children Being Overmedicated?

Parents are much too quick to give over-the-counter medication to their children for such things as sniffles, sore throats or aching stomachs, concludes a federal study performed by the National Center for Health Statistics and reported in the *Journal of the American Medical Association*.

Evidence suggests that some of these medications provide few benefits and, in many cases, may even be harmful. Many pediatricians were not surprised by the number of parents who overuse medications, even though the parents were told the medications would not help children recover from common illnesses.

"Everyone thinks that if you take a pill, you'll get better. And that's a terrible message for anybody," says Dr. Debra Esemio-Jensen, head of the pediatric clinic at *North Shore University Hospital* in Manhasset, NY. She said she is particularly opposed to the use of cold medicines.



"The high use rate of these medications may be a tremendous waste of money, and many of them unnecessarily expose children to toxicity," says pediatrician Dr. Anne Gadomski.

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Chiropractic care offers a wonderful solution to many common childhood illnesses. Chiropractic care is a gentle, safe and noninvasive approach to restoring the natural, inborn healing powers of the body. Regular chiropractic care can help anyone, at any age, achieve optimal health.

Parents who often appreciate the importance of checkups for their child's teeth, hearing, eyes, ears, nose and throat draw a blank when it comes to their child's spine. In fact, a spinal checkup could be one of the most important of your child's life.

Do You Suffer With Headaches? Get Long-Term Results With Chiropractic!

-In Touch Newsletter, April 2001

Research has revealed that chiropractic patients not only experience improvement in the frequency and severity of their headaches while under regular chiropractic care, but they also continue to express these benefits even if their care program is interrupted.

This study, conducted at Duke University in Durham, North Carolina, collected information from more than 2,500 sources and compared how patients with different types of headaches responded to different approaches such as chiropractic care, acupuncture, drug therapy, exercise and relaxation techniques.

Results showed that chiropractic adjustments "appeared to result in immediate improvement in headache severity" in patients experiencing cervicogenic headaches. Chiropractic care resulted in "sustained improvement in headache frequency and severity."

When chiropractic care was compared with drug therapy, results showed that both groups experienced approximately the same immediate effect. However, patients who took the drug experienced some type of adverse effect eighty-two percent of the time.

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True healing takes place when the body is functioning better. That is the foundation that chiropractors have been educating their patients on for over 110 years. Chiropractors provide an effective, natural, drugless and non-surgical approach to headaches. Chiropractors rely on the body's inbuilt recuperative abilities. They also recommend lifestyle changes - in eating, exercise, and sleeping habits to their patients.

Chiropractic has long been successful in helping individuals with headaches to relieve their suffering once and for all. Wouldn't it make more sense to find a solution that actually corrects the neurological cause of the headaches rather than to continue to cover up the symptoms with drugs that may, in fact, cause more damage?

May is ... Perfect Posture Month

Stand Up STRAIGHT... Please Don't SLOUCH... Your Posture Is The Window To Your Health

Posture is one of the most overlooked keys to best health and performance. Good posture not only improves fitness, thinking ability, emotional state and general vitality, it can actually help reverse the aging process, not just cosmetically but functionally.

It's Time To Get The Facts STRAIGHT...

Just as proper attention to teeth can prevent problems later in life, proper attention to the development of PERFECT POSTURE will prevent deterioration of your health in the future.



Corrective chiropractic care insures good posture by aligning your spine so the muscles, joints and ligaments can work as nature intended. Good posture contributes to the normal functioning of the nerve system and affects the ability of your body's organs to function at peak efficiency. For over 5 years, I have committed to directing people to the awareness that proper spinal alignment (Subluxation Free) is the MOST IMPORTANT factor affecting perfect posture and maximum health and vitality.

Almost everyone can avoid or reverse the problems caused by poor posture at any age. There is no greater miracle in nature than the body's ability to heal and correct itself. Balancing postural distortions and reducing structural stress through chiropractic adjustments releases the power within you. The result is healing energy that strengthens and normalizes your immune and nerve systems, all of which helps to increase your personal power.

Here is what to do next ...

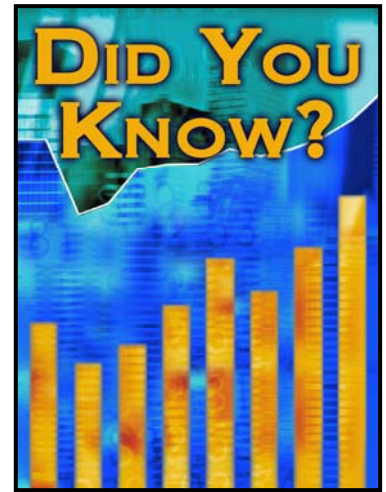
Schedule an appointment TODAY for a specific postural evaluation. I have helped thousands of people to experience first hand the miraculous benefits of perfect posture, which I believe may be among the best kept secrets in the current wellness movement.

Schedule a one-on-one evaluation TODAY for yourself, your children, and anyone else you feel can benefit from Perfect Posture and maximum health and vitality. We will help you to find long term solutions to your unique needs and wants. The regular fee for this evaluation is \$100. It is FREE to all readers of this newsletter during "Perfect Posture Month."

Did You Know?

Fascinating Facts To Think About

- **The average American spends four hours a day watching TV**, a habit linked to obesity. Why not help a weight problem by giving up just one half-hour sitcom for exercise. Or, if you can't miss any of your shows, set up an exercise bike in front of the TV and ride while you watch.
- **Approximately 70 percent of residents in the United Kingdom drink tea on a regular basis** and these individuals consume about three cups a day. On going research reveals this level of tea intake may offer significant health benefits. In addition to tea's contribution to overall daily fluid intake, tea also contains powerful antioxidants. Tea also can contribute to our daily intake of other valuable nutrients.
- **Potatoes that are damaged, have turned green or are sprouting contain a toxic chemical called solanine.** The amount of solanine increases if potatoes are exposed to light. At best, even small amounts of solanine will make you feel unwell. Potatoes are packed with nutrition as they supply fiber, B-complex vitamins, useful minerals and one third of the recommended daily allowance of vitamin C.
- **Anxious exercisers are more likely to get hurt**, according to a new study from the *University of Washington* in Seattle. Researchers asked 46 ballerinas to fill out questionnaires assessing their anxiety levels. Eight months later, the most worried dancers were three times more likely to have been injured than the more relaxed ones. "Excessive worry causes muscle tension and an inability to concentrate, which can lead to injury," explained researcher Ronald Smith, PhD.
- **Kiwis do have almost everything you would want in a fruit.** Kiwi has twice the amount of vitamin C as oranges, as much potassium as bananas, more fiber than apples, and lots of magnesium.
- **Drinking several cups of caffeinated coffee a day makes the body react as if it is under stress all day**, say *Duke University Medical Center* researchers. When subjects had 250 milligrams of caffeine (about two cups of coffee in the morning and again at noon), stress levels spiked and stayed elevated late into the evening. Persistently high levels have been linked to heart damage.



CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

Here is a little comparison I made last year:

8 months		
15 trips to the emergency room	VS	1 chiropractor
3 surgeries		
4 teams of doctors		
65 pounds		
\$130,000 in medical bills		

Yes, that is what we compared last year before we found our answer. And as you may guess, our answer was the 1 chiropractor, Dr. Gregg Stern.

After what seems like a rather uneventful day, I started feeling a bit nauseous and by the middle of the night, I was in the emergency room, dehydrated from hours of vomiting, and overcome by the pain associated with my activities. The next day they took out my gallbladder, told me I was fine, sent me home with minor instructions about taking it easy and eating whatever felt ok. 24 hours later I was back in the emergency room, same symptoms, no answers.

Over the next weeks and months, there were 13 more trips to the ER (all in the middle of the night, of course), counting the one in Las Vegas, 2 more invasive surgeries that were supposed to be “the answer” and still no real changes, except for the 65 pounds I lost. I was always nauseous- no relief at any time.

In August, my wife suggested that we talk to Dr. Stern. I thought: “how will straightening my back help me loose this nauseous feeling? I still believed chiropractors were for sore backs and necks, but nothing else. We had tried everything else, and my wife told me that Dr. Stern talks about total wellness, that everything needs to be in place for the body to heal itself. At this point, I was ready to try anything!

After my first appointment, I had a most unusual sensation: the lack of nausea! It was only for a few hours at first, and many adjustments were needed. I went twice a day for the first week and almost daily the next week. He helped align the areas of my body that produced these symptoms until the symptoms corrected themselves. In addition to his treatments, he suggested regular massages as supplemental therapy. This too was a good thing!

It is now a year later. I have not been back to the hospital since I began my treatments with Dr. Stern. I maintain a somewhat regular schedule of adjustments, massages and I even practice meditation between appointments. I feel much better and have the tools to maintain my health. Thanks to Dr. Stern, I found a few of those pounds I lost, but more important than that, I found a road to health that I can travel.

Submitted with appreciation for all Dr. Stern has done for me,

MILES AVNER

The Rules For Being Human

1. ***You Will Receive A Body.*** You may like it or hate it, but it will be yours for the entire period of this time around.
2. ***You Will Learn Lessons.*** You are enrolled in a full time informal school called *LIFE*. Each day in this school you will have opportunities to learn lessons. You may like the lesson or think them irrelevant and stupid.
3. ***There Are No Mistakes, Only Lessons.*** Growth is a process of trial and error: Experimentation. The "failed" experiments are as much a part of the process as the experiments that ultimately are a "success."
4. ***A Lesson Is Repeated Until Learned.*** A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. ***Learning Lessons Does Not End.*** There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. ***"There" Is No Better Than "Here."*** When your "there" has become a "here," you will simply obtain another "there" that will again look better than "here."
7. ***Others Are Simply A Mirror Of You.*** You cannot love or hate something about another person unless it reflects something you love or hate about yourself.
8. ***What You Make Of Your Life Is Up To You.*** You have all the tools and resources you need. What you choose to do with them is always up to you.
9. ***All Of Your Answers Lie Inside Of You.*** The answers to your life's questions lie inside of yourself. All you need to do to make the best decisions is trust yourself.
10. ***You Will Forget All This, And You Can Remember It Whenever You Want.*** Remember these essential rules for being human. Share them with others.

Please re-read #1. Love it or hate it, this is your body for the rest of your life. You can't replace parts as you can on your car. You can't trade it in for a 2006 model. You must take care of this one because it's the only body you'll ever have.

I am so proud to be a chiropractor and so proud of you for making the best decision to live the "Chiropractic Lifestyle." You have raised your standards of your own health and well-being. Congratulations for being the best "Human Being" you can be!