



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

May 2007

Dear Patient and Friend,

What do our body and our automobile have in common? Our body and our car both 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. Today, most cars have gears that shift automatically while driving and you are not even aware of these movements.

INTHISISSUE

- Page 2: Your Body And Your Automobile
- Page 3: You Have The Power To Be Healthy
- Page 3: How Does Stress Affect The Nerve System?
- Page 4: Stand Up STRAIGHT! MAY IS ... Perfect Posture Month
- Page 5: Chiropractic: Bringing Out The Best In You: Ear Infections
- Page 6: Fascinating Facts To Think About ... Did You Know?
- Page 7: Guideposts On The Way To Your Dreams

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.

The brain is the master controller of the body. It sends messages to all parts of the body through the nerve system. These

millions of detailed processes are all 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 spinal cord and its membranes pass to all parts of the body. The vertebrae protect 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, which in turn cause an interruption in 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 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 healthcare 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 its 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 111 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...

You Have The Power To Be Healthy!

-Source: Journal of American Health Policy, 1992

Perhaps the greatest discovery of our time is the awesome power of the human body to heal and rejuvenate itself.

The generally accepted philosophy of health and wellness is drastically shifting. Traditionally, drugs and surgery were utilized as solutions to health problems. Today, more and more people refuse to rely on drugs and surgery and are shifting to a more natural approach to health and wellness. They are searching within their own bodies and allowing the power of the body to heal itself.

This approach is what chiropractors have been sharing with their patients for 111 years. The power that made the body is the same power that heals the body. This is the foundation of chiropractic care. Millions of people are discovering that chiropractic care is one of the most sensible and safe methods to optimal health and wellness.



Have You Heard?

Chiropractic patients tend to have substantially lower health care costs, according to a review of data gathered from over two million chiropractic patients in the United States. The data also indicated that chiropractic care reduces the need for both physician and hospital care.

How Does Stress Affect The Nerve System?

Stress is a normal everyday occurrence, but the body's *inability* to adapt to stress is like a time bomb waiting to explode.

Physical stress can result from accidents, falls and poor posture. Because the spine is a lifeline for the body, poor posture may indicate spinal misalignments. Part of the brainstem enters the first vertebra of the spine; however, if this vertebra is not in proper alignment, abnormal pressure may be placed on the brainstem and the nerves originating from that area.

The body's health is seriously affected by this pressure and a Doctor of Chiropractic is the only health care provider trained to detect vertebral subluxations. Through a series of gentle adjustments, the chiropractor realigns the spine for the restoration of health.

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 6 years, I have committed to direct 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 system, all which helps 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 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 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."

Chiropractic :: Bringing Out The Best In You

-Dr. Ben Lerner, www.thebodybygod.com

Ear Infections

Ear infections are affecting children in epidemic numbers. Statistics show that by the age of three, over two-thirds of all children have had one or more episodes of otitis media or middle ear infection. Chiropractic offers a drug-free, less invasive approach to ear infections than the traditional treatment of antibiotics and tubes.

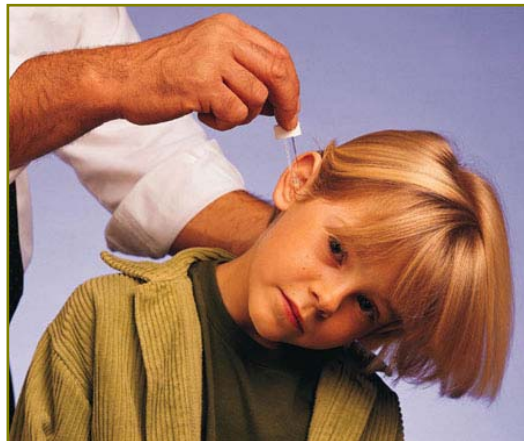
Antibiotics and Surgery...

Antibiotics, decongestants and tubes in the ears are the most common treatments prescribed for children with ear infections. However, the value of each of these treatments is controversial. Studies performed with each of these treatments show that the recovery time from an ear infection utilizing each of these treatments was the same as those children who had no treatment at all. Another study showed that 88% of children with ear infections never need antibiotics. In fact, in those treated with antibiotics, recurrence of infection is high. In addition, there are many possible problems associated with antibiotic usage including allergic reaction, intestinal problems and antibiotic resistance. Tubes in the ears have a high rate of recurrence as well and studies show that hearing loss years later may be a risk of tubes.

The Chiropractic Approach...

Ear infections are one of the most common reasons kids see chiropractors. Every child is born with an inner wisdom that always knows what is needed to be in perfect health. Spinal

misalignments (also called subluxations) can occur during childbirth, irritating nerves and eventually disrupts the body's ability to function properly, causing many childhood illnesses, including ear infections. For 111 years, chiropractors have been educating parents to the awareness that by removing interference in a child's nerve system, their inner wisdom can express itself and heal their bodies from the inside out. "Better health through better chemistry has failed. Drugs and surgery are not the answer to health and wellness, because health comes from within." Researchers have finally proven this and are recommending a restraint in the prescription of harmful drugs.



Case Study...

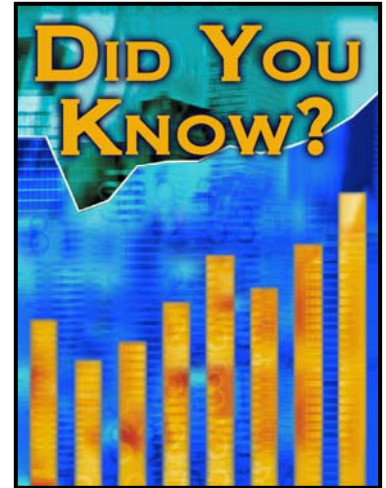
A 6-year-old boy entered my office with chronic ear infections. He also suffered from occasional tonsillitis. Three years prior, tubes were placed in his ears. The child was scheduled for another ear surgery and to have his swollen tonsils removed. He had been on nine courses of antibiotics over the past three years. His symptoms would resolve and then return within one month. After his first chiropractic adjustment, he stopped complaining of ear pain. At a six-week evaluation, there was no ear effusion in either ear. His tonsils were normal size. The ENT doctor cancelled surgery. Six months later, this child is free from ear infections and antibiotics. More and more parents are discovering regular chiropractic care for their children, often after first exploring medical care.

Fascinating Facts to Think About

Did You Know?

- ❖ **Chiropractic care may help fight oxidative stress in healthy people.** Swedish researchers at the University of Lund compared people undergoing chiropractic care for general wellness to patients with conditions like diabetes, cancer and heart disease. They found that blood levels of thiol, an antioxidant promoting DNA repair, were three times higher in those patients undergoing chiropractic care for overall health than in patients with active diseases. Long-term care showed the greatest results.

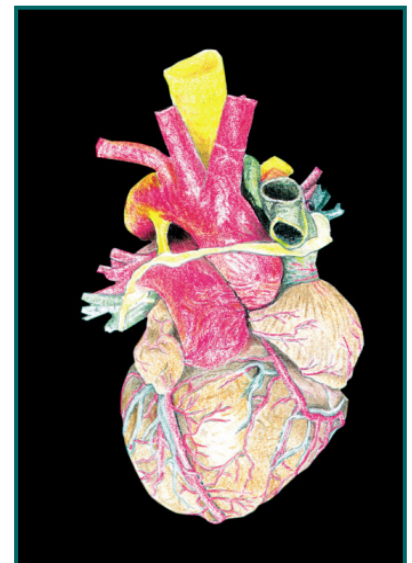
Source: Rachel Dowd; *Natural Health Magazine*, July/August 2005



- ❖ **An apple a day may reduce the risk of Alzheimer's and Parkinson's.** Quercetin, one of the primary phytonutrients in apples, seems to protect the brain from the cell damage that triggers these diseases, according to animal studies conducted at Cornell University. These nutrients tend to be concentrated in the skin of the fruit.

Source: *Natural Health Magazine*, April 2005

- ❖ **A hostile heart.** New research from the University of Pittsburgh School of Medicine suggests that we take anger and anxiety to heart, literally. In a study that tracked 200 middle aged women for 10 years, those who reported anxiety about their public image, who had a hostile attitude or angry traits, and who suppressed anger, showed greater thickening of the carotid arteries, which is a risk factor for heart disease and stroke.



- ❖ **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 your fingertips to your temples.

- ❖ **Women who took a daily multivitamin prior to pregnancy** had half the risk of delivering a preterm baby than those who didn't, reports a study in the *American Journal of Epidemiology*.

Source: *Self Magazine*, March 2005

Closing Thoughts...

-Jeff Herring, Knight Rider News Service

Guideposts on the Way to Your Dreams

"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 Mc Lain

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!***