



# 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,

### Who can benefit from chiropractic care?

**Children certainly can.** With high energy and great enthusiasm, they climb, jump, slide swing, run, skate and ride. And before they can do all these things, they must go through the up and down experience of learning to walk.

Although these activities are all a normal part of childhood, they can cause scratches, bruises, sprains, pains and even broken bones. Parents understand this and learn to cope with such challenges. For example,



parents have their children wear a helmet while riding a bicycle. Elbow and knee pads are important while skating. These precautions help prevent injury as active children are growing up.

Although it is important to protect the head, knees and elbows, another part of the body remains vulnerable to injury, the spine. Even the process of learning to walk can bring hard falls that jolt the spine.

As children grow, rigorous physical activities can take a toll on the spine, yet many of us are not as aware of the need to protect this area of the body. Because there may not be visible signs of such injuries, we may not notice them right away. However, spinal injuries during childhood can lead to bigger problems later in life.

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Childhood is not the only time when activities can cause spinal problems. In the adult years, auto accidents and falls can cause irreversible damage to the spine if left uncorrected. It is much easier to know that we need to see a dentist, because we are experiencing a toothache. We are aware that the sooner the cavity is treated, the better are the chances that the tooth will not deteriorate.

However, unlike a toothache, spinal subluxations may not cause immediate pain, but the same principle applies: the earlier a spinal problem is detected and corrected, the better are the chances that it will not deteriorate into a more serious health issue. Considering our lifestyle from infancy to maturity, it is clear that regular chiropractic care is essential for a healthy spine throughout life.

The spine has some surprising functions we may never have considered. The spine is very important to posture. In fact, did you know that proper posture helps our brain function better? It is true. Dr. Roger Sperry, 1998 Nobel Peace Prize winner for brain research, said most of the energy output from the brain is used to maintain the relationship of the physical body with gravity. "With poor posture, only 10 percent of the brain's energy output is used for thinking, metabolism and healing the body from illness."

Since the spine is a critical element in proper posture, Dr. Sperry's declaration

certainly seems to indicate that a healthy spine is of the utmost importance in health. As evidence of this fact, when individuals begin chiropractic care, it is very common for them to experience an increase in energy and an overall sense of well-being.

Doctors of Chiropractic focus on all aspects of health, with special emphasis on a healthy nerve system. This attention to the spine through proper alignment of the vertebrae allows us to experience our healthiest selves. 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.

**Who needs chiropractic care? Children certainly! Adults certainly, and anyone who can benefit from a healthy spine!**

**"With poor posture, only 10 percent of the brain's energy output is used for thinking, metabolism and healing the body from illness," Sperry pointed out.**

# Perfect Posture Month

## Stand Up **STRAIGHT** ... Please Don't **SLOUCH**... Your Posture Is the Window to Your Health

**P**osture 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 7 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.**"

# Closing Thoughts...

## 25 Acts of Kindness...

### One Thoughtful Gesture Can Make Someone Else's Day Much Brighter

1. Take a minute to direct someone who is lost, even though you are rushing.
2. Write a letter to a child who could use some extra attention. Kids love getting mail.
3. Offer to pick up groceries for an elderly neighbor.
4. Give a homeless person your doggie bag.
5. Say "I love you" to someone you love.
6. Put a coin in an expired meter.
7. Help a mother carry her baby stroller up the stairs, or hold a door open for her.
8. Each time you get a new item of clothing, give away something old.
9. Take someone's shift as the carpool parent.
10. Bring your assistant coffee.



11. Out of the blue, send flowers to a friend.
12. Say "please" and "thank you" and really mean it.
13. When you are on a crowded train, offer your seat to an elderly, disabled or pregnant person.
14. Don't interrupt when someone is explaining herself.
15. Offer to babysit for a single mom.
16. Let a fellow driver merge into your lane.
17. Put your shopping cart back into its place.
18. Call or write a teacher who changed your life.
19. Bring bowl of fruit to share at the office.
20. Forgive someone a debt and never bring it up again.
21. Listen with all your senses.
22. Encourage someone by building them up with strong and noble thoughts.
23. Volunteer to take care of a friend's dog while he or she is vacationing.
24. Help a friend pack for a move.
25. Pass along a great book you've just finished reading.