



# 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,

Education is one of the most important topics of conversation these days. Formal education has had a significant impact on our lives. I can still remember the name of my first grade teacher. Can you? When we think back to our own school days, we remember homework and tests and maybe even getting sent to the principal's office a few times. No doubt this was quite an experience. However, where were we getting our education for living? Much of our education for living has come from our own experiences as well as the experiences of others, such as our parents, friends and even what we see on television and the internet. As we become adults, it might be important to take a close look at what we have learned about living. Some of our beliefs about life may need to be changed because they are causing us problems or simply are no longer serving us.

For example, learning to earn a living is one important aspect of living life successfully. The example in your

family may have been a good one and you learned the lesson well. But what if you had a poor model of responsibility in this area and you are repeating the same poor patterns day after day?

Over time, you may have recognized that this behavior was no longer serving you and you searched for new

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ways of living to be financially responsible.

The most important element of living a great life is health. There is nothing else in life as important as being in great health. Stop for a moment and reflect about what you were taught by your family about health. Were you taught to brush your teeth daily? Did your parents have health problems and did they take lots of pills? Did they give you pills every time you had a runny nose or a cough? What are your current views about ways to handle illness?

Each of us has very different views about living and yet we have many things in common. We are all searching for a happy and fulfilling life. In order to accomplish this we must first recognize our own responsibility and personal power to make our decisions and our dreams become reality.

No matter what ignites your passion for living, good health can help you to make the most out of every day. Optimal health does not come from pain pills or surgery. Optimal health does not come from working at it only when we have a health crisis. Healthy living must become an essential part of our daily lives. Health is a very natural asset and we must look to natural solutions to achieve health and maintain it. Chiropractic care is based on the body's ability to heal itself.

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**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.

In this extraordinary Patient Newsletter, **Chiropractic Miracles**, we will discuss different topics of interest, documented research studies, and even personal success stories. **I will reveal to you my personal "Guide to Chiropractic Wellness" which will absolutely arm you with the tools necessary to make the best health decisions for yourself and your family.**

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend 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 You Assumed About Weight Loss and Exercise May Be Wrong

Source: *New York Times*, September 12, 2006

A *Duke University Medical Center* report on the various factors that affect weight loss points to vigorous sustained exercise as a key factor.

Estimates for the benefits of milder forms of exercise, such as a one-mile walk burning 100 calories, are imprecise at best, and often do not take into account factors that reduce their actual effectiveness.

Machines such as treadmills, for example, overestimate the calories burned by 10-15 percent.

However, weight-bearing, gravity-fighting exercises like dancing, skating, running, and stair-climbing burn more calories, in the same period of time, than gentler water-based exercises or cycling, although some make up for this by cycling for long periods.

How skillfully you perform your personal exercise regimen affects calorie burn, too. Poor technique may make you work harder and expend more calories, but you'll quit faster and may hurt yourself along the way.



— **CM** —

Vigorous, sustained exercise does more good, not only for kids, but adults as well. And considering all the good exercise can do -- beating diabetes and Alzheimer's for starters -- you'll want to get it right the first time. There is even compelling evidence that suggests exercise makes you smarter.

There are three important variables to consider when you exercise:

- Length of time
- Frequency
- Intensity

Most people don't exercise at the appropriate intensity and as a result aren't able to obtain the benefits. When you use the right dose you will receive absolutely amazing results, but if you under or overdose you will either not achieve the results you seek or suffer from unnecessary side effects.

The bottom line is that one of the best investments you could ever make in your health is your commitment to a regular exercise program that you can do the rest of your life. This is because exercise is not like money. You simply cannot bank it. Even if you were a world-class athlete, in about two weeks of non-exercise you would start to experience serious de-conditioning.

# Chiropractic: Bringing Out the Best in You

## How Should I Feel after an Adjustment?

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At the very moment that your chiropractor corrects your subluxation, hundreds, if not thousands, of body functions and activities are affected. The flow of nerve impulses over your brain, spinal cord and nerves to your internal organs and tissues is normalized, and your body begins to rebalance, renew and rebuild itself.

**A chiropractic adjustment affects more than physical well-being.** Many patients report a feeling of deepening peace and relaxation after an adjustment. Others describe a warm feeling flowing to various parts of their bodies. Some feel very relaxed or energetic or both.

**Most chiropractic patients find that the problems that brought them to their chiropractor soon begin to lessen after their first few visits** although some people feel little difference after initial adjustments. This does not mean that they are not receiving any benefit; healing may be occurring under the surface. And occasionally, a patient may initially feel muscle soreness after their first adjustment, usually giving the feeling of exercising for the very first time.

**As you continue your chiropractic care** and your spine and nerve system continue to release deep stresses you will begin to notice:

- ❑ Better balance, smoother movement and increased energy
- ❑ Increased awareness of your spine and body stress
- ❑ Increased ability to breathe more deeply
- ❑ Increased emotional relaxation
- ❑ You may even spontaneously change your eating habits, feel an increased desire to exercise, go for more walks and find more ways to relax

**The most important benefits of the chiropractic adjustment** are usually found below the level of consciousness. It is when the nerve communication to the heart, lungs, joints, sexual organs, skin, eyes, ears and the brain itself are improved, that the true benefits of chiropractic are experienced.



# Need Surgery?

The New England Journal of Medicine reported that surgery is overused for the treatment of back pain!

-The New England Journal Of Medicine, 2001:344(5), pp363-369

***Surgery IS NOT the answer if you or someone you know is suffering needlessly from back pain.***

*There may be better, more effective options. According to The New England Journal of Medicine, surgery is*



*overused for the treatment of back pain. In fact, the rate of all types of back surgery is more than 40% higher in the U.S. than in any other country. Furthermore, it has been reported that surgery often does not improve the outcome and in some cases can even make the condition worse.*

There is considerable evidence supporting the use of conservative, non-surgical methods for back pain, including chiropractic care. Corrective chiropractic care does not treat back pain. **Corrective chiropractic care corrects the cause of the back pain.** This is usually more effective and more permanent than surgery.

It is your God-given right to experience the lifetime rewards of being pain-free and healthy. This is why for 111 years, chiropractors have been offering a natural, safe and effective solution to back pain that massively reduces and even eliminates back pain without the potentially devastating side effects of drugs and surgery. Natural corrective chiropractic care focuses on solving back pain at its CAUSE...because chiropractic care focuses on YOU! It is critical to take care of the person, not just the pain.

## Is Chiropractic Care Safe?

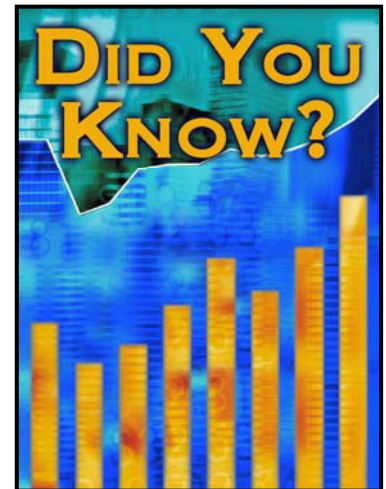
**Yes! Chiropractic is among the safest of the healing arts.** As proof, simply compare malpractice insurance rates between chiropractors and other health professionals. Chiropractors' malpractice premiums are a small fraction of those for medical doctors. Also, by avoiding the potentially devastating side-effects of drugs and surgery, chiropractic care enjoys an excellent track record. In fact, chiropractic care has proven to be 100 times safer than taking an over-the-counter pain reliever. The most common side effect is better health for people of all ages.

# Fascinating Facts to Think About

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## Did You Know?

- ❖ **Exercise is a winner for health.** Research indicates that regular physical activity significantly reduces the risk for Alzheimer's disease by increasing blood flow to the brain. Mental activity such as puzzle solving can be productive as well, because such activities help build dendrites, important brain connectors.
- ❖ **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
- ❖ **A weight loss plan that actually sounds like fun:** Laughing for 15 minutes each day may burn 40 calories, which can translate to 4 pounds each year, according to researchers from Vanderbilt University. Source: *Self Magazine*, March 2005
- ❖ **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 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
- ❖ **A daily dose of chocolate may reduce the risk of hypertension and diabetes.** A study published in the American Journal of Clinical Nutrition found that eating 3.5 ounces of antioxidant rich dark chocolate daily for 15 days reduced insulin resistance and lowered systolic blood pressure significantly in healthy patients. White chocolate offered no benefit and milk chocolate wasn't tested. All chocolate is high in calories, so opt for dark in a limited amount. Source: *Natural Health Magazine*, July/August 2005



# CHIROPRACTIC MIRACLES

“Listen to What Our Patients Are Saying”

I originally came to Dr. Stern because of severe pain in my left shoulder blade and arm. My care at Stern Chiropractic helped this problem quickly resolved and aside from the obvious benefit of reliving my pain, Dr. Stern has helped me learned what triggers my problems and ways to minimize them. I now take preventative measures including regular exercise and other techniques that I have learned at Stern Chiropractic. I believe my general well-being has improved with chiropractic care and I don't feel I have as much low level constant pain anymore. Now, when something does occur, my recuperation time is shorter and the severity is reduced. This allows for a quicker return to normal activities.



I believe that even people without an active back problem can benefit from chiropractic **because it is about more than just pain relief!**

-John Raef

## *Closing Thoughts...*

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### **Are You Richer Than 75 Percent of People in the World?**

As Thanksgiving approaches, this is a perfect time of year to be grateful for the abundance of **happiness, health, love and prosperity in your life**. To some people, these gifts may seem lacking at times. This information will give you some idea of just how blessed you really are. Sometimes, in the midst of plenty we forget to **Give Thanks** for all that we have. This is a great reminder!

1. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...***you are richer than seventy five percent of the people in the world.***
2. If you can attend a church or synagogue meeting without fear of harassment, arrest, torture or death...***you are more blessed than three billion people in the world.***
3. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...***you are more blessed than five hundred million people in the world.***
4. If you have money in the bank, in your wallet and spare change in a dish...***you are among the top eight percent of the world's wealthy.***
5. If you woke up this morning with more health than illness... ***you are more blessed than the million who will not survive this week.***

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**Waking up every day with more health than illness is a special blessing because health makes it possible to enjoy the other good things in life.** Since optimal health is our most valuable possession we need to remind ourselves frequently that the choices we make help to determine not only the quality of our daily lives but also the length of our lives.

**What is the true meaning of Thanksgiving to you?** Is it simply just another day to eat until you can no longer get up off the couch and then eat some more?

Thanksgiving is my favorite holiday of the year because it is the time of year for **giving thanks**. Thanksgiving is a golden opportunity to give thanks for the miracles in our lives, for our wonderful family and friends, and for our health, our happiness and the love that each and every one of us has in our lives.

**I am extraordinarily thankful for the opportunity to serve my wonderful family of patients and friends.** It is because of you that I am able to fulfill my higher purpose, to coach people to achieve optimal health and healing. **I am thankful for the miracles that occur everyday when patients choose to live the "Chiropractic Lifestyle."** I am thankful that you always share the miraculous benefits that chiropractic has to offer with all of those you care about. **And I am thankful for the opportunity to serve all of your family's health care needs.**