



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

November 2008

Dear Patient and Friend,

How do you see yourself in relationship to the happenings in your life? First, do you believe certain things just "happen" to you, maybe just by luck or caused by other people, without your ability to stop them or change them? Secondly, in contrast, do you believe you have the power to make changes in most areas of your life? This belief is describes as *locus of control*.

If you answered *yes* to question 1, you have an *internal locus of control*. If you answered *yes* to question 2, you have an external *locus of control*.

Studies have shown that most women have an internal locus, while most men have an external locus. Your beliefs about control can have a great influence on your decisions, behavior and health.

We commonly experience some wonderful personal accomplishments in the first two decades of life: feeding ourselves, walking, tying our own shoe laces, learning to whistle, riding a bike, driving a car, graduating from

high school, finding a job. Each of these accomplishments toward adulthood brings with it a feeling of personal satisfaction and self-confidence. The feeling of *I can do it myself* is a very powerful realization.



INTHISISSUE

Page 2: Are You In Control of Your Health?

Page 3: Preventative Antibiotic Use Questioned

Page 4: Are You Richer Than 75 Percent Of People In The World?

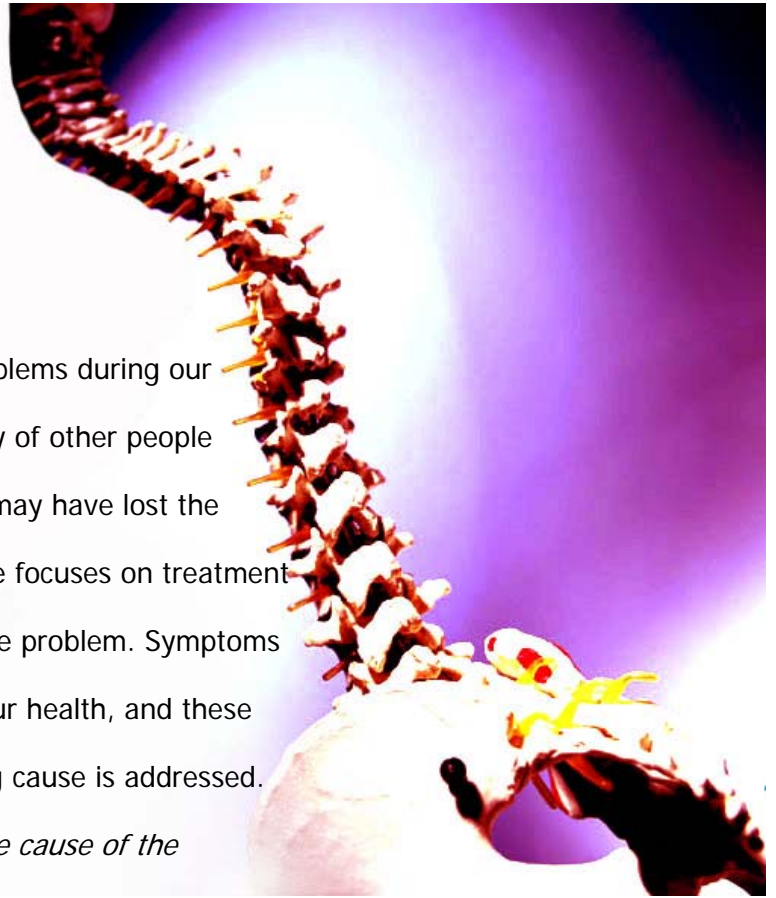
As we mature however, we begin to accept the fact that there are certain things that we cannot change. This can become a problem, though, if we view as *unchangeable* some important aspects of our lives that we can control.

For example, most of us have experienced health problems during our lives. We may have grown dependent on the authority of other people to tell us what is wrong and what to do about it. We may have lost the sense of choice about healthcare. Traditional medicine focuses on treatment of symptoms; however, the symptoms are not the true problem. Symptoms result from underlying problems which compromise our health, and these problems may worsen over time unless the underlying cause is addressed.

Chiropractic care focuses on finding and correcting the cause of the symptoms and uses natural means to correct the problem.

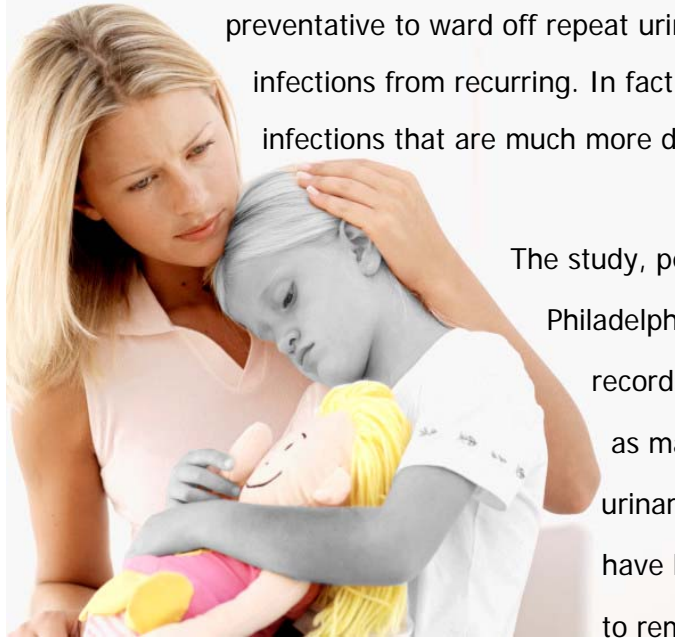
Many times the underlying cause of symptoms is a subluxation (misaligned vertebra). Chiropractors focus on the human body as a whole unit, with special attention to the importance of the spine. Nerve impulses flow from the brain, through the spinal cord, to the rest of the body. Optimal health depends on the successful delivery of these nerve impulses to the organs, tissues and cells of the body. Each of the spinal vertebrae protects the nerves. If a vertebra is misaligned by the activities of life, the nerves can be affected and a health problem can result. Chiropractors correct the misaligned vertebrae with an adjustment and restore the free flow of nerve impulses through the nerve system. This enables the body to heal itself.

We have many choices in our lives these days: more options in the grocery store, on the internet, in the automobile showroom. We also have the most important choices to make in healthcare, and you have the power to choose wisely. Make your choice the natural, safe and effective choice. Make your choice chiropractic care for yourself and your family.



Preventative Antibiotic Use Questioned For Recurrent Urinary Tract Infections

A recent issue of the *Journal of the American Medical Association* reports that using antibiotics as a preventative to ward off repeat urinary tract infections in children does not prevent the infections from recurring. In fact, the report says, this practice leads to antibiotic resistant infections that are much more dangerous.



The study, performed at the Children's Hospital Medical Center in Philadelphia and the University of Pennsylvania, was based on the records of nearly 700 children. The researchers concluded that as many as 180,000 children in the United States have a urinary tract infection by the age of six and up to 40% of those have backflow problems which can cause a growth of bacteria to remain in the tract.

Lead researcher, Dr. Patrick Conway said, "We found that daily antibiotic treatment was not associated with a decreased risk of recurrent urinary tract infections, but was associated with an increased risk of resistant infections." The authors concluded that pediatricians should discuss the risks and unclear benefits of using preventative antibiotics with families for children with recurrent urinary tract infections.

————— **CM** —————

Chiropractic care offers a wonderful solution to many common childhood illnesses, including recurrent urinary tract infections. 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.

Closing Thoughts...

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.***

————— **CM** —————

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.**