



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Stern's Breakthrough Patient Newsletter...

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October | 2008

Dear Patient and Friend,

When we can't figure out just how to use our new computer, digital camera, cell phone or any other machine for that matter, it is usually because we haven't read the instructions. An automobile, a computer, a fax machine- these are all complex mechanical devices requiring instructions. We can learn how to use them effectively by reading the instructions or by allowing somebody to teach us how to use them.

Sometimes, if we haven't used these machines in a while we have to go back and review the



instructions all over again. These complex machines are a very important part of our lives. In fact, sometimes we feel lost or out of control if we lose the ability to use them.

Are you aware that the human body is defined as a "machine?" We generally think of a machine as made of metal and moving parts, but a *machine* can also be defined as *an intricate natural system*

or organism, such as the human body.

Unfortunately, our bodies don't come with an instruction manual when we are born. And it is true, our bodies are the most important machines we will ever own in our lifetime. It is very wise to learn as much as we can about it.

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Let's focus first on the terms *natural system* and *man-made systems*. Computers and cars are not natural systems. They are man-made and come with a set of instructions to learn from.

The human body is a natural system and does not come with instructions. Instead, the body comes fully equipped with its own natural ability to heal itself.

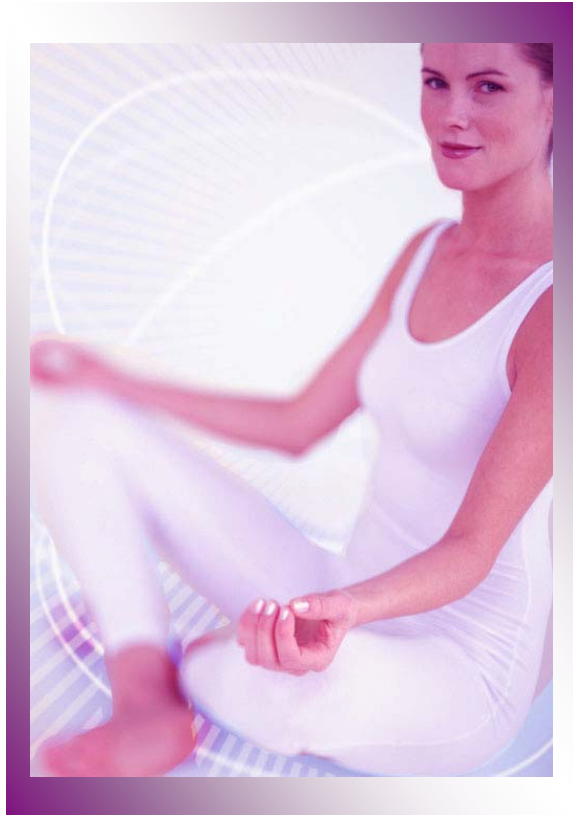
When we are experiencing a health issue, it is important to understand that symptoms of illness are our body's intelligent way of letting us know that something is wrong. Something is interfering with the body's natural ability to heal itself.

Chiropractic care is so effective because it works with the body's natural healing ability. Pills will simply mask the symptoms of an illness without ever locating and correcting the cause of the problem. Chiropractors do not rely on pills but rather focus on enabling the body's natural system to restore health.

The most amazing aspect of this "natural system" is that it works with no conscious thought. Our body works perfectly without us even thinking about it or reading an instructions manual to operate it. We don't have to tell our

heart when to beat or how to digest food or how to grow hair. When there is no interference in communication between the brain and the rest of the body, each system works optimally.

Chiropractors restore the body's communication system by removing interference caused by spinal misalignments (subluxations). When the vertebrae of the spine are misaligned, this can cause a breakdown in communication of nerves to other parts of the body. This is when symptoms can arise. Chiropractors correct subluxations with an adjustment and help to restore the body's natural ability to heal itself.



Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very

important step in your commitment to optimal health. Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

Understanding Chiropractic

Being a practicing chiropractor for many years, I have the opportunity to meet a wide variety of people everyday. When patients enter my office on their initial visit, they may enter with certain symptoms as well as very specific expectations of what it is they want to accomplish. They may present with back pain, neck pain, headaches and other symptoms of disease and have a simple understanding, or should I say misunderstanding that chiropractors *fix backs*. And, their expectations are that they want to feel better *NOW*.

For these reasons, it is my belief that it is absolutely critical to take time to educate and empower everyone of my patients so that they have a complete understanding of the following things:

- ◆ **What exactly has caused my problem.**
- ◆ **What it is going to take to correct my problem.**
- ◆ **How long is it going to take to correct my problem.**
- ◆ **Exactly how chiropractic can help me.**



You see, what I want every patient to understand is that as unique as each individual is when they enter my office, they ALL have certain things in common. For me, the very best part about being a chiropractor is knowing that every patient that walks through the door walks in with a problem and the solution inside of them. Remember, healing always comes from within each of us. It is my responsibility as the Doctor of Chiropractic to help facilitate that healing by removing vertebral subluxations from the nerve system. When interference is removed, the body can adapt and heal on its own. How long that will take is unique for each individual.

It is absolutely critical to empower patients to live a healthier lifestyle ... a chiropractic lifestyle. This includes proper diet, exercise, stress reduction and adding love to their lives. I find that patients who own a greater understanding of exactly what it means to be *healthy* can make the best health decisions for themselves and their families. I am truly proud that my

chiropractic practice is comprised of families who choose to be lifetime chiropractic patients because they are empowered to live long, healthy and vital lives.

Closing Thoughts...

Principles for Personal Success!

We should always follow the golden rule about how we would like to be treated if we were in another person's shoes.

- ◆ We need to keep a pleasant personality. People prefer to do business and interact with people they like. People like to associate with people who are pleasant to be around. Pleasant people portray themselves as sincere with a generous, cheerful and considerate attitude.
- ◆ Maintaining optimal physical and mental health is essential. Even if we already have an enthusiastic and positive attitude, we must control our mental and physical habits so they remain life enhancing and productive for success. Proper rest and relaxation are vital to renew energy and sharpen purpose and focus. Most of us realize optimal health is the key to expressing our best, however we need to remember that regular chiropractic care is a necessary step toward physical and mental wholeness.
- ◆ Forming good habits is really smart. Both good and bad habits are formed the same way-through repetition. By understanding this, we have the power to change a negative habit into a positive habit by repeatedly commanding our thoughts and actions through positive motivation. These steps ensure that the positive habits become automatic.
- ◆ Always giving that "little extra" can elevate our daily lives and help make a difference in the lives of others. Studies indicate that a shift has taken place from the "me" generation to the "we" generation. When we reach within ourselves, we will find that "extra something" we can give to those around us. When we give more than is expected from us, life will reward us. Elbert Hubbard wrote, "Folks who never do any more than they get paid for never get paid for any more than they do." Always give that extra something. You'll be glad you did and someone in the world will be better because of it.



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I challenge you to give that "something extra" and make your life even happier, healthier and more successful. Make a bigger difference in the lives of others because that is where real joy comes from, making others happy.

I ask you to welcome challenges, look for opportunities in every situation to learn and grow, delight in the beauty around you and offer your sincere caring and kindness to others. This is the real "stuff" of life.

I am committed to giving you that "something extra" because I am committed to making a bigger difference in the lives of my wonderful patients.