

Message of Wisdom for the New Year

The following points were taken from an 11/05 presentation by Dr. Deepak Chopra with additional commentary by Dr. Gregg Stern.

1. Change your perception of reality.
 - Reality is not physical, it is mental energy
 - Your reality is based on what is going on in your head – MAKE IT GREAT!
2. Your mind and body need rest.
 - Rest allows you to heal & rejuvenate physically, spiritually & mental/emotionally.
 - This can be accomplished through meditation and/or sleep.
3. Pay attention to nutrition.
 - Your body needs proper nutrition to heal and flourish.
4. Include proper nutritional supplementation in your diet
 - The foods of today are refined and processed to the point where you are not getting all the nutrients you need.
 - Proper supplementation requires guidance. Work with your Chiropractor or nutritionist to set up and monitor a supplement regimen.
5. Work on Mind-Body coordination.
 - Activities such as Yoga, Tai Chi, Chi Gong, martial arts, dance, and deep breathing are just a few examples of activities that integrate the mind and body – do whatever works for you.
 - These activities should be practiced regularly to maintain and enhance the connection.
 - What part of your being connects the mind to the body?
 - The Nervous System
6. Regular Exercise enhances your physical, mental and spiritual health.
7. Clear out the toxins in your body and your life.
 - Detoxify your body, mind and spirit.
 - Eliminate the toxic relationships and circumstances in your life.
8. Learn to let things go.
 - Be flexible and adaptable.
 - If you cannot control it, do not try to – just adapt to it.
9. Start experiencing all the Love and Happiness that surrounds you.
 - Look for the good in things and enjoy them.
 - Hang out with people that support you and help you grow.

I do understand that much of this is easier said than done but don't be too hard on yourself and don't expect to accomplish all of this in a day. Your life and health are a work-in-progress and require ongoing attention.

If the above information intrigues you and you would like to take the 1st steps toward better health and well-being, we are here to help. Stern Chiropractic serves as the health and wellness coach for many families, more than likely, for families you know. Dr. Stern specializes in pediatric, maternity and family wellness care and is here to help and serve you in any way he can.

If you desire better health and wellness, call us TODAY for your health and wellness evaluation.

Let Stern Chiropractic be your health and wellness coach!

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