



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,

With the holiday season just around the corner, this is a perfect opportunity for me to wish my family of wonderful patients and friends, the happiest and most joyous holiday season ever and a "Dream-come-true New Year." This is the time of year to be most grateful for all of the miracles in our lives. What a perfect opportunity to share precious moments with family and friends. There has never been a better time to share your love with all of those around you. Together, we can all help to make our world a better and healthier place to live.

It's that time of year again. Time to begin setting your New Year's resolutions and health goals for 2006. Are you ready to make this year the healthiest, happiest and most prosperous year EVER? Are

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you ready for a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health? If you answered YES to these questions, READ ON to learn my secrets to accomplishing ALL of your health goals.



In this "Special Edition" Patient Newsletter I am going to share with you my most closely guarded secrets about setting and achieving all of your goals. I have studied and practiced goal setting for over (5) years and I have coached hundreds of people to achieve all of their health goals. The results have been astonishing.

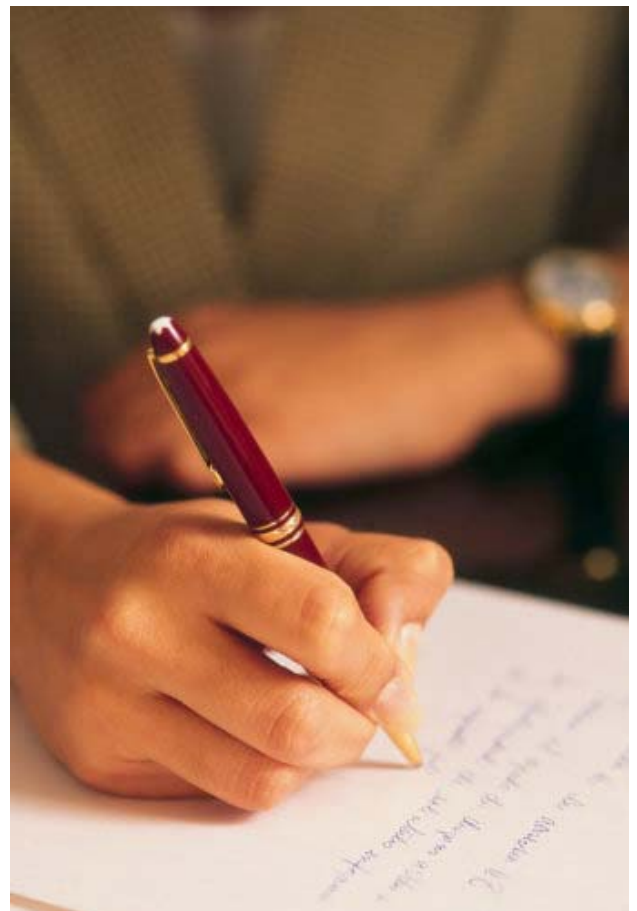
Wouldn't it be great if you could tell the universe EXACTLY what it is that you want? Wouldn't it be great if you could simply decide to lose weight,

increase your energy levels, improve your fitness levels, reduce stress, relieve pain, improve your overall well-being and self-image, and even feel 10 years younger and then proactively take every action step to accomplish that? Well, I am here to tell you that you absolutely CAN. You are the artist of your life and your health. You can create the "life of your dreams" and you certainly can be healthier than you have ever dreamed by simply making better lifestyle choices.

Here are the four components necessary to every goal...

1. Write down exactly what it is that you want.
2. Write down when you want it by (exact date).
3. Write down the action steps you will take to achieve your goal.
4. Write down how the achievement will benefit you.

My suggestion is that you limit the amount of goals that you set so that you do not become overwhelmed. Put the rest of your goals on a "long term" goal list. As you achieve any one of the primary goals, move another up from the "long term" list. And, most importantly, as you achieve any one of your goals, CELEBRATE like crazy. Buy yourself a gift or do something you have always wanted to do but never got to it. Reward yourself for being the "WINNER" that you are!



How Can I Tell If My Spine Is Healthy?

"10 Warning Signs Of An Unhealthy Spine"

Years of education, training, experience, and sophisticated diagnostic computer tests allow us to detect your subluxations. But, there are some simple things you can look for to determine if your spine and nerve system is healthy. Grab a pencil and answer the following questions.

1. Do the heels of your shoes wear out unevenly?
2. Does one leg appear to be shorter than the other?
3. Do you have poor posture? Do your shoulders slump forward? Does one hip or shoulder appear to be higher than the other?
4. Do you suffer from head, neck, lower back pain or ANY type of body pain or just don't feel as healthy as you would like?
5. Do you suffer from headaches, digestive problems, menstrual problems, allergies or any other chronic health problem?
6. Does your jaw "click?"
7. Do you have a constant stressful feeling and tension especially in muscles and joints?
8. Are you fatigued often?
9. Do you have poor concentration levels?
10. Do you seem to get common illnesses like colds and the flu often?

If you answered YES to ANY of these questions...YOU WILL BENEFIT FROM CHIROPRACTIC CARE. Call our office TODAY at (847-537-2225) and schedule an appointment for a complete spine and nerve system exam. We will tell you immediately if we can help you as we only accept those patients we are certain that we can help.

Flu Shot Reactions Worry Officials

A recent article in *Health Canada* stated that 1,113 people in five provinces have reacted to the influenza vaccine this year. That is more than eighty times as many for the same period of time last year. This has set off alarm bells among public health officials. More than 20 million vaccine doses are administered annually in Canada, making vaccination the most frequent medical act.

"Safety and the perception of safety is the key to our immunization programs," says Dr. Greg Hammond, Director of Public Health for Manitoba Canada. "Those affected suffered a combination of symptoms known as oculo-respiratory syndrome. This is characterized by conjunctivitis (red eyes), respiratory symptoms such as cough and sore throat and occasionally a facial rash that all occur within 48 hours of the flu vaccine inoculation."

I ask you...Is it true patient safety or simply the "perception of safety" that drives the medical profession? Do you truly believe that the flu vaccination is protecting you from becoming ill or is it simply the perception of being protected? Statistics show clearly that the potential for risk involved with the flu vaccine is much greater than the potential benefit. Here is yet another example of the failure of "better health through better chemistry."

Patients who receive regular chiropractic care strengthen their body's own immune system to adapt to the environmental circumstances and fight off the germs and bacteria that they come in contact with every day.

Kid's Health Concerns Related To Pelvic Subluxations

-Journal Of Vertebral Subluxation, October 18, 2004

Current research revealed in the Journal of Vertebral Subluxation found a relationship between children's health concerns and subluxations of their pelvic bones.

The study involved 650 children, 327 boys and 323 girls, and compared the results of their physical examinations, x-rays, surface EMG and thermography tests along with their complaints (or the problems mentioned by their parents). The children were divided into three age groups for the study; 2-4, 5-12 and 13-18 years of age.

The results of the study allowed the authors to conclude the following:

- 96% of the children examined were found to have pelvic subluxations.
- As a result of these subluxations, the beginnings of spinal degeneration, commonly found later in life in adults, becomes evident very early in life.
- The children examined experienced numerous physical complaints such as limb pain and numbness, low back and neck pain, growing pains, sinus problems, headaches, dizziness, stomach problems, bed-wetting, constipation, diarrhea, asthma, breathing problems, fatigue, colic, croup and menstrual cramps. Behavioral concerns included ADHD, learning difficulties, temper, memory and sleeping problems. Immune complaints such as allergies, colds, ear infections, fever, acne and throat complaints such as sore throats, strep throat and tonsillitis were also noted.
- The complaints the children experienced were fully or partially the result of their bodies adapting to the negative neurological changes associated with the pelvic subluxations.
- A child's developing nerve system will learn negative patterns of body movement and function that result from subluxations as easily as it will learn positive patterns when no subluxations are present. It is not always able to distinguish "good" input from "bad" input.
- This nerve system learning process, involving body movement, body position awareness and posture, begins within a few months after birth.
- **Chiropractic care should be started as soon as possible** so that these negative body movement patterns, abnormal joint function, disc stress and early degenerative changes can be corrected as soon as possible.

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.

Get their spines checked regularly for vertebral subluxation and nerve system stress. Corrective chiropractic care gently realigns the misaligned vertebrae into its normal, healthy position and frees the nerve system from any interference and stress. This allows your child's nerve system and immune system to strengthen and function properly. **As a practicing chiropractor specializing in pediatrics, I find that adjusting children and removing stress to their nerve systems, insures the best possible healthy and stress free futures.**

The Wellness Revolution

There are two basic reasons to consider chiropractic care. First, is the **correction of the cause** of health problems and the other is **achieving optimal wellness** for a lifetime.

Subluxations (spinal misalignments) are the cause of many health problems. The brain communicates to every tissue, organ and cell in the body through the spinal column. Any interference in nerve flow can cause a distortion of messages being sent from the brain to the rest of the body. This may result in symptoms and health problems.

A chiropractic adjustment is necessary in the correction of subluxations. When we experience symptoms such as pain, headaches, digestive disturbances, allergies, etc. we may try external means to mask the symptoms however, this does not correct the internal cause of the problem, the subluxation. The foundation of chiropractic is to locate and correct the underlying cause of health problems—a practice bringing relief of symptoms and then ultimately optimal health and wellness, naturally.

— CM —

Approximately one-seventh of the U.S. economy, about \$1.5 trillion, is devoted to what is erroneously called “healthcare.” Healthcare is a misnomer, as this one-seventh of the economy is really devoted to sickness.

Sickness is defined in the dictionary as “ill health, illness, a disordered, weakened condition, or a specific disease.” The sickness industry is reactive. They provide products and services reactively to people with an existing disease ranging from the common cold to cancer. These products and services seek to treat symptoms or eliminate disease. Despite the enormous size of the sickness industry, no one really wants to be a consumer.



In the next ten years, an additional \$1 trillion of the U.S. economy will be devoted to the Wellness industry.

Wellness is defined in the dictionary as, “the quality or state of being in good health especially as an actively sought goal.”

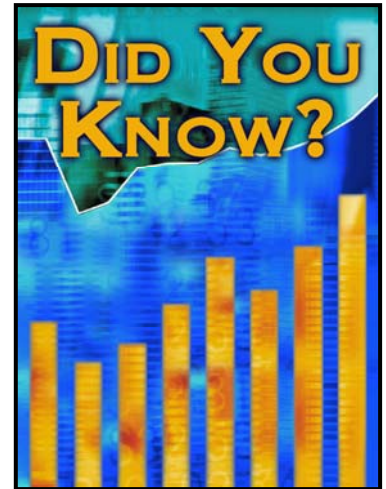
The Wellness industry is proactive. People voluntarily become consumers. Their health goals include feeling healthier, increasing energy, reducing effects of aging, improving performance and fitness levels, and to avoid becoming consumers of the sickness industry. Everyone wants to be a consumer of this earlier-stage approach to health. Within the wellness industry, products and services are provided proactively to healthy people in order to continually promote a healthy lifestyle.

As a chiropractic patient for life you are aware that **chiropractic is at the forefront of the “Wellness Revolution.”** There is no other health-care profession that promotes and educates patients to live a wellness lifestyle. It is never too early to begin to live the “Chiropractic Lifestyle.” **Chiropractic care is a health care approach based upon the body’s natural ability to heal itself and is a very important step in a commitment to optimal health and wellness.** Optimal health and wellness is one of our most valuable possessions and we should value ourselves enough to strive for the highest level of health.

Fascinating Facts To Think About

- Health, December 2001

- **Some bottled waters are nothing more than tap water**, according to the Natural Resources Defense Council. Government regulations allow bottlers to call their product "spring water" even though it may be pumped from a well or treated with chemicals. Genuine spring water will always disclose the source of the spring on the label.
- **What not to do for the flu.** Taking aspirin or acetaminophen may prolong the flu up to three and a half days, according to the study in *Pharmacotherapy*. It's reported that the drugs interfere with the body's infection-fighting power. Researchers recommend sticking to time-honored cures instead: bed rest and lots of liquids.
- **Just 5 to 10 minutes of sun exposure every day can yield important health benefits.** A little sunshine may boost the brain's production of serotonin, a chemical that can enhance your mood and sense of well-being. A little sunshine may help our bodies process vitamin D, which in turn gives us energy. A little sunshine may inhibit the body's production of melatonin, a hormone associated with sleep. Of course, too much sun can lead to premature aging of the skin, cataracts and skin cancer. Appreciate the health power of small doses of sun, and protect yourself with sunscreen, sunglasses and clothing coverage if you're outside for longer stretches of time. Source: Bally Total Fitness.
- **Overloading on animal protein increases osteoporosis risk** because your body steals calcium from your bones to neutralize an acid created during the protein's digestion. Women with high acid levels were much more likely to suffer from fractures than those with low levels, say University of California, San Francisco researchers. Lots of veggies need to be eaten with animal protein to bring down the acid level.
- **Researchers have discovered that hardening of the arteries, which can lead to heart attack or stroke, can begin in people as young as 13.** Even more alarming is the fact that 37 percent of 20 to 29 year olds and 60 percent of 30 to 39 year olds show signs of this condition..
- **A study published in the journal *Pediatrics*, June 2002, reports that television viewing is associated with obesity** even in very young children. This study of more than 2,700 toddlers, ages one to four, found that the higher prevalence of obesity was associated with children based on the number of hours they sat in front of the television.
- **Annual vacations are more than just a perk;** they are a key to good health, says a new study from *Psychosomatic Medicine*. Researchers found that over a nine-year period, people at a high risk for heart disease who took at least one vacation every 12 months had significantly lower death rates than their working counterparts. The reason is that stress takes a physical and mental toll.



CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

When I first came to Stern Chiropractic I was suffering from migraine headaches for over 20 years. The headaches would occur at least twice a week and would last as long as 3 days. I was unable to work and enjoy the things I loved to do most in life. I finally realized just how severe my problem was when I gave birth to my first child Emily, 8 months ago. It was very difficult for me to simply feed her and enjoy parenthood.

I was referred to Stern Chiropractic by my friend Amy, who also suffered from migraine headaches and was relieved of her suffering through regular chiropractic care at Stern Chiropractic. At first, being adjusted decreased the length of time that the migraines lasted, until now, only four months later, I have



been migraine free for one month. A combination of personalized adjustments and massages are what has helped me kick my addiction to painkillers. I have never felt better and most importantly, I can enjoy my time with Emily and my husband Steve 100 percent.

Our confidence in Dr. Stern is what allowed Steve and I to agree to have our daughter adjusted at only four months of age. Emily sleeps much better now and has never had an ear infection at 8 months old. We look forward to Emily being the healthiest child in school!

Thank you so much for taking such great care of our family and helping us become healthy.

- Lisa and Steve Pearl

Closing Thoughts ...

A Daily Affirmation As I Wish For You

"Dream Come True New Year."

This is a new year, a pivotal year in my life. A year of abundance, joy, health, vitality, peak experiences, of maintaining the highest standards, and of releasing tremendous amounts of wondrous love in all those that I come in contact with.

I realize that the secret to living is in giving. I pledge to give more of myself, my time, my talents, my resources, and my love than ever before. This is the year that I will fully arrive, and clearly create big time results in my life. I will control my emotions and my behavior more consistently as I control my destiny.

I am committed to constant and never-ending improvement in my life. My innate door will remain wide open because I have complete confidence, faith, and belief in myself. I will completely follow the explicit directions that I receive from my inner voice, and I will always take massive action based on these crystal clear signals from within.

I will communicate far more effectively to myself, and externally to all those around me. I have clarity in my life, in my goals, and in my purpose. Clarity is power, and I am getting more powerful every day. I love my life so that I regularly experience tremendous amounts of pleasure. I take persistent and consistent action steps to accomplish all of my goals, and to receive the abundance that the universe is prepared to release to me.

I am aware that my life is improving in all ways every single day. I am a creator of possibilities, an instigator of joy, a catalyst for growth, and a producer of passion. I constantly focus on those things that empower me, and add joy and happiness to my life.

I have been blessed with wonderful healing and leadership abilities. I always think big thoughts, and relish small pleasures. My life is in balance, and I am committed to my lasting purpose: to give, to love, and to serve out of my abundance.

I have prepared myself to be in the right place at the right time to always make right decisions. I am ready, willing, and able to receive the empowering and prosperous gifts the universe has for me. I am expanding my vision and healing more completely each and every day.

I am opening my arms to change, but never let go of my values. I am disciplined, determined, and directed from within. Life for me is about exploring the miracles of life, and in expanding my loving influence every day.

Life is great, grand, and glorious. This is a magical year, a prosperous year, a year of incredible growth, and a year for all of my dreams to come true. Life is truly magical and perfect...and so am I.

CM