Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Rejuvenate Chiropractic Center's Monthly Newsletter

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Dear Patient and Friend,

Making a promise is a very powerful action to take. Many times during our lives, we are asked to make promises to do certain things. For example, at age 16, we receive a driver's license that requires us to make a commitment to obey the laws of the road. If we fail to obey these laws we may pay a price. We might pay a fine or lose our driver's license for a while. Many lessons can be learned through experiencing loss. We learn quickly to pay close attention to speed limit signs and reduce speed when necessary. Experiencing loss can teach us a practical lesson such as this, however it also helps us change behavior in other ways.

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Have you ever experienced the unfortunate loss of a loved one? Grief is a common and expected emotion to feel at this time, however, in addition we frequently feel a sense of regret that we did not fully appreciate and value the relationship we had with our loved one until it was lost.

"It seems unfortunate to me that our own health frequently seems to be the personal asset we take most for granted."

Regret is a very difficult emotion to deal with. Usually we can choose to celebrate the wonderful memories, however, sometimes we may choose to change our future behavior with our loved ones who are still with us. We make promises to spend more time with the people who are important to us and tell them how much we value and appreciate the relationship. Loss has taught us a valuable life lesson.

In other words, sometimes we tend to take things for granted until we lose them. It is when we lose them that we truly understand their value in our lives. We can understand this concept in other areas of our lives as well: financial independence, health and happiness. We can promise ourselves that we will reach specific goals regarding financial independence and even happiness. These promises have little value if we don't have good health to follow through with them. It seems unfortunate to me that our own health frequently seems to be the personal asset we take most for granted. Because we take our health for granted, we may never have set an effective plan to insure optimal health today and in the future.

The best promise you can make TODAY is to make the health of you and your family top priority. Promises are powerful. A promise means that we state an action that we will take and not allow anything to stop us. We can use this powerful tool of making a promise to create and implement a health plan that focuses on the body's natural ability to heal itself. Make a promise to yourself to prevent health problems before they arise by eating well, exercising, getting enough rest and committing to a chiropractic corrective and wellness care plan.

Chiropractic care focuses on YOU and your body's ability to heal itself. Chiropractic emphasizes the necessity of having a healthy spine in order to insure optimal health. The brain, the body's central command center sends messages to every tissue, organ and cell of the body through the nervous system. These messages can be interrupted through misalignments of the spinal vertebrae (subluxation) caused by activities of daily life including falls, sports and accidents.

Traditional medicine utilizes drugs to treat and mask the symptoms, while chiropractors realign the vertebrae of the spine, restoring the body's natural communication system. Chiropractors locate and correct the cause of the problem so true health can be restored.

Don't make an unfortunate mistake that so many people make. Don't take your health and your family's health for granted. Make a promise to yourself TODAY to make chiropractic a part of your healthy lifestyle and insure yourself and your family a healthy future.

You Have the Power to be Healthy

-Source: Journal of American Health Policy, 1992

Perhaps the greatest discovery of our time is the awesome power of the human body to heal and rejuvenate itself.

The generally accepted philosophy of health and wellness is drastically shifting. Traditionally, drugs and surgery were utilized as solutions to health problems. Today, more and more people refuse to rely on drugs and surgery and are shifting to a more natural approach to health and wellness. They are searching within their own bodies and allowing the power of the body to heal itself.

This approach is what chiropractors have been sharing with their patients for 113 years. The power that made the body is the same power that heals the body. This is the foundation of chiropractic care. Millions of people are discovering that chiropractic care is one of the most sensible and safe methods to optimal health and wellness.

Have You Heard?
Chiropractic patients tend to have substantially lower health care costs, according to a review of data gathered from over two million chiropractic patients in the United States. The data also indicated that chiropractic care reduces the need for both physician and hospital care.

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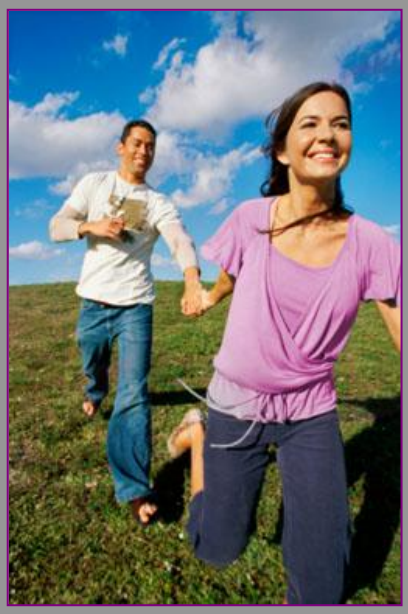
How Does Stress Affect The Nervous System?

Stress is a normal everyday occurrence, but the body's inability to adapt to stress is like a time bomb waiting to explode.

Physical stress can result from accidents, falls and poor posture. Because the spine is a lifeline for the body, poor posture may indicate spinal misalignments. Part of the brainstem enters the first vertebra of the spine; however, if this vertebra is not in proper alignment, abnormal pressure may be placed on the brainstem and the nerves originating from that area.

The body's health is seriously affected by this pressure and a Doctor of Chiropractic is the only health care provider trained to detect vertebral subluxations. Through a series of gentle adjustments, the chiropractor realigns the spine for the restoration of health.



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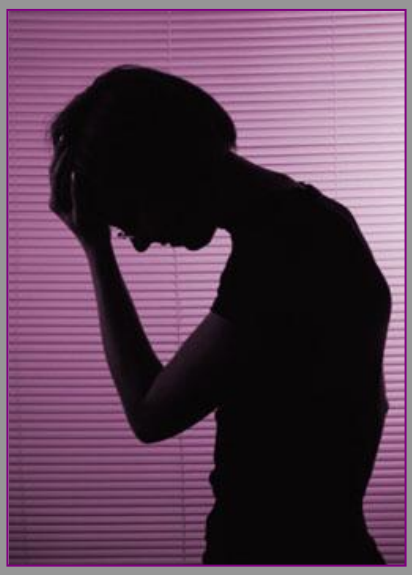

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How Does Stress Affect The Nerve System?

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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 imperative. 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.