



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Rejuvenate Chiropractic Center's Patient Newsletter

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Dear Patient and Friend,

**W**hat do our body and our automobile have in common? Our body and our car have very complex operating systems that we take for granted and infrequently think about unless something goes wrong.

Years ago, you may have learned to drive a car with a manual gearshift, which was located either in the steering column or in the floor of the car. You learned deliberate motions to move the gears through each position. Most cars today, have gears that shift automatically while driving and you are not even aware of these movements.

In many ways, our body functions like a car with an automatic gear shift. Every second, the human body automatically performs millions of vital functions, without us even being aware that it is occurring.

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The brain, the master controller of the body sends messages to all parts of the body through the nervous system. These millions of detailed processes are ordered and controlled by the brain. A critical element in this communication system is the spinal cord, which is housed within the spinal canal. This canal has many openings in the vertebrae through which the spinal cord and its membranes pass to all parts of the body. The vertebrae protect the delicate nervous system. This system is a miraculous network of inborn intelligence and it enables the body to heal itself and regulate itself, as long as there is no interruption in the system. However, stress and strains of daily living can cause the spinal vertebrae to misalign and cause an interruption of the communication process.

We seldom think about the complex and automatic operation of our bodies or our cars unless there is a problem. When we have car trouble, we take our car to a car mechanic to fix the problem because cars cannot heal themselves. Similarly, when our bodies express symptoms and we feel sick, we often take over-the-counter medications or we go to a health care provider who may prescribe medications. **However, we may forget the first step in restoring health is to locate the cause of the problem. Remember, the body is capable of healing itself, as long as there is no interference with its inborn intelligence. The next step toward health is to correct the cause of the problem.**

This leads us directly to chiropractic, the only healthcare system focusing on the correction of misaligned spinal vertebrae that interfere with the body's communication system. When these misalignments are corrected, the body's inborn intelligence can function properly again. This restores the body's natural ability to heal and regulate itself, without the need for medications.

For over 113 years, chiropractors have empowered people to understand that every function of the body is controlled and directed through the nervous system. Health comes from within. When the nervous system is clear from any interference and the communication from the brain to organs and tissues is 100%, the function of the body will be normal, and normal function brings health.

Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer pressing questions. **It will absolutely provide you with all of the tools necessary to empower you to make the best health choices for you and your family and guide you on a path to “optimal health.”**

## When Chiropractors Act As Primary Care Providers, Costs Drop

A study in the May 2007 issue of the Journal of Manipulative and Physiological Therapeutics reports health plans that use Chiropractors as Primary Care Providers (PCPs) reduce their health care utilization costs significantly.

The study covers the seven-year period from 1999 to 2005. Researchers compared costs and utilization data from an Independent Physicians Association (IPA) that uses Chiropractors as PCPs and a traditional HMO that doesn't.

The Chiropractic PCPs had 59 percent fewer hospitalizations, 62 percent fewer outpatient surgical cases and 85 percent lower drug costs compared with the HMO plans.

The patients in the Chiropractic PCP group also reported higher satisfaction with their care than the HMO group. Over the seven-year period, Chiropractic patients consistently demonstrated a high degree of satisfaction with their care that ranged from 89 percent to 100 percent.

Study co-author James Winterstein, D.C. says that patients using Chiropractic PCP health care groups "experienced fewer hospitalizations, underwent fewer surgeries and used considerably fewer pharmaceuticals than HMO patients who received traditional medical care."

"The escalation of medical expenditures remains an urgent problem in the United States and it's becoming quite clear that cost containment strategies by conventional medical providers are failing to achieve even mediocre results," he said. "This study confirms that the integration of [medical], chiropractic and other complementary and alternative medicine (CAM) providers can positively impact patient quality of care while limiting costs. This approach to patient care has great potential to improve the U.S. healthcare system."



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## Closing Thoughts ...

# Guideposts On The Way To Your Dreams!

-Jeff Herring, Knight Rider News Service

“You are never given a wish without the power to make it come true. You may have to work for it, however.”

-Richard Bach

“It's OK to dream big if you are willing to take enough action to make it happen.”

-Lollie Mc Lain

What is your BIG dream? Most of us have dreams but are not willing to do what it takes to make them become reality. If you are willing to work hard, here are some tips to help make your dreams come true.

**Desire ...** Every dream starts with a burning desire: a passion to change something, to make a difference.

**Decision ...** Add to desire the decision that failure is not an option.

**Determination ...** You will always encounter obstacles on the way to your dreams. Determination keeps you moving forward in spite of setbacks, discouragement and all kinds of difficulties.

**Responsibility ...** This means the ability to respond. It also means that you are the one in charge of making it happen. There is no room for “It's not my fault” or “I tried.”

**Resources ...** Use the resources around you. Ask for advice. Ask for help. There are people in your life who have either done what you are doing or who are in the middle of doing it. Ask them how they did it. Use your resources.

**Enthusiasm ...** The people who are living their dreams are usually lots of fun to be around. One reason is because they bring such passion and enthusiasm to what they do. Work becomes fun. The really wonderful side effect is that enthusiasm gives you a great deal of energy.

**Energy ...** An absolutely necessary ingredient to living out your dreams is lots of energy. Often the only difference between those who live their dreams and those who don't is that “dream catchers” keep on going while “dream droppers” get tired and quit.

**Attitude ...** You must have the attitude that nothing will stop you no matter what. You've got to live the Japanese proverb: “Fall down eight times, get up nine.”

**Action ...** You can have all the above ingredients in full and still not get anywhere. You have to do something about your dreams every day. You have to take action, sometimes a little bit each day, sometimes a lot.

**Momentum ...** If you put the above nine tips into action, you will build a momentum that is virtually unstoppable. Momentum carries you through the low and weary times, and makes the obstacles that were once huge boulders mere pebbles in your path.

**There Are Few Things In Life As Satisfying As Living Out Your Dreams ...Get Started On Yours!**