



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Rejuvenate Chiropractic Center's Patient Newsletter

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March 2009

Dear Patient and Friend,

What is your *philosophy of life*? What are the *beliefs and values* by which you live? We don't often discuss our philosophy with others; however the choices that we make and the actions we take in everyday life reveal our beliefs and values. For example, if our philosophy of life places high value on working hard, we will probably work hard all of our lives and find great satisfaction in such work.

Our parents often share their philosophy with us as children. *Pretty is as pretty does* is a proverb mothers sometimes used to teach their daughters their own belief that a person's character is more important than their appearance. Learning life philosophies from our parents is a very valuable part of growing up. Other philosophies are handed down in families as well, including the *philosophy of health*. Of course, we live in the age of advertising. Drug advertisements are all over the internet, TV channels and magazines. Thousands and thousands of drugs are easily accessible. This may override the healthcare values and practices we were taught when we were younger.



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Today, there are two opposing healthcare philosophies becoming more visible. The first is allopathic medicine. This is a mechanistic approach to health in which the body is divided into different systems and a medical doctor who

focuses solely on one system is considered a specialist. For example, cardiologists are heart specialists and respiratory specialists focus on the lungs and respiratory system. These doctors diagnose their patient's illness by examining smaller parts of the whole structure. A condition is diagnosed by gathering test results and symptomatology, then introducing a treatment, usually drugs, in hopes the medication will relieve the symptoms and restore the sick body to health.

This approach disregards the understanding that the human body is very intelligent and is fully capable of healing the body of disease and weakness. This

human intelligence needs no help, other than a fully functioning nerve system. Sometimes the body may deteriorate so badly that it needs drug intervention to sustain life until the body can regain its ability to heal itself.

The second health care philosophy is chiropractic care. **The chiropractic philosophy of health focuses on YOU** and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and



circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

The philosophy of chiropractic encourages us to take control of our own health, listen to the messages our body is sending us, and get to the cause of the problem instead of simply covering them up with medication.

What is your *philosophy of health*? If you suffer from pain or illness and desire a long-term solution to optimal health, make an

appointment TODAY to visit your chiropractor. If you value your body's ability to heal itself and you believe natural approaches are best, choose the philosophy of chiropractic care.

You will be glad you did!

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the ***Chiropractic Lifestyle***. I commend you for taking charge of your health and the health of those you love!

Easy Steps To A Long And Vital Life



Minimize The Stress ...

Before adding more things to our lives we must give thought to shedding some of the workload. Stress is a killer of life and vitality. Find ways to minimize it, whether through relaxation techniques, changing jobs or playing more.

Feed The Mind And Soul ...

Many psychological and social factors may either shorten or lengthen our lives. Getting enough sleep, having a sense of humor, developing a spiritual life, building long-term relationships with people, attending cultural events, and owning a pet have all been associated with extending life expectancy.

Don't Overindulge ...

Many times increased vitality can be felt immediately by reducing over-indulgence in alcohol, caffeine beverages, junk food, candy and a heavy, high-fat diet.

Exercise The Body ...

For many people, exercising is not fun and it's hard to exercise consistently with a busy lifestyle. A fitness plan does not have to be elaborate to produce health benefits. Even a daily 30 minute walk has been shown to improve health.

Exercise The Brain ...

Staying mentally sharp is just as important as staying physically fit. Challenge the mind with new experiences, such as traveling, reading and being creative.

Eat A Natural Diet With Plenty Of Fruits And Vegetables ...

Fresh foods contain higher levels of vitamins than do processed foods.



Have A Purpose In Life ...

Long-lived individuals often feel they have a mission or special purpose in life. Never stop learning, working or finding new causes to promote.

Maximize Nerve System Function ...

Be sure the life and vitality flowing from the brain through the spinal column and nerve system are free of interference. Clear the way through chiropractic for the messages necessary for all organs, tissues, immune and other systems to work properly. Maximum nerve system function helps integrate other important health factors including proper rest, exercise, a nutritious diet and a good mental attitude.

Closing Thoughts ...

March Forth On March 4 ... It's ... ***POSITIVE ATTITUDE DAY***

National ***Positive Attitude Day*** is an observance to encourage you to have a positive attitude while putting your best intentions into action, both personally and professionally.

Today, trade negative, weakening thoughts for positive, powerful thinking and you'll immediately see yourself break through limitations you may have believed insurmountable. You'll realize that you can accomplish more than you originally thought possible. In the next five minutes, you can be living in a brighter, more positive world. In the next five minutes, a dreary day can be transformed into a day filled with positive promise. How can this happen? It can happen because of you.

Make today a pivotal day in your life. Make today the day that you commit to creating abundant thoughts, joy, health, vitality, and of demonstrating the highest standards for yourself.

Realize that the secret to living is in *Giving*. Give more of your time, your talents, your resources and your love than ever before. Practice this ***Positive Attitude*** and watch the ***BIG*** results you will create in your life. It doesn't take much to brighten your world. Yet it can make a tremendous positive difference for you and for those around you. A smile is a good way to start. A kind word, a helpful act, some real patience and understanding will add to the brightness.

Brighten your world just a little bit, and that brightness will be reflected more than you might imagine. Send out your own special goodness today, and it will come back in even greater measure.

You don't have to be stuck with a day that's going nowhere. Take a little time, make a little effort, brighten your world and see just how quickly things improve.

So, ***March Forth on March Fourth***. Hold yourself to a higher standard today, ask more of yourself, and have an *Attitude Of Gratitude*. It will take you a long way! Share this attitude with others. It's contagious!

Help to make our world a much brighter place!