



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Rejuvenate Chiropractic Center's Patient Newsletter

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INTHISISSUE

Page 2 ::

What Causes Illness?
What Causes Disease?

Page 3 ::

Stand Up STRAIGHT! MAY is ...
Perfect Posture Month

Page 4 ::

How To Put A WOW In
Every Tomorrow

Dear Patient and Friend,

What causes illness? What causes disease? Are some people just born to be sick while other people spend their entire lives being healthy? I don't think so.

Understanding the cause of illness allows us to reach and maintain an optimal state of health. Think of it this way ... germs are seeds and our bodies are the soil. Many people mistakenly believe the cause of disease is from the seed, or the germ.

However, if the 'germ theory of disease' were correct, there would be no one living to believe it. There are agents of disease surrounding us all of the time. Viruses and bacteria are everywhere we go and on everything we touch, but they cannot affect us unless we are susceptible. They can only affect us if our immune system is not strong enough to fight it off and adapt to the environment.

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“Chiropractic is a science that uses the natural, innate power of the body to achieve and maintain optimal health.”



As long as our body, or the soil, is attuned to the natural flow of life and therefore, having a strong resistance, optimal health is the only thing that can occur.

We see this truth in the words of Claude Bernard, “Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them.”

Chiropractic is a science that uses the natural, innate power of the body to achieve and maintain optimal health. When our body is in line with the natural flow of life, we express it at our fullest potential. When interferences occur, our health becomes hindered and our body is more susceptible to disease.

Vertebral subluxations are a common interference in the nerve system. Vertebral subluxations impair normal nerve flow, thus weakening the body's immune system, making us susceptible to disease. Chiropractors are doctors who are specifically trained to analyze the spine and correct vertebral subluxations, restoring and maintaining the true health we deserve to enjoy. Germs are a part of the disease process, however, they are not the direct cause of disease. It is the body's susceptibility to germs that is the cause of disease.

We are all born with the natural, innate ability to be healthy and fight disease. We need to keep our “soil” healthy and strong with regular chiropractic care to increase the body's ability to ward off disease.

The chiropractic model of health and wellness 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.

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!

Perfect Posture Month

Stand Up STRAIGHT ... Please Don't SLOUCH ...
Your Posture is the Window to Your Health

Posture is one of the most overlooked keys to best health and performance. Good posture not only improves fitness, thinking ability, emotional state and general vitality, it can actually help reverse the aging process, not just cosmetically, but functionally.

It's Time to Get the Facts STRAIGHT ...

Just as proper attention to teeth can prevent problems later in life, proper attention to the development of PERFECT POSTURE will prevent deterioration of your health in the future.

Corrective chiropractic care insures good posture by aligning your spine so the muscles, joints and ligaments can work as nature intended. Good posture contributes to the normal functioning of the nerve system and affects the ability of your body's organs to function at peak efficiency. For over 3 years, I have committed to directing people to the awareness that proper spinal alignment (Subluxation Free) is the MOST IMPORTANT factor affecting perfect posture and maximum health and vitality.

Almost everyone can avoid or reverse the problems caused by poor posture at any age. There is no greater miracle in nature than the body's ability to heal and correct itself. Balancing postural distortions and reducing structural stress through chiropractic adjustments releases the power within you. The result is healing energy that strengthens and normalizes your immune and nerve systems, all of which help to increase your personal power.



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Here is what to do next ...

Schedule an appointment TODAY for a specific postural evaluation. I have helped thousands of people to experience first hand the miraculous benefits of perfect posture, which I believe may be among the best kept secrets in the current wellness movement.

Schedule a one-on-one evaluation TODAY for yourself, your children and anyone else you feel can benefit from Perfect Posture and maximum health and vitality. We will help you to find long term solutions to your unique needs

Closing Thoughts: Thousands of Miracles ...

Develop an Attitude of Gratitude ...

Even when you are experiencing tough times, remember the blessings in your life. Always be grateful for the people, love and abundant treasures in your life ... it's like sprinkling sunshine on a cloudy day.

Encourage Others ...

When someone has a goal, most people point out the obstacles. You be the one to point out the possibilities. Tell them you have faith in them and that you'll support them in any way.

Give Sincere Compliments ...

We all like to be remembered for our best moments. Acknowledge the good in people and make them feel better about themselves.

Keep Growing ...

Life is about constant growth. There is always another level of growth. Walk a different path than you are accustomed to. Take a class. Read an inspiring book. Listen to motivational CDs. And then, share your growth with others.

Give the Gift of Forgiveness ...

Forgiveness is a blessing for the one who forgives as well as for the one who is forgiven.

Take Care of Yourself ...

Exercise, eat a healthy diet, reduce stress and get a good night sleep. Taking care of yourself may also include singing, dancing a little bit every day and having love in your life.

Perform Random Acts of Kindness ...

Do kind things for others for no other reason than to make them feel good. Don't expect anything in return. The most fun is when the other person doesn't know who did it.

Treasure Relationships ...

Create valuable relationships in your life and treasure them. Eat meals together, take walks and listen to each other. Share laughter and tears. Create memories. Don't forget to tell the other person how much you care for them.

Share Your Faith ...

You can wish someone joy and peace and happy things. However, when you share your faith, you've wished them everything.

Take time to appreciate life. Spend time with those you love and let them know how much you appreciate them. Life is a journey with many lessons along the way. Learn from each lesson and know that it is truly a gift.