



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Nadeem A. Bajwa's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

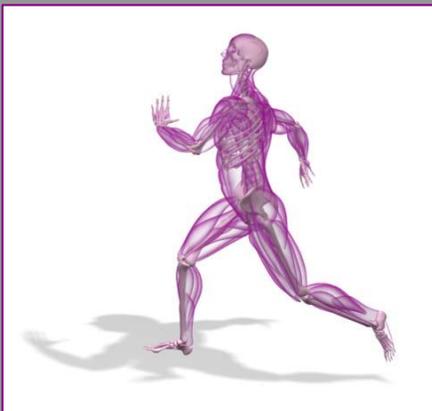
What is your "Philosophy of life?" What are the *beliefs and values* by which you live? We don't often discuss our philosophy with others, however the choices that we make and the actions we take in everyday life reveal our beliefs and values. For example, if our philosophy of life places high value 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.

"Learning life philosophies from our parents is a very valuable part of growing up."



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



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 this 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 it 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 us. 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!.

Six Immediate Steps to Healing

1. Say "NO" Whenever Necessary. Break the people-pleasing habit when it is detrimental to your own well-being. It is not selfish to take care of yourself first. It is a necessity. You cannot give from an empty cup. Speak up for yourself more often. Set realistic limits and boundaries for yourself and stick to them. Don't fall for guilt trips that lead you to agree to things that are too much for you to handle.

2. Listen To Your Body. Tune in to your own body and take care of yourself. Start by resting when you feel tired, eating when you feel hungry, and saying "NO" when you have reached your limits. Most importantly, take the time to do the things that are important for your health.

3. Let Go Of What's Not Working. This means unhealthy relationships, stressful jobs or repressed emotions. Healing begins when you let go of the situations and feelings that no longer serve your life in a healthy manner. When you let go, you begin the process of allowing positive and fulfilling situations to enter your life, such as positive people, healthy relationships and better opportunities.

4. Accept Yourself. Part of the process of creating health is accepting your own uniqueness. Loving who you are is a very powerful method for healing and health.

5. Say "YES" to feeling good. Start believing in the possibilities of good health. Don't fall prey to the myths and traps associated with aging; learn to live with growing older. Harness the gift of education by learning more about healing and building better health.

6. Get A Chiropractic Adjustment. 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. A chiropractic adjustment is the quickest and most effective way to release stress in your nerve system. Removing interference in your nerve system gives your body the ability to heal and regulate at its optimal level.



"Most importantly, take the time to do the things that are important for your health."





“Treasure every moment that you have. And treasure it more because you shared it with someone special.”



Closing Thoughts ... Something to Think About

Imagine a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, of course!

Each of us has such a bank. Its name is Time. Every morning it credits us with 86,400 seconds. Every night it writes off as a loss whatever of this we have failed to invest with good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for us. Each night it burns the remains of the day. If we fail to use the day's deposits, the loss is ours. There is no going back. There is no drawing against the "tomorrow." We must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success! The clock is running. Make the most of today.

- To realize the value of One Year, ask a student who failed a grade.
- To realize the value of One Month, ask a mother who gave birth to a premature baby.
- To realize the value of One Week, ask the editor of a weekly newspaper.
- To realize the value of One Hour, ask the lovers who are waiting to meet.
- To realize the value of One Minute, ask a person who missed the train.
- To realize the value of One Second, ask a person who just avoided an accident.
- To realize the value of One Millisecond, ask a person who won a silver medal in the Olympics.

Treasure every moment that you have. And treasure it more because you shared it with someone special. And remember that time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the "present"!