



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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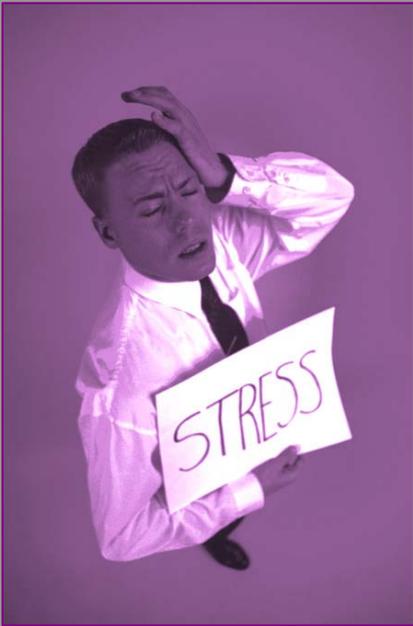
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Interesting Facts To Brighten Your
New Year

Dear Patient and Friend,

In these modern times, the entire world seems to be more and more dependent on drugs. Drugs in war and drugs in peace, drugs to kill insects, drugs to wake you up and drugs to make you sleepy, drugs to speed you up and drugs to slow you down, drugs to relieve pain, drugs for every phase of life, young and old alike. Does this make any sense to you? It makes no sense to me!

More and more, the medical profession is questioning the misuse and overuse of prescribed drugs and are showing serious concern about the side effects of these drugs as well as the potential risk of addiction to them. We can't listen to the radio, watch television or read a magazine advertisement without being alarmed by excessive urging for us to take drugs or give them to our children for every type of disorder. Take a moment and notice just how this advertising directly affects you and your family. Look in your medicine cabinet at home or your purse and your desk drawer at work. What form of medication do you rely upon? Is it any wonder people suffer needlessly from stress, nervous tension, digestive disorders, headaches and chronic pain? I ask you to STOP and research how you can escape from this medicine trap.



*“Optimal health
is one of our
most valuable
possessions.”*



Doctors of Chiropractic do not prescribe drugs. For over 114 years, chiropractors have empowered people to understand that every function of the body is controlled and directed through the nerve system. Health comes from within. When the nerve system is clear of 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.

Doctors of Chiropractic focus on the significance of the spinal column as the key to health. The spinal column is the strength and serves as support for the body. It connects the larger bones and the attachment of major muscles. And most important, the spinal column houses the spinal cord and contains openings between the vertebrae for nerves to exit and provide direct communication between the brain and the body. Thus, the spine is the master control center for the entire nerve system and the key to health!

During our busy everyday lives we experience different forms of stress such as physical stress (accidents, falls, lifting heavy objects, etc.), emotional stress (children, work, divorce, etc.), and chemical stress (processed foods, drugs, pollution, etc.) These forms of stress can cause misalignment of the spinal bones resulting in interruption of nerve flow and proper communication from the brain to the rest of the body. This is called a vertebral subluxation and results in diminished body function, lowered immune resistance and ultimately dis-eases.

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. Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals.

Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

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 overindulgence 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.



"Stress is a killer of life and vitality Find ways to minimize it ... "



Closing Thoughts ...

Interesting Facts to Brighten Your New Year

Fact #1: At least 5 people in this world love you so much that they would die for you.

Fact #2: At least 15 people in this world love you in some important way.

Fact #3: The only reason anyone would ever hate you is because they want to be just like you.

Fact #4: A smile from you can bring happiness to anyone, even if they don't like you.

Fact #5: Every night someone thinks about you before they go to sleep.

Fact #6: You mean the world to someone right now.

Fact #7: Without you, someone would not be living today.

Fact #8: You are special and unique in your own way.

Fact #9: Someone you don't even know exists loves you very much.

Fact #10: When you make the biggest mistake ever, something good will come from it.

Fact #11: When you think the world has turned its back on you, take a closer look because you probably turned your back on the world.

Fact #12: Always remember the compliments you received and forget any rude remarks heard.

Fact #13: Always tell others how you feel about them. You'll feel much better when they know.

Fact #14: If you have a great friend, take the time to let them know they are great.

Fact #15: You can have anything you want if you are just willing to go after it.

We covered lots of information in this powerful newsletter. I am proud to be a chiropractor and equally proud of you, my family of wonderful patients and friends. You should be proud of yourselves for being at the leading edge in healthcare and for choosing the **"Chiropractic Lifestyle"** for your family.

Life is wonderful and we all live a blessed life. It is a privilege and honor to serve my patients and to team up with you and help you to accomplish all of your health goals. Please share this wealth of valuable information with those you care for. The best gift you can give anyone is a gift of HOPE.

As we kick off 2010, I wish for you a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health. I wish for you a **"Dream-come-true New Year."** This is the time of year to be most grateful for all of the miracles in our lives. What a perfect opportunity to share precious moments with family and friends. There has never been a better time to share your love with all of those around you. Together, we can all help to make our world a better and healthier place to live. Are you ready to make 2010 the healthiest, happiest and most prosperous year EVER? GO FOR IT! You deserve it.



"When you make the biggest mistake ever, something good will come from it."

