



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Atwell's Breakthrough Patient Newsletter...

Atwell Family Chiropractic: A Creating Wellness Center
1811 Virginia, Harrisonburg, VA 22802
540-442-8294
www.getwellwithatwell.com

April :: 2010 Issue



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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.

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.

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“When our body is in line with the natural flow of life, we express it at our fullest potential.”



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.

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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!

Children Need Chiropractic Too!

Common Questions Asked By Parents about Chiropractic

“Which Common Children’s Disorders Have Been Linked To Spinal Subluxations?”

The most common reason children are taken to a doctor of chiropractic is for correction of spinal misalignments (subluxations) directly linked to some of the most common childhood disorders: earaches, headaches, colic, asthma, bladder control loss, stomach troubles and growing pains. If a child is suffering from any of these issues, a visit to the chiropractor may be the answer.

“Can My Family’s Medical Doctor Or Child’s Pediatrician Find Spinal Subluxations?”

Parents sometimes wonder if the family doctor or pediatrician can find spinal subluxations or determine the necessity for chiropractic care. With the right chiropractic training, it is possible they could. However, just as parents would not take a child to the dentist to put a cast on a broken arm, or to a medical doctor for a toothache, mothers and fathers should seek the appropriate professional for determining the health of their child’s spine – a doctor of chiropractic.

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Americans are the most “overmedicated and over operated on” people in the world. Hospitals are overflowing, mental institutions are flooded, the disease rate is increasing much faster than the population, and the cost of health care is rising even faster than the disease rate. Pills, shots and potions, along with unnecessary surgery, have made the U.S. the sickest, most drugged nation in the world.

Chiropractic care, on the other hand, has only one side effect – good health! Chiropractic care takes nothing away from the body, nor does it add anything to it.

Chiropractors simply locate and correct interferences to normal nerve control so the “power” that made the body can heal the body. Chiropractic plays an important role in taking responsibility for our health!



“Americans are the most overmedicated and over operated on people in the world.”





“Spend time with those you love and let them know how much you appreciate them.”



Closing Thoughts ...

How to Put A Wow in Every Tomorrow

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 tapes. 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 and 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, 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.***
