



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Atwell's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

When you are driving down the highway, do you ever look out the window at other cars and wonder where they are going in such a hurry? And then, do you ever wonder where YOU are going in such a hurry? Are you actually enjoying your day or just speeding through it?

Life moves pretty quickly these days. We are so busy living it that we forget to focus on the quality of our lives and participating in what really matters. We think, "I can't stop now, I have things to do, places to go, expectations to meet."

We participate in a 21st century thievery operation. Not only is our time being stolen, but other things we value are being stolen, and we are allowing it to happen. Perhaps it is time to question ourselves about how we spend our time each day as well as what is most important to us in life.

Maybe we accept our time limitations, but we long for a better QUALITY of life. If you are somehow dissatisfied with life, try to get down to the bottom of it. What is it that you want but do not have? Companionship? Recognition? Better health?

Most of us want a life in which we have time during the day to enjoy the special people or activities that bring a smile to our faces and our spirits as well. We want to enjoy the PROCESS of life, not just the end result.

## INTHISISSUE

**Page 2 ::**  
It's Time To  
Examine Your Values

**Page 3 ::**  
Six Immediate Steps To  
Healing

**Page 4 ::**  
Thousands of Miracles



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**U**nderneath the quality of our day is the quality of our spirit and our health. It can be difficult to be happy when the body has unresolved health issues. Today, we are increasingly aware that nature offers the best solutions to many of our health issues. With renewed health, suddenly we become more patient, more tolerant, and less irritable individuals who can enjoy the **PROCESS** of life.

Since health underlies our participation in and enjoyment of life, doesn't it make sense to make our health a priority in our lives? Unfortunately, our society does not encourage us to investigate alternatives to accepted health care methods. We tend to accept what history has handed us, instead of asking questions and finding out ourselves which health care methods encourage the body's natural ability to heal itself.

No matter what your health problem may be, restoring nerve system function will help your body use its natural recuperative powers to heal itself. The chiropractic model of health and wellness does not focus on pain and symptoms. 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.

Don't let life pass you by. Take note of what really matters in life. Make your health a priority in 2009. Make the decision today to live a healthier lifestyle because you deserve great health and wellness. You deserve a life filled with love, vitality and all of your dreams come true.

## 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 uniqueness of yourself. 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.



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“*There are two ways to live your life. One is as though NOTHING is a miracle. The other is as though EVERYTHING is a miracle.*”

*-Albert Einstein*

## ***Closing Thoughts*** **Thousands of Miracles...**

**I**n every ordinary day there are a thousand miracles, if only we have eyes to see them. We all share in the sweet mystery of life. We love, feel, cry, care and believe. We yearn to become more and to help others, as we strive to make a difference, however grand or small. Deep inside every one of us, there exists a source of belief, a light encouraging us onward. However we choose to describe it, faith is the expression of hope. It is the sound of comfort, the recognition of beauty, the healing touch that moves us forward.

Yet there are times when we may be so busy looking ahead that we forget to look up, and the light within us may be difficult to see. When life's simplistic beauty eludes us, we need only open the window, throw open the curtains, and view the rich landscape of our ordinary moments as reverently as our divine ones, to bring the wonder back into view. The slight change in perspective can dramatically transform us. *-Flavia*

It is important for each of us to be grateful for all of the miracles in our lives. Be aware of and experience the thousands of miracles that occur in each of our lives every day. Be grateful for each and every one of them. Choose to live as though EVERYTHING is a miracle!

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.

