

# 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**  
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Dear Patient and Friend,

### How do you see yourself in relationship to the happenings in your life?

1. Do you believe certain things just "happen" to you, maybe just by luck or caused by other people, without your ability to stop them or change them?
2. Or, in contrast, do you believe you have the power to make changes in most areas of your life? This belief is describes as "locus of control."

If you answered "yes" to question 1., you have an "internal locus of control." If you answered "yes" to question 2., you have an external "locus of control."

Studies have shown that most women have an internal locus, while most men have an external locus. Your beliefs about control can have a great influence on your decisions and behavior.

We commonly experience some wonderful personal accomplishments in the first two decades of life: feeding ourselves, walking, tying our own shoe laces, learning to whistle, riding a bike, driving a car, graduating from high school, finding a job. Each of these accomplishments toward adulthood brings with it a feeling of personal satisfaction and self-confidence. The feeling of "I can do it myself" is a very powerful realization.



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As we mature however, we begin to accept the fact that there are certain things that we cannot change. This can become a problem, though, if we view as “unchangeable” some important aspects of our lives that we can control.

For example, most of us have experienced health problems during our lives. We may have grown dependent on the authority of other people to tell us what is wrong and what to do about it. We may have lost the sense of choice about healthcare. Traditional medicine focuses on treatment of symptoms; however, the symptoms are not the true problem. Symptoms result from underlying problems which compromise our health, and these problems may worsen over time unless the underlying cause is addressed. Chiropractic care focuses on finding and correcting the cause of the symptoms and uses natural means to correct the problem.

Many times the underlying cause of symptoms is a subluxation (misaligned vertebra). Chiropractors focus on the human body as a whole unit, with special attention to the importance of the spine. Nerve impulses flow from the brain, through the spinal cord, to the rest of the body. Optimal health depends on the successful delivery of these nerve impulses to the organs, tissues and cells of the body. Each of the spinal vertebrae protects the nerves. If a vertebra is misaligned by the activities of life, the nerves can be affected and a health problem can result. Chiropractors correct the misaligned vertebrae with an adjustment and restore the free flow of nerve impulses through the nerve system. This enables the body to heal itself.

We have many choices in our lives these days: more options in the grocery store, on the internet, in the automobile showroom. We also have the most important choices to make in healthcare, and you have the power to choose wisely. Make your choice the natural, safe and effective choice. Make your choice chiropractic care for yourself and your family.

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## Understanding Chiropractic

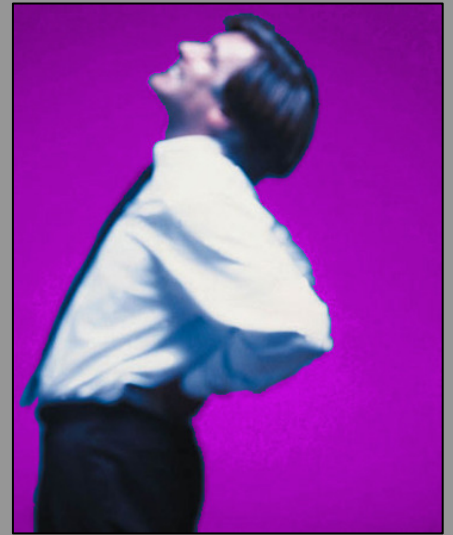
Being a practicing chiropractor for many years, I have the opportunity to meet a wide variety of people everyday. When patients enter my office on their initial visit, they enter with certain symptoms as well as very specific expectations of what it is they want to accomplish. Most commonly, they present with back pain, neck pain, headaches and other symptoms of disease and have a simple understanding, or should I say mis-understanding that chiropractors "fix backs." And, their expectations are that they want to feel better "NOW."

For these reasons, it is my belief that it is absolutely critical to take time to educate and empower every one of my patients so that they have a complete understanding of the following 4 things:

1. What exactly has caused their problem.
2. What it is going to take to correct their problem.
3. How long is it going to take to correct their problem.
4. Exactly how chiropractic can help.

You see, what I want every patient to understand is that as unique as each individual is when they enter my office, they ALL have certain things in common. For me, the very best part about being a chiropractor is knowing that every patient that walks through the door walks in with a problem and the solution inside of them. Remember, healing always comes from within each of us. It is my responsibility as the Doctor of Chiropractic to help facilitate that healing by removing vertebral subluxations from the nerve system. When interference is removed, the body can adapt and heal on its own. How long that will take is unique for each individual.

It is absolutely critical to empower patients to live a healthier lifestyle ... a chiropractic lifestyle. This includes proper diet, exercise, stress reduction and adding love to their lives. I find that patients who own a greater understanding of exactly what it means to be "healthy" can make the best health decisions for themselves and their families. I am truly proud that my chiropractic practice is comprised of families who choose to be lifetime chiropractic patients because they are empowered to live long, healthy and vital lives.

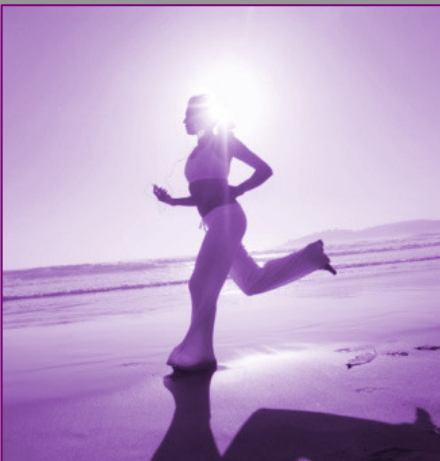


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“Set your goals,  
raise your  
standards, and  
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## Closing Thoughts ...

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# ***LIFE EXERCISES***

- Every so often push your luck.
- Never underestimate the power of a kind word or deed.
- Never give up on anybody; miracles happen every day.
- Become the most positive and enthusiastic person you know.
- Learn to listen.
- Think big thoughts, but relish small pleasures.
- Don't expect others to listen to your advice and ignore your example.
- Opportunity sometimes knocks softly.
- Leave everything a little better than you found it.
- Don't forget a person's greatest emotional need is to feel appreciated.
- Never waste an opportunity to tell someone that you love him or her.
- Treat everyone you meet like you want to be treated.
- Make new friends but cherish the old ones.
- Don't use time or words carelessly; neither can be retrieved.
- Judge your success by the degree that you're enjoying peace, health and love.
- Smile a lot; it costs nothing and is beyond price.

**-Author Unknown**

It is time that you recognize how wonderful, powerful and perfect you already are. All of the answers you will ever need are right inside of you. All you need to do is trust your inner wisdom. Set your goals, raise your standards, and choose to show up as the "Best YOU Ever!" Decide to live in the present and live an "EXTRAORDINARY" life. Share this valuable information with those you care about so they can transform their lives too!