



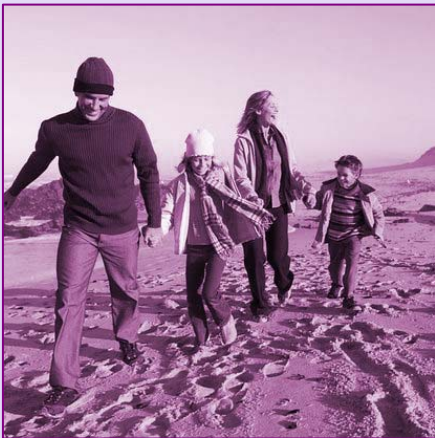
Chiropractic Miracles

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 Avenue, Harrisonburg, VA 22802
540-442-8294
www.getwellwithatwell.com

November :: 2009 Issue



INTHISISSUE

Page 2 ::

Facts Can Be Your Friends

Page 3 ::

The Law Of Nature

Page 3 ::

Happiness Keeps You Healthy

Page 4 ::

Happiness Keeps You Healthy

Dear Patient and Friend,

Facts can be your best friend. "Don't confuse me with the facts," is a funny phrase we sometimes hear. It is funny to us because we all know that sometimes we are quick to make decisions without knowing all of the facts. Sometimes we make impulsive health decisions without knowing all of the facts. Then, this issue isn't very funny at all. When we have a health issue, facts usually are very important. In fact, knowing the facts, can be the difference in life and death.

We need factual answers to the following questions:

- (1) What is wrong with my body?
- (2) What are my options to resolve the problem?
- (3) Which option is the best for me?



Usually when our health is threatened in some way (injury or illness), we seek help from a source we trust. Children turn to mom and dad for help, while adults seek different healthcare solutions if they cannot resolve the problem themselves.



"Chiropractors are educated and trained to detect and adjust subluxations, restoring health naturally."



The more facts we learn, the more we understand that "going natural" is better for us in choosing foods and in choosing healthcare. Sometimes we allow advertising or the casual opinion of a friend to determine how we answer important questions about our health. We may see an ad on television, giving a list of symptoms, and we may decide that a particular medication will solve our health problems. So we ask the doctor to prescribe it, without ever answering the questions, "What is wrong with my body?" and "What are my options for making it better?" and "Which option should I choose?"

When it comes to our health, our most important asset, we need to know all of the facts. We need to know how the body works, and we need to know that the body has a natural ability to heal itself. The fact is ... having a healthy spinal column and nerve system are critical components to health. The brain and nerve system perform the basic function of communicating messages to every tissue, organ and cell of the body and the spinal column protects this process. When a spinal vertebrae is misaligned, caused by an injury or simply an activity of daily living, these misalignments (subluxations) can interfere with the communication from the brain to the body, leading to many health problems. Chiropractors are educated and trained to detect and adjust subluxations, restoring health naturally.

If you have hesitated to seek chiropractic care because you have never tried it or you "don't believe in it," take time now to learn the facts. Try chiropractic, and you will see for yourself how much healthier you can be. Chiropractic is a healthcare system built on the body's natural ability to heal itself. Chiropractic has been producing sensational results for 114 years.

Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer pressing questions. It will absolutely provide you with all of the tools necessary to empower you to make the best health choices for you and your family and guide you on a path to "optimal health."

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!

The Law of Nature

We know and accept the laws of nature, but what would we do if some bizarre interference affected this natural process? For example, what would we do in the spring if the birds did not return from the south, the whales didn't migrate north, the trees failed to grow new leaves, or the temperature never changed? Would we ignore this unnatural, peculiar happening and continue on with our lives? No! We would be alarmed, knowing that something was very wrong.

We would search diligently to find what was interfering with the natural cycle of nature. Once we found the interference, we would then remove it and restore physical order to the world.

The natural rhythm of body health works in much the same way. Good health is a basic, natural state of the body. With proper nutrition, sleep and exercise, the power within the body automatically runs and maintains it naturally. However, subluxations of the spine can block the body's natural flow of life. The goal of chiropractic is to uncover such blockages and thus, restore health.

MYTH ... Chiropractors are "back doctors" who help people with aches and pains.

TRUTH ... Chiropractors are doctors who specialize in correcting vertebral subluxations that interfere with proper nerve system function. The nerve system is responsible for coordinating and detecting all the functions of the cells, tissues, organs and systems of the body.

Happiness Helps Keep You Healthy

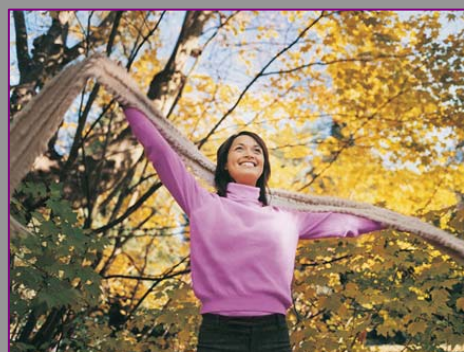
"A happiness lapse could put your health in jeopardy, suggests a major new study. This study sheds new light on the way we view the mental-health component in breast cancer and disease in general. The connection between psychological and physical wellness is only beginning to be understood, but it's the way of the future in medicine."

A good mood will definitely put your health on the upswing. Happiness does not come to us. Happiness comes from us. It simply takes making the decision to be happy in the moment. Today, trade your negative and weakening thoughts for positive thoughts. Allow your powerful thinking and your smiles and happiness to help you immediately breakthrough self-imposed limitations that you may have believed insurmountable. You will see your health and well-being improve instantly. Happiness will take you a long way! Share your happiness with others. Happiness is contagious! Make our world a much brighter place!

Think of what a joy and a privilege it is to be alive in this moment. Nothing else can compare. Stop for just a minute and reconnect yourself with the wonder and irreplaceable energy that is your life. Reacquaint yourself on a regular basis with this most fundamental of all your blessings.



"With proper nutrition, sleep and exercise, the power within the body automatically runs and maintains it naturally."



Page 3 ::

- The Law Of Nature
- Happiness Keeps You Healthy

Closing Thoughts ...

Are You Richer Than 75 Percent of People In The World?

As Thanksgiving approaches, this is a "perfect" time of year to be grateful for the abundance of happiness, health, love and prosperity in your life. To some people, these gifts may seem lacking at times. This information will give you some idea of just how blessed you really are. Sometimes, in the midst of plenty we forget to "Give Thanks" for all that we have. This is a great reminder!

1. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep ... you are richer than seventy five percent of the people in the world.
2. If you can attend a church or synagogue meeting without fear of harassment, arrest, torture or death ... you are more blessed than three billion people in the world.
3. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation ... you are more blessed than five hundred million people in the world.
4. If you have money in the bank, in your wallet and spare change in a dish ... you are among the top eight percent of the world's wealthy.
5. If you woke up this morning with more health than illness ... you are more blessed than the million who will not survive this week.

Waking up every day with "more health than illness" is a special blessing because health makes it possible to enjoy the other good things in life. Since optimal health is our most valuable possession we need to remind ourselves frequently that the choices we make help to determine not only the quality of our daily lives but also the length of our lives.

What is the true meaning of "Thanksgiving" to you? Is it simply just another day to eat until you can no longer get up off the couch and then eat some more?

Thanksgiving is my favorite holiday of the year because it is the time of year for "giving thanks." Thanksgiving is a golden opportunity to give thanks for the miracles in our lives, for our wonderful family and friends, and for our health, our happiness and the love that each and every one of us has in our lives.

I am extraordinarily thankful for the opportunity to serve my wonderful family of patients and friends. It is because of you that I am able to fulfill my higher purpose, to coach people to achieve optimal health and healing. I am thankful for the miracles that occur everyday when patients choose to live the "Chiropractic Lifestyle." I am thankful that you always share the miraculous benefits that chiropractic has to offer with all of those you care about. And I am thankful for the opportunity to serve all of your family's health care needs.



"Waking up every day with "more health than illness" is a special blessing because health makes it possible to enjoy the other good things in life."

