



# 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,

When we can't figure out just how to use our new computer, digital camera, cell phone or any other machine for that matter, it is usually because **we haven't read the instructions**. An automobile, a computer, a fax machine- these are all complex mechanical devices requiring instructions. We can learn how to use them effectively by reading the instructions or by allowing somebody to teach us how to use them. Sometimes, if we haven't used these machines in a while we have to go back and review the instructions all over again. These complex machines are a very important part of our lives. In fact, sometimes we feel lost or out of control if we lose the ability to use them.

Are you aware that the human body is defined as a "machine"? We generally think of a machine as made of metal and moving parts, but a "machine" can also be defined as "an intricate natural system or organism, such as the human body." Unfortunately our bodies don't come with an instruction manual when we are born. And it is true, our bodies are the most important machines we will ever own in our lifetime. It is very wise to learn as much as we can about it.

Let's focus first on the terms "natural system" and "manmade systems." Computers and cars are not natural systems. They are manmade and come with a set of instructions to learn from. The human body is a natural system and does not come with instructions. Instead, the body comes fully equipped with its own natural ability to heal itself. When we are experiencing a health issue, it is important to understand that symptoms of illness are our body's intelligent way of letting us know that something is wrong. Something is interfering with the body's natural ability to heal itself.

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*“Chiropractors do not rely on pills but rather focus on enabling the body’s natural system to restore health.”*



Chiropractic care is so effective because it works with the body's natural healing ability. Pills will simply mask the symptoms of an illness without ever locating and correcting the cause of the problem. Chiropractors do not rely on pills but rather focus on enabling the body's natural system to restore health.

The most amazing aspect of this “natural system” is that it works with no conscious thought. Our body works perfectly without us even thinking about it or reading an instructions manual to operate it. We don't have to tell our heart when to beat or how to digest food or how to grow hair. When there is no interference in communication between the brain and the rest of the body, each system works optimally.

Chiropractors restore the body's communication system by removing interference caused by spinal misalignments (subluxations). When the vertebrae of the spine are misaligned, this can cause a breakdown in communication of nerves to other parts of the body. This is when symptoms can arise. Chiropractors correct subluxations with an adjustment and help to restore the body's natural ability to heal itself.

**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.

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## When Chiropractors Act As Primary Care Providers, Costs Drop

A study in the May 2007 issue of the *Journal of Manipulative and Physiological Therapeutics* reports health plans that use Chiropractors as Primary Care Providers (PCPs) reduce their health care utilization costs significantly.

The study covers the seven-year period from 1999 to 2005. Researchers compared costs and utilization data from an Independent Physicians Association (IPA) that uses Chiropractors as PCPs and a traditional HMO that doesn't.

**The Chiropractic PCPs had 59 percent fewer hospitalizations, 62 percent fewer outpatient surgical cases and 85 percent lower drug costs compared with the HMO plans.**

The patients in the Chiropractic PCP group also reported higher satisfaction with their care than the HMO group. Over the seven-year period, Chiropractic patients consistently demonstrated a high degree of satisfaction with their care that ranged from 89 percent to 100 percent.

Study co-author James Winterstein, D.C. says that patients using Chiropractic PCP health care groups "experienced fewer hospitalizations, underwent fewer surgeries and used considerably fewer pharmaceuticals than HMO patients who received traditional medical care."

"The escalation of medical expenditures remains an urgent problem in the United States and it's becoming quite clear that cost containment strategies by conventional medical providers are failing to achieve even mediocre results," he said. "This study confirms that the integration of [medical], chiropractic and other complementary and alternative medicine (CAM) providers can positively impact patient quality of care while limiting costs. This approach to patient care has great potential to improve the U.S. healthcare system."



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**- Become the most positive and enthusiastic person you know.**

**- Smile a lot; it costs nothing and is beyond price**



## Closing Thoughts ...

### 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!***