

The Best Thing You Can Do Right Now

From: Dr. Roger Smith

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Dear Patients and Friends,

Every day, we wake up hoping for a better day. We hope today will bring us one step closer to our goals, dreams and desires than we were yesterday. And, even though we wake most days with the best of intentions...

Do these dreams ever really come true?

In hard economic times, like we are facing today, these dreams seem to fade for too many people. They let pessimism and negativity fill their thoughts. And, since we can only think about one thing at a time – this can be very dangerous.

Self-help writer, Napoleon Hill said we become our dominant thoughts. And, we must control what goes into our brain and what we think about. We must guard it wisely. Nothing could be more important today.

With all the bad news surrounding us, you have to make it your conscious choice not to become a harbinger of doom, too. Instead, know that you can and will be happy. And, you can and will do whatever it takes to be positive.

This is vitally important because success not only starts with your thoughts – so does your health. You cannot possibly be 100% healthy and strong from the neck down if you are miserable from the neck up.

Plain and simple: stress and strain make you unhappy and sick. It causes bad chemical reactions in your body that can show up as many conditions. One is back pain. Another is fatigue.

That's why you are getting this letter. Because if you are feeling more fatigued or experiencing more back pain recently, you are not alone. And there is a good chance we can help.

One of the best things you can do right now is give us a call and schedule an appointment that will not only help your back physically, it will be a nice, relaxing getaway from all the stress and strain you are experiencing.

It's amazing what a little "TLC" can do for the way you feel – and how successful you are. You can't control all the crazy things that are happening in the world right now... but you can control your reaction to it and if you stress over it or take action in some other way. So, if you are feeling stressed out, tired or have back pain, give us a call at 714-848-8122 and we will schedule you for our next available appointment. We know how important this is and will take extra special care of you. ☺

See you soon!

Dr. Roger Smith