

# Stein Chiropractic Center

## Weekly Wisdom

June 20<sup>th</sup> - June 24<sup>th</sup>

### Forgiveness

By Dr. Thurman Fleet

"We cannot hold someone accountable for unavoidable ignorance since we are all human, and to some extent subject to violation of law. However, it is our duty to become as informed as possible regarding the truth about life to seek knowledge of the laws of our being and obey them as much as possible.

With wisdom comes understanding, and when we understand the laws we cannot willfully violate them without expecting due punishment. Surely we cannot hope to transgress Nature's laws without the inevitable penalty or suffering. The Law of Compensation makes no exceptions. Despite good intentions, we may bring injury and even tragedy into others' lives. In a complex society, ignorance and carelessness may do as much damage as willful aggression, especially where powerful individualists exert their influence over many people. To be able to choose between right and wrong action, we must know what is right under the circumstances and act accordingly. When ignorance causes violation of law, we can be more generous in imposing a penalty or in granting forgiveness. Those possessing knowledge and authority have a duty to instruct and aid others who live in ignorance and darkness. It is contrary to the Divine Plan to condemn and refuse to assist those who are ready to learn."

To read the entire chapter, you may purchase *The Book of Life: Natural Laws of the Body, Mind, and Soul* at the front desk.

*The Laws of Life class is every Tuesday, at 7pm. Please join us. All are welcome!*

### Try Out These Riddles!

What dress does everyone have but no one wears?

*Address!*

You pick up a ball and throw it. In mid flight the ball turns around and lands back in your hand. How is that possible?

*You threw it up into the air!*

Two bodies have I though both joined in one. The longer I stand still The Faster I run.

What am I?

*An hourglass!*

There is a man on a horse. He goes around in a square. He will never get off. He has also gone to jail quite a few times. What is he?

*A Monopoly piece!*

	8	6		2		4	5	
	1						3	
	4	7		3		6	1	
		9		6		5		
6								7
			9		4			
			5		7			
1								6
		8		1		2		



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## *What Organized Medicine and Big Drug Companies Don't Want You To Know*

By Jane Heimlich

Is the medical industry making you sick? In a very real way, the answer is YES! They do it every time they fail to tell you about the practical things you can do to avoid illness and help your body heal itself. It isn't that your doctor is trying to keep things from you. There's just a blackout of information at his level. The medical establishment doesn't seem to consider healthy diets, vitamins and inexpensive treatments a priority—and has even attacked doctors who recommend such things.

Why would anyone—especially medical institutions and drug companies—want to keep you in the dark? Some say it's to stay in control of the health industry... and the billions of dollars that flow into their coffers every year. After all, by not telling you about safe new ways to heal disease and stay healthy, they play a big role in letting you get sick and stay that way. You Can Take Control Of Your Own Health! You don't have to be a helpless pawn of misguided medical institutions and greedy drug companies. There are many things you can do for yourself and your loved ones that will keep the doctor away!

For me, the discovery came 20 years ago. Back then, no doctor in his right mind would have dared suggest that high-fiber foods could help prevent cancer. Any doctor foolhardy enough to claim you could reverse heart disease with diet and exercise would have been laughed right out of practice. I saw it all first hand: The Red Cross scoffed at my husband's anti-choking maneuver for years. But as soon as I began using preventive medicine my health problems disappeared. Frequent colds, sore throats, insomnia, even Henry's gout symptoms vanished! I had more energy than ever before. I felt 10, maybe 20 years younger. Best of all, I was happy! My healthy lifestyle actually improved my mental disposition!

In fact, the change was so miraculous, I became passionately involved with helping people do what I did. It's why I wrote my best-selling book "What Your Doctor Won't Tell You," and why I jumped at the chance to become the associate editor of "Health & Healing."

*Jane Heimlich, the author of the best-selling "What Your Doctor Won't Tell You," is the wife of the famous Dr. Henry Heimlich, inventor of the "Heimlich Maneuver" anti-choking technique, and daughter of dance instructor Arthur Murray.*

### *Quote of the week:*

*"If I have seen further than others, it is by standing upon the shoulders of giants."*

*- Isaac Newton -*