

Thank you readers

Dear readers of my column,

It is the end of the year and a time to reflect on all that has engulfed our lives for the good the bad and the ugly. I was going to write this long winded gushy heartfelt goodbye column because it appeared *The Observer* was not going to continue with my column as it moved to just a weekly publication. NOT! Thanks to your inquires and praise "Ask the Chiropractor" will continue. Historically my column originated in the *Asbury Park Press* as a contributing column and was transitioned to *The Observer* approximately 8 years ago. Over 400 columns and two books later I still have lots of questions to answer.

I want to thank you and the editors for allowing me to express myself through the press. The column is exclusively a self-help column and if I have touched your lives as a positive influence then you have helped me to fulfill my goals. Originally I thought my mother was the only one that read my columns but then realized she gave them to her friends also. I have read my column to my children (now teenagers) every Wednesday at breakfast, hoping they may gain some health knowledge. As time went on they previewed the columns and if they did not make sense they made me rewrite them. The best news about having teenagers is that you don't have to think anymore because they know everything already.

Occasionally people in Ocean County recognize me from my column and that is why we change my head shot regularly and I get a new look, grow a beard or wear a mask.

If you wonder where all the questions come from over 8 years I can only tell you the influences are plentiful. Everyone has health questions and many times I don't know the answer and must research it. I appreciate the candidness of your questions and there are no questions that are bad questions.

I give you my sincere gratitude for influencing my writing these past years and for the future. Life without health is neither pleasant nor fulfilling for you or your loved ones. You, alone heal yourself and should take full responsibility for your life and health. Make this New Year a commitment to change your life to a healthier happier one and refuse to make it a temporary resolution that fades with time. Of all my quotes one that is my favorite comes from Zen philosophy, which says, "Enjoy the journey not just the destination."

Yours in Health,

Dr. Steve