



CHIROPRACTIC MIRACLES

Bringing You The Latest Word In Natural Healthcare

Dr. Louca's Breakthrough Practice Member Newsletter
Keeping YOU At The Leading Edge In Healthcare

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Dear Patient and Friend,

Would you like less disease in your life? Would you like improved physical and emotional health? How about more vitality, less stress, more energy, improved sex life and greater life enjoyment? If you answered YES to any of these questions...READ ON...

New research reveals what chiropractic patients have been telling their friends and relatives for over 107 years: **“Since going to my chiropractor I feel better, sleep better, relax deeper and have been enjoying life more than I have in years.”**

Many people initially visit chiropractors for problems relating to pain and yet what happens as they continue their care? Research shows that chiropractic patients who initially suffer from these complaints and who continue with corrective chiropractic care, experience an improvement in their quality of life, health and well-being including general health, vitality and social well-being.

Now you know why chiropractic has become the most popular natural, drug-free health care system in the world. Millions of people around the world visit their family chiropractor for one simple reason: IT WORKS!

What will chiropractic do for the quality of your life? Why not perform your own research study with yourself and your loved ones and find out?

Practicing chiropractic for more than 7 years, I have been at the leading edge in healthcare. 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.”*

In fact, when you are finished reading every last bit of this newsletter, if you are not 100% sure that you WILL benefit from living the “Chiropractic Lifestyle,” call me immediately and I will personally answer your questions. So sit back, relax, read carefully and share this valuable information with those you love...

“Empathy and Warmth Boost Immune Function”

*A study published in the medical journal, The Lancet on March 10, 2001, found that high tech medicine and the lack of a personal relationship between patient and doctor may slow down the process of healing. The study went on to find that **the development of warmth and empathy between doctors and their patients makes the difference in care and the patient’s ability to heal completely.** The study found that doctors who showed empathy and acknowledged their patients’ fears and anxieties were more effective than doctors who kept patients at an emotional arm’s length.*

It is my belief that healing begins with a strong, trusting relationship between the doctor and patient. For over (XX) years, I have built a solid reputation based on my ability to work hand in hand with each patient and consistently produce miraculous results together. **Each and every day I see patients enter my office with a problem and within that patient is a solution as well. It is not my job to fix their problem.** It is my purpose however, to work with the patient to remove any interference in their body’s own ability to adapt and heal. **Remember that chiropractic is not a treatment, it is a lifestyle. Serving and loving each patient individually is a part of the secret recipe found in chiropractic.**

“Diabetes Alert Day Promotes Testing To Find “Silent Killer.”

USA Today March 27, 2001

“The American Diabetes Association estimates that nearly 6 million Americans are walking around with undiagnosed diabetes and could be headed for disabling, even deadly complications. Diabetes is called the “silent killer” because many people have it for years before being diagnosed.”

“It is often not until their eyes, nerves and kidneys fail or they have a heart attack or a stroke that they discover they have been living with this chronic disease. More than 16 million Americans suffer from the disease, about a third of whom are undiagnosed.”

For over 107 years chiropractors have been teaching patients that **subluxations are “silent killers.”** Millions of people are walking around unaware that they have this dreaded problem robbing them of the opportunity to live a pain free and healthy life. **Often, it is not until patients lose flexibility, their nerve system shuts down, they have a heart attack, a stroke or crippling arthritis that they discover that they have been living with this chronic and debilitating disease.**

Chiropractic is not a luxury. It is indeed a necessity. When you find out that you are a diabetic or subluxated it is not a life sentence provided you take proper care of the problem and monitor and manage it for the rest of your life. By watching your diet and blood sugar and by getting adjusted regularly to remove nerve interference you can live a normal, healthy and full life.

The Connections Of Health

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

— Oliver Wendell Holmes

In healing, the goal is to help you better connect to your source so your inner healer may work its miracles. To be healthy you must be connected. The goal of a healer is to help you reconnect.

You are born to express physical, mental and spiritual health; to radiate vitality, harmony, peace, joy optimism, strength, love, and healing at every age. But it rarely seems that way. Disharmony, illness, disease, depression, fatigue, emotional and spiritual suffering and isolation touch so many lives. Too many of us walk this earth with our bodies, hearts and souls in pain.

Yet no baby is born bored or depressed. Infants are full of wonder and awe. They breathe deeply, relax completely, radiate energy and sparkle with the light of life in their eyes. They are closer to their natural state, more connected to it, with a clearer conduit to the wisdom, intelligence and energies that percolate up from their source.

To be truly healthy and alive you must be a clear conduit to your inner wisdom, your inner healer, your innate (inborn) intelligence. The word health derives from the old English word “hale” meaning whole. You are truly healthy when you are whole, unified, integrated and complete—not fragmented, disintegrated, disconnected or incomplete.

Chiropractic has discovered a powerful “disconnection” in your body called the subluxation. This is a condition that interferes with the flow of energy and information from your source and can affect physical, emotional and spiritual health. Chiropractors are specially trained to locate and correct subluxations.

Chiropractic care allows your body and mind to gently release old stress so that your powerful natural healing ability may flow from your source and begin a process of reconnection. The process of reconnecting and healing is a fascinating adventure. Sometimes this process appears effortless; sometimes it seems difficult and painful. Often it is both. As your spine and nerve system release stress, you begin to tune into the deeper laws of life that guide you. You become more sensitive to the inner wisdom that is always directing you to greater wholeness, awareness, growth and wisdom.

Exploring a common **MYTH** about **CHIROPRACTIC...**

“CHIROPRACTIC CARE IS DANGEROUS”

FACT...

The safety of chiropractic care has been well documented in professional journals of all kinds. Minor side effects from a chiropractic adjustment occur approximately one out of every one to three million adjustments. Compare this to the serious side effects of medicines and surgical errors to put safety into perspective. Research reveals that over 100,000 people die each year from the effects of prescription drugs alone. Overall, 51% of approved drugs have serious adverse effects not detected prior to approval. Each year prescription drugs injure 1.5 million people so severely they require hospitalization and 100,000 die, making prescription drugs the 4th leading cause of death in the United States. The bottom line is that chiropractic care is far safer than any medical care you can receive.

So, now that you are in information overload, you are probably wondering where you should begin. So let me tell you the next step to achieve a lifetime of health and vitality, and to reconnect to your inner wisdom, NATURALLY...It's simple...

I strongly suggest you take the following action **NOW** and get on the path of health, vitality and feeling great every day. **YOU DESERVE IT!** Having a mentor or a coach is a vital part of success. Even the greatest athletes have coaches. **If you need a health coach, call me! I have coached thousands of people to improve their lifestyle, get out of pain, and achieve optimal health. Allow me to coach you to a healthier lifestyle.**

Schedule a one-on-one coaching consultation TODAY, so that we may find solutions to your very unique needs and wants. The regular fee for this coaching consultation is \$50. It is FREE to all active patients as well as all readers of this newsletter during the month of February.

If you are not currently a patient in our office and you would like to find out how we can help you to get rid of your pain and suffering once and for all, and help you to begin a process of healing and reconnection, call TODAY and schedule an appointment with the doctor for a thorough spine and nerve system evaluation. We will explain in detail what we have found and how chiropractic can help. We only accept those patients we can help. The regular fee for this evaluation is \$195. It is complimentary for all readers of this newsletter during the month of February.

**You have nothing to lose and everything to gain.
Call NOW!**

www.loucachiropractic.com

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WHAT I HAVE LEARNED

by Andy Rooney

- I've learned...**that the best classroom in the world is at the feet of an elderly person.
- I've learned...**that when you are in love, it shows.
- I've learned...**that just one person saying to me, "You have made my day!" makes my day.
- I've learned...**that having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- I've learned...**that being kind is more important than being right.
- I've learned...**that I can pray for someone when I don't have the strength to help in some other way.
- I've learned...**that no matter how serious life requires you to be, everyone needs a friend to act goofy with.
- I've learned...**that sometimes all a person needs is a hand to hold and a heart to understand.
- I've learned...**that we should be glad God doesn't give us everything we ask for.
- I've learned...**that money doesn't buy class.
- I've learned...**that it's those small daily happenings that make life so spectacular.
- I've learned...**that under everyone's hard shell is someone who wants to be appreciated.
- I've learned...**that the Lord didn't do it all in one day so what makes me think I can?
- I've learned...**that to ignore the facts does not change the facts.
- I've learned...**that love, not time, heals all wounds.
- I've learned...**that the easiest way for me to grow as a person is to surround myself with people smarter than I am.
- I've learned...**that everyone you meet deserves to be greeted with a smile.
- I've learned...**that no one is perfect until you fall in love with them.
- I've learned...**that life is tough, but I am tougher.
- I've learned...**that opportunities are never lost, as someone will take the ones you miss.
- I've learned...**that a smile is an inexpensive way to improve your looks.
- I've learned...**that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you are climbing it.

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Name _____

Address _____

Phone _____ Fax _____ Email _____

CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

My four-year-old daughter Katie was experiencing asthma since 2 years of age. It seemed as though almost every day of her short life she was taking some sort of medication or inhaler. I could tell that the drugs were robbing Katie of her normally happy, active personality. She always seemed to be tired and run down. Katie would cough constantly and have difficulty breathing. She couldn't even get a good night's sleep. She was constantly coming down with colds causing her to be irritable and cranky. This was just not the Katie I know and love.

I took Katie to multiple pediatricians looking for an answer to this problem. The only options I was given was more drugs upon more drugs, or the worst of all, the thought that Katie would just have to live with this and hopefully someday grow out of it. None of these options were ok for me.

A friend referred me to see Dr. Louca and his wonderful Chiropractic Assistants. Her child had a similar problem and the results were very pleasing. **I took Katie to see Dr. Louca and on the very first visit he told me that he was confident he could help Katie to be a happy and healthy four-year-old once again.**

I am proud to say that within two months of regular chiropractic care, Katie's coughing and breathing difficulties have decreased about eighty percent. And most importantly, Katie is happier than ever. **She is a vivacious four-year-old now attending pre-school and she has not missed a day even when most other children do.** We visit Dr. Louca every week to keep Katie healthy. I have started getting adjusted as well and have to say that I feel younger and better than ever.

Thanks to Louca Chiropractic, **my daughter is healthy and DRUG FREE.**



— Joyce W.

Our Minds Possess The Power Of Healing
And Creating Joy.

If We Use That Power Along With
Proper Living And A Positive Attitude,
We Can Heal Not Only Our
Mental And Emotional Afflictions,
But Even Physical Problems.

Healing Meditations, Tulku Thondup

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Be My Chiropractic Valentine
