



# 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,

You **CAN** have anything you want in life! You heard me correctly. You **CAN** have anything you want in life. You have probably heard this statement many times before but you may not have realized how it may apply to you. We can accomplish anything we set our minds to in life - **if it is a priority AND if we focus our intention on it totally.**

I ask you...**What is it that you want most in life?**

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I ask my patients this question on a regular basis and I frequently hear this response, "**Health, happiness, and spiritual peace.**" Great answer. Practicing chiropractic for over 10 years, I have been blessed with the opportunity to coach thousands of people of all ages to achieve optimal health, true happiness, and spiritual peace.

Each and every one of us is born with the potential of being healthy, happy and peaceful. We all are born with an inner wisdom, an inner intelligence that always knows exactly what we need to be "perfect." However, from the day we are born we allow physical, chemical and emotional stressors into our lives that disconnect us from our higher power, cause us disease and illness, sadness, hurt and stress.

**My purpose as your chiropractor and health coach is to reconnect you to your higher power by removing nerve interference and to coach you to live a healthy lifestyle.** Sometimes patients will come to my office with a health concern and think that their job is to drop their body off, let me patch it up, and then they can go back out and abuse it all over again. It doesn't work. There is a much better and more effective way.

In this information packed newsletter I am going to reveal to you my **TOP 3 SECRETS** that will, beyond a shadow of a doubt, allow each and every patient to greatly increase the odds that they will accomplish their health goals and absolutely achieve optimal health, be happier than ever before, and reconnect with their inner spirit. I consistently find that patients who follow these secrets heal faster and more permanently.

Let's begin ...

1. **Commit to your recommended care plan.** Every patient's needs are unique. Therefore, your care plan is unique and recommended for you based on the severity of your problem and how long you have had it. This must be a team effort. I am committed to providing you with the highest quality chiropractic care on each and every visit. We expect, in return, that you will assume the responsibility of strict adherence to your recommended care plan as it is designed for optimal results.
2. **Participate fully in your care.** Again, this must be a team effort. The chiropractic adjustment is the most important aspect of your care in our office. That is because having a nerve system free of subluxation is critical in order to have optimal healing. However, there are other important recommendations we will make in order to allow healing to occur at a much faster pace. These include massage, exercise training, nutritional recommendations, and stress reduction methods to name a few. I consistently find that those patients who participate fully in their care and follow all of our recommendations, even at home, get much better and much quicker results.

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3. **Have a positive attitude.** Having a positive attitude is critical to health, happiness and peace. When you can stay focused on the good and positive things that mean the most to you, you'll hardly notice the little negative things. Stop letting all the little things bring you down. Focus instead on the best you can imagine, and let that positive vision pull you forward to accomplish all that you want in life. Stop focusing on the pain. Begin to focus every day on all that is good, what is better in your life. You will see just how much happier, healthier and more peaceful you will be and just how much quicker your body can heal when only positive thoughts are created.

**“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do...**

**Explore. Dream. Discover.”**

- Mark Twain

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**Needing Surgery? *The New England Journal of Medicine* reported that surgery is overused for the treatment of back pain!**

- The New England Journal Of Medicine, 2001:344(5), pp363-369

**Surgery IS NOT the answer if you or someone you know is suffering needlessly from back pain.** There may be better, more effective options. According to *The New England Journal of Medicine*, surgery is overused for the treatment of back pain. In fact, the rate of all types of back surgery is more than 40% higher in the U.S. than in any other country.

Furthermore, it has been reported that surgery often does not improve the outcome and in some cases can make the condition even worse.

**There is considerable evidence supporting the use of conservative, non-surgical methods for back pain, including chiropractic care.** Corrective chiropractic care does not treat back pain. **Corrective chiropractic care corrects the cause of the back pain.** This is usually more effective and more permanent than surgery.

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# Chiropractic Care Increases “Quality Of Life”

- Journal of Vertebral Subluxation Research [3(2), 1999]

Research performed at the *New Zealand School of Chiropractic* shows that patients under chiropractic care experienced an increased “Quality of Life.”

This study consisted of 89 participants and was conducted over a five-month period of time. Areas of health assessed were physical state, emotional/mental state, stress and life enjoyment. Each of the 89 participants reported “**significant positive perceived changes**” in each of the four areas assessed.

Researchers also showed that the data compiled from this study suggests that the Health and Wellness achieved by these participants can continue to increase over time while receiving regular chiropractic care.

For more than 107 years, chiropractors and their patients have been experiencing these miraculous results through regular care. **By adjusting vertebral subluxations and maximizing nerve system function, chiropractic care will improve the overall health and wellness of you and your family.**

Remember that chiropractic is not a treatment of disease; it is a lifestyle that one chooses to live for the rest of their life to stay healthy and improve their quality of life.



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# A Walk In The Park?

- Alternative Medicine, March 2002

*“The National Institutes of Health reports that moderate exercise and a low-fat diet can dramatically reduce people’s chances of getting diabetes, an even better result than that attained with drug therapy.”*

*“Over 16 million Americans have diabetes - roughly 6 percent of the population - and another 15 million people are at high risk for developing the disease. Adult-onset diabetes accounts for 95 percent of all cases. Incidence of the disease is increasing in epidemic proportions as Americans are aging, gaining weight and becoming less active.”*

In guiding you toward “Chiropractic Wellness,” regular exercise is an essential piece of the puzzle, in addition to eating healthy, reducing stress, getting proper rest and having a fully functioning nerve system through regular chiropractic adjustments. **The evidence is becoming clearer that many common and life threatening diseases, including diabetes, can be prevented through simple lifestyle changes.** Good nutrition is essential for optimal health and well-being. If you want to fly like a jet, you **MUST** put jet fuel in! **In conjunction with wellness chiropractic care, proper nutrition and exercise are a MUST** in today’s world in order to help promote optimal healing, and to feel strong, alive, and “On Top Of The World!”

## **AGAIN, I ASK YOU...**

**What is it that you want most in life?**

**Do you want to be healthier, happier and more spiritually peaceful?**

**If you are committed to achieving this health goal,**

**We are committed to helping you succeed!**

I have been studying health trends for over 10 years and 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 and to improve your “Quality of Life.”...

**CALL TODAY and...**

**Schedule a one-on-one wellness coaching consultation, so that I can help you to create your optimal lifestyle, help you set and accomplish all of your health goals and help you to feel healthier, happier and more peaceful than ever before.**

**This ten-minute consultation will change your life for the next thirty years.**

**The regular fee for this coaching consultation is \$50.**

**It is FREE to all active patients as well as all readers of “Chiropractic Miracles” during the month of August.**

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# Chiropractic: Bringing Out The Best In You

## What Should I Do If I Am Injured At Work Or In An Auto Accident?

You're in your car, relaxed, waiting at a stoplight. Suddenly you hear a screeching of tires behind you and the harsh sound of metal hitting metal. In the split second before you can brace yourself, you feel your car moving forward from some unseen force! You've been rear-ended.

What happens in these few seconds can have tragic consequences. And what you do about it in the next hours, days and weeks can forever affect your health.

**If you have been involved in an auto accident or are injured at work a chiropractic check-up is essential.** Don't minimize your injuries because your car has sustained little or no damage.

Too many people who have been in an accident or suffered a trauma do not receive chiropractic care. This is a very big reason why many accident victims never completely recover from their injuries and may live on painkillers, physical therapy or even repeated surgery for years.

Sometimes they are even told that they have to live with the pain for the rest of their lives!

Spinal nerve damage resulting from accidents may take months or years to heal, while a simple, spinal check-up today could save an accident victim much pain, suffering and illness later.

**Specific chiropractic adjustments help restore proper motion and position of individual spinal bones and can help to assure proper healing.** Chiropractors can help you get well and stay well after the trauma of an accident or injury.



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# CHIROPRACTIC MIRACLES

## “Listen To What Our Patients Are Saying”

**My six-year-old daughter Leah was experiencing chronic ear infections since three years of age. It seemed as though almost every day of her short life she was taking some sort of medication or antibiotic.** I could tell that the drugs were robbing Leah of her normally happy, active personality. She always seemed to be tired and run down. Leah would spike high fevers of 105 degrees on a fairly regular basis. She was constantly coming down with colds causing her to be irritable and cranky. This was just not the Leah I know and love.

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

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

**I am proud to say that within three months of regular chiropractic care, Leah has not had one ear infection.** Her fevers are gone and there is not a sniffle to be found. And most importantly, Leah is happier than ever. **She is a vivacious six-year-old now in the first grade and she has not missed a day of school even when most other children do.** We visit Dr. Louca every week to maintain a healthy spine. I have started getting adjusted as well and have to say that I feel younger and better than ever.

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

- P. Simons



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# Louca Chiropractic

Continues in Celebrating it's 8<sup>th</sup> Year Anniversary.

Invite all your friends and family whom are not yet members at our office during the month of August for a Chiropractic Check up (Consultation, Computerized Exam and X-rays, if necessary) for a reduced fee of \$35.

Help us Raise the Health Conscience of our Community

Louca Chiropractic

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