



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,

How would you like to dramatically increase your ability to be healthy, feel more vital than ever, and achieve it all naturally? When we are unhealthy, we are unable to enjoy the little things in life that give us great pleasure. We are unable to perform to our best at work and ultimately, unable to accomplish the lofty goals in life we set out to achieve. Sometimes, being unhealthy can even interfere in building our loving family relationships. Yes, physical and emotional well being go hand-in-hand.

Make no mistake about it; “optimal health” is a major determining factor to our happiness and success in life. **When we have achieved optimal health, our physical, emotional, mental and spiritual aspects of health are all in balance.**

In general, most of us have become conditioned to believing that when we have a pain, symptom, or condition we are in fact sick. As well, when we are pain free, symptom free and haven't been diagnosed with a specific condition, we are healthy. This, my friend, is a major misconception. **The truth is...the absence of symptoms does not equal optimal health!** The clearest way to illustrate this is by reviewing the statistics on heart attacks. Research reveals that in approximately 33% of all heart attacks the first symptom of the attack is death!

The chiropractic model of health and wellness does not focus on pain and symptoms. The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

In this extraordinary Patient Newsletter, **Chiropractic Miracles**, we will discuss different topics of interest, documented research studies, and even personal success stories. **I will reveal to you my personal “Guide to Chiropractic Wellness” which will absolutely arm you with the tools necessary to make the best health decisions for yourself and your family.**

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the “Chiropractic Lifestyle.” I commend you for taking charge of your health and the health of those you love!

A New Medical Model

-Yoga Journal, March/April 2002

“If the staff at Harvard Medical School has its way, the term “complimentary medicine” will soon disappear from the American lexicon. Not because Harvard is full of non-believers, in fact, just the opposite. The institution’s administrators and faculty have taken a giant step toward changing the dominant medical model from one focused on biomedicine to one incorporating holistic health.”

“Recent studies at Harvard established that at least 42 percent of Americans already use some form of complimentary and alternative medicine, and interest is growing. Also, presently more than 75 of the 125 US medical schools are introducing their students to complimentary practices.”

I hope it is as obvious to you, as it is to me, that natural healthcare that was once considered the “alternative” is no longer as they are becoming the mainstream. Even Harvard agrees that the market for natural healing techniques including chiropractic, massage and acupuncture has never been stronger and will continue to grow. **Thank God! Finally, the medical industry as well as the insurance industry is beginning to understand what chiropractors have been saying for over 106 years.** “Better health through better chemistry has failed. Better living is the solution.”

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!”



In Praise Of Folic Acid

-TIME, February 25, 2002

“Could the B vitamins that helps prevent birth defects also protect against Alzheimer’s? The news is promising. Though not as famous as vitamin C, folic acid plays a crucial role in the development of just about every cell in the body. A member of the B-vitamin family, it’s found naturally in orange juice, beans and green vegetables. There is some evidence that folic acid may reduce the risk of heart disease, but it is best known for its role in preventing birth defects. Now comes word that folic acid may help ward off the ravages of Alzheimer’s disease.”

“The case for adding folic acid to your diet is getting better all the time. Of course the best source of any vitamin is a healthy diet. For those of us who still don’t eat our beans and vegetables, most multi-vitamins contain the recommended daily folic-acid dose of 400 micrograms.”

Research is proving that proper nutrition and appropriate vitamins in your diet can be the key to preventing common and life-threatening diseases. Unlike other health care professionals, chiropractors receive extensive training in nutrition. **As a practicing chiropractor with extensive training in nutrition, I am here to serve you, educate you, and empower you to take back control of your health and to coach you to becoming truly healthy.** Taking the proper vitamins unique to your needs and wants is an essential aspect to health. Proper nutrition including appropriate vitamins added to your diet is one of the secret recipes of living a longer and more vital life.

AGAIN, I ASK YOU...

Are you ready to dramatically increase your ability to be healthy? Do you want to feel more vital than ever? Are you ready to live a healthier lifestyle? Are you ready to maintain a healthy body and mind?

**If you are committed to achieving this health goal,
We are here to help you succeed!**

I have been studying health trends for over 10 years and I have coached hundreds 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 better and younger 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 July.

Answering Your Important Questions...

A very important factor in guiding you to wellness through chiropractic is answering your important questions. **The more information you have regarding health, wellness and the role that your family chiropractor plays as a valuable member of your health care team, the better decisions you will continue to make and the greater quality of life you will experience.**

I am confident that you will discover that YOU CAN BENEFIT FROM CHIROPRACTIC. If you are not already under regular chiropractic care, I hope the answers to the following critical questions will encourage you to finally take action...Let's look at a few of your important questions...

Are Chiropractors Real Doctors?

Doctors of Chiropractic (D.C.) comprise the second largest health care profession. They earn the title "Doctor" along with Medical Doctors (M.D.), Doctors of Osteopathy (D.O.), and Dentists (D.D.S.). The educational process of the Doctor of Chiropractic is quite similar to that of the M.D. and D.O. A minimum of 8 years of study is required, including several years of pre-chiropractic studies, 4 academic years of chiropractic education, and a clinical internship. Upon graduation and earning a Doctor of Chiropractic degree, a state-licensing exam must be passed in order to practice. Chiropractic students study many of the same textbooks as medical and osteopathic students. As a matter of fact, chiropractic students accumulate more course hours in anatomy, physiology, biomechanics, neurology, and nutrition than their medical and osteopathic colleagues.

Do I Have To Keep Going For The Rest Of My Life?

Chiropractic care is like "orthodontics" for the spine. Regular chiropractic care "trains" the vertebrae to maintain their proper alignment and movement. The time required for maximal spinal correction and proper positioning depends on the condition of the patient's spine, their job, and other lifestyle activities. The fact is, once spinal correction is achieved, most of my patients choose to continue to live the "Chiropractic Lifestyle" because they realize that they are healthier and feel far better when they are subluxation free. This is called "wellness care" and each person's "wellness" schedule is unique to his or her individual needs and wants.

Why Does My Child Need To Be Adjusted?

If the birthing process isn't traumatic enough for the spine, the first few tries at walking surely will be! As our children grow and become active in sports or play musical instruments, their growing spines are subjected to a tremendous amount of stress. Chiropractic care can help to keep our precious little one's spine in line. Spinal alignment is so important, especially when we grow. Many of the spinal problems that we see in adults can be traced back to a childhood fall, injury, or poor posture resulting from carrying heavy backpacks or sitting at computers for long periods of time. Chiropractic care is a necessity at this developmental stage of their lives. Chiropractic care helps to insure that your child will grow up to be a healthy and happy adult.



HA HA HA HA HA HA!

*Did You Know That 3 Minutes Of
Belly Laughter Every Day*

*Reduces Stress And Speeds The
Healing Process?*

“Louca Chiropractic - 7 Year Anniversary!”

**Please Join Us On Wednesday 7/31/02
In Celebrating Our 7-Year Anniversary!!**

**There will be Food, Fun, Raffles*, Goodie Bags and Music.
In the afternoon there will also be a Beer and Pizza Party.
(That's ROOT BEER!)**

**Please be a part of this special day.
It represents 7 Years of serving this wonderful community that I grew up in.**

Some of the raffles include our **vitamins, powdered drinks, books, 2 Imagine Relaxation CD's, a massage, back packs and pelvic stabilizers (orthotics). Call and make your appointment today.
Also invite anyone you know who is not a Practice Member yet at our office.
You will be playing a **HUGE** part in their Health and Sense of Well-being.*

Chiropractic Miracles

"Listen To What Our Patients Are Saying"

I would like to share my story with hope that someone reading it will benefit from chiropractic as my family has.

My long time friend, Sandy, referred me to *Louca Chiropractic*. My daughter Olivia had 3 ear infections and 5 courses of antibiotics at just 8 months old. Olivia is my first and only child and as a new parent, I was scared, frustrated and concerned for what Olivia was in for in years to come. I took her to our family pediatrician who was my doctor when I was a child. The doctor, in my mind, was the man who could fix anything. At this point his only suggestion for me was drugs or potentially surgery to place tubes in Olivia's ears. In my heart, I knew neither was ok.

So when Sandy referred me to *Dr. Louca* I was nervous as well as skeptical about having my baby's spine adjusted. However, after *Dr. Louca* spent time with me discussing the benefits of chiropractic for Olivia as well as the safety of chiropractic, I was ready to try anything.

I am happy to say that Olivia is now 14 months old and has not had another ear infection or antibiotic since beginning care. Olivia celebrated her first birthday drug free.

Since then my entire family has begun regular chiropractic care and I know we are the healthiest family on the block.

I thank Dr. Onisis Louca and the staff at **Louca Chiropractic** for the gracious care and life they have given to our family.



-The Martin Family

“The master maker of the human body did not create you and then run off and leave you masterless. He stayed on the job as Innate, as the Fellow Within, as nerve transmission controlling every function of life, as Spirit from Above-Down, Inside-Out, expressing, creating, exploring, directing you in every field and phase of experience so that your home is truly the world and the world is truly your home.”

B.J. Palmer, D.C., Ph.C

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