



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 Practice Member and Friend,

"April showers bring May flowers"...Yes that's correct and as we enjoy watching the beautiful colors of springtime leaves fill the trees and feel the warmth of summer approaching...

**There Has Never Been A Better Time To Pursue A "New Lifestyle"
Of Optimal Health, Peak Performance, Ideal Weight, Maximum Vitality and
Positive Attitude!**

Louca Chiropractic educates and empowers people with the most effective and most natural secret to optimal health, "**Better health through better living and better lifestyle choices.**"

Millions of people have been searching for the answer to optimal health and wellness. If this is something you have been searching for, if so, read on...I am about to reveal my closely guarded secrets...

As a practicing chiropractor, I have been at the leading edge in healthcare and I have coached thousands of patients of all ages to accomplish their health goals. 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...**

Chiropractic Care Increases “Quality Of Life”

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

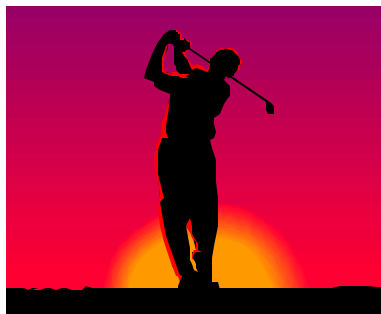
Research performed at the *New Zealand School of Chiropractic* shows that people under chiropractic care experienced an increased “Quality of Life.”

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 106 years, chiropractors and their practice members 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.



Chiropractic Patients Have Fewer Strokes

-Journal of Vertebral Subluxation Research, September 2001

Current research reports that people under chiropractic care experience far fewer strokes than people who are not under regular chiropractic care.

The report states that people who are not under regular chiropractic care suffer twice as many strokes than people who are under regular chiropractic care. People not under chiropractic care may be as much as 27,500 times more likely to have a stroke than chiropractic practice members.

I find this research to be critical since many medical researchers have attempted to link chiropractic care with the occurrence of strokes. Research has proven that a chiropractic adjustment is much more safe and beneficial than typical medical procedures and doctor prescribed drugs. In fact, **properly prescribed and dispensed, legal drugs kill 20 times the number of people that illegal drugs do.**

It should shock you that every year hundreds of thousands of people die from doctor prescribed adverse drug reactions and yet, the medical profession continues to prescribe drugs as if they had no long term, negative effect on the human body. I hope it is becoming as evident to you as it is to me chiropractic is safe for people of all ages and that the solution to health and wellness always comes from within.

Lifestyle-NOT Drugs-May Check World Cancer

-Health Watch, February 1999

The WHO (World Health Organization) has launched global cancer control strategies that can significantly reduce the incidence, morbidity and mortality from the disease.

Among the most important are changes in lifestyle and diet. According to the researchers, diet is one of the most important lifestyle factors and may account for up to 80% of cancers of the bowel, breast and prostate.

By 2020, World Health Organization estimates that there will be some 20 million new cancer patients in the world each year.

In my many years of experience coaching people of all ages to achieve optimal health, I have found that empowering them to exercise properly, eat healthy foods, manage stress properly, get lots of rest, have love in their lives, and of course maintaining excellent spinal and nerve system health through regular chiropractic care, greatly improves the overall quality of their lives. **The most common words I hear from patients who have mastered the "Chiropractic Lifestyle" is that they feel more alive, more vital and "On Top Of The World!"** For me, it is so gratifying to serve my community and to witness healings on such a consistent basis. I love assisting you in producing the miracles that chiropractic is famous for.

Answering Your Important Questions...

Last month I answered just a few of the many common questions that **ALL** chiropractic practice members and perspective members ask me about chiropractic. In fact, I believe that knowledge is power. **The more knowledgeable you are 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.**

In fact, 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 more...

What's An Adjustment?

A chiropractic adjustment involves a gentle thrust to help add motion to the spinal joints that are "stuck" or subluxated. As this occurs, the interference or blockage of communication between the brain and the rest of the body is restored. Through a series of adjustments over a period of time, the function of the nerve system returns to its optimal capability allowing the patient to experience robust health and vitality. There are many ways to adjust the spine. It is up to the chiropractor to determine which type of adjustment is most appropriate for you depending on many factors including age and health history. Adjustments are gentle and highly effective.

How Many Adjustments Will I Need?

The number of adjustments varies with each patient and their individual health goals. Many patients experience relief of pain rapidly, between 1 and 12 visits depending on the severity of the problem. However, **relief of pain is NOT an indication that the problem is corrected and stopping care at that point can be dangerous and is not recommended.** In my experience, when patients choose relief care, the problem usually returns within 1 month to 1 year, only at this point it takes longer to correct and is usually more painful. As your spine stabilizes, visits become less often. In chronic cases, complete healing takes months or years.

Is Chiropractic Safe?

Yes! Chiropractic is among the safest of the healing arts. As proof, simply compare malpractice insurance rates between chiropractors and other health professionals. Chiropractors' malpractice premiums are a small fraction of those for medical doctors. Also, by avoiding the potentially devastating side effects of drugs and surgery, chiropractic care enjoys an excellent track record. In fact, chiropractic care has proven to be 100 times safer than taking an over-the-counter pain reliever. The most common side effect is better health for people of all ages.

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, 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 for yourself, your family or your friends, 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 practice members as well as all readers of this newsletter during the month of April.

April 22, 2002 is... "EARTH DAY"

***In Honor Of Earth Day, We Are Celebrating The Entire Week Of
April 22nd - April 27th***

Earth Day is a time to reflect on the inter-relationship between human ecology and global ecology. Therefore, in order to express our concern and commitment to protect the environment as well as our commitment to helping others get healthy, **we will be offering nerve system and postural examinations and any necessary X-rays in exchange for a minimum \$20 donation to Earth Save.**

Earth Save is a national, non-profit organization dedicated to educating people about the powerful effects that our food choices have on our personal health, the environment and all life on earth. They are dedicated to working towards a cleaner and healthier environment for all of us!

This is an excellent opportunity for you to share the chiropractic lifestyle with family, friends and co-workers so that they can begin to live a life of health and vitality. At the same time, you will be helping to save the planet!

Bring your family & friends ... YOU can make a difference!

A Little Boy Wanted To Meet God

A little boy wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with a bag of corn chips and a six-pack of root beer, and he started his journey.

When he had gone about three blocks, he met an old woman. She was sitting in the park, just staring at pigeons.

The boy sat down next to her and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old lady looked hungry, so he offered her some of his chips.

She gratefully accepted it and smiled at him. Her smile was so pretty that the boy wanted to see it again, so he offered her a root beer.

Again, she smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word to each other.

As it grew dark, the boy realized how tired he was and he got up to leave, but before he had gone more than a few steps, he turned around and ran back to the old woman and gave her a big hug.

She gave him her biggest smile ever. When the boy opened the door to his house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?"

He replied, "I had lunch with God today."

But before his mother could respond, he added, "You know what Mom, she has the most beautiful smile I have ever seen."

Meanwhile, the old woman, also radiant with joy, returned to her home. Her son was stunned by the look of peace on her face and he asked, "Mom, what did you do today that made you so happy?"

She said, "I ate corn chips in the park today with God." However, before her son could respond, she added, "You know, he is much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn life around.

People come into our lives for a reason, a season, or a lifetime. Embrace all equally! Share this powerful message with people who have touched your life in a special way and let them know how important they are to you. Watch them as they read it so you can enjoy their smile!

Chiropractic Miracles

"Listen To What Our Members Are Saying"

My husband Evangelo was the first to begin care at Louca Chiropractic. He was diagnosed with *lower back disc bulges* and was scheduled for back surgery in a month. Dr. Louca did not promise a cure, but told us that within a month, Evangelo would at least be back at work providing for us. **Well, after two weeks of Chiropractic Care my husband was back at work and he even cancelled the surgery.** At Louca Chiropractic, we were taught that our bodies' work better without nerve pressure (Subluxation).

After witnessing my husband's resurrection, I knew that this Chiropractic thing was for me. Since I gave birth to my first child in 1997, I've been suffering from anxiety, back pain, difficulty sleeping and overall tension. I was popping Tylenol like crazy and couldn't even exercise. The drugs only aggravated my problem. Since beginning with Dr. Louca I'm more comfortable, I can pick up my kids again, I sleep better, I'm less stressed and I don't even bite my nails anymore. **I've been biting my nail since I was 4 years old!** I receive my first manicure the other day. It truly was a miracle.

My husband and I have experienced the Chiropractic Difference and see the need for Wellness Care. Our two children Chris (4 years old) and Maria (2 years old) have been evaluated for subluxation and also have been under weekly care. Our oldest, Chris would get sick every winter. This winter, nothing! Our daughter, Maria had a persistent fever when she began care and Dr. Louca was able to help her little body regulate it naturally, without any harmful drugs. **The best part of Chiropractic is that now my children sleep through the whole night.** Thank you Dr. Louca for allowing my family to be healthy, offering us a Family Unlimited Wellness Plan and for showing us a better way to live.

Maria P. Loving Wife and Mother of Two Wonderful and Healthy Children



“...our physical structure seems to be more suited to feelings of Love and Compassion. We can see how a calm, affectionate, wholesome state of mind has beneficial effects on our Health and Well-being. Conversely, feelings of frustration, fear, agitation and anger can be destructive to our Health.”

Dalai Lama from The Art of Happiness

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