



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,

Do you ever feel stress or anxiety? You are probably asking, "Who doesn't feel stress these days?" I was shocked to learn how many people in today's work force suffer anxiety, stress and feelings of being overwhelmed – nearly all the time. Even if you think YOU don't, you probably do have these feelings on a regular basis, but just don't recognize them.

What would you think if I were to tell you that you could consistently relieve or reduce your stress in less than 3 minutes? Well it's absolutely true. READ ON...

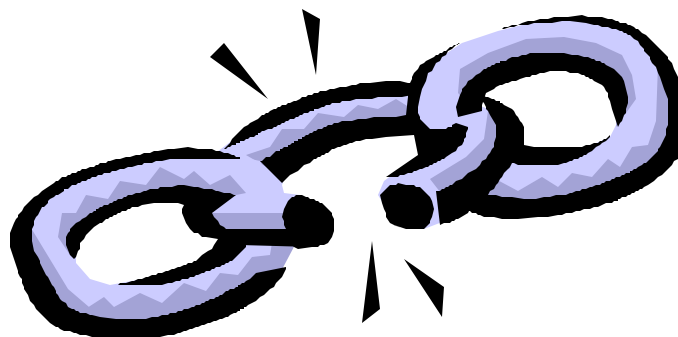
I use this simple method myself daily with tremendous success and **in this newsletter I will reveal to you my closely guarded secrets on how YOU can reduce stress in your life and how YOU can turn your “Stress into Success” almost instantly.**

If you answered YES to my original question about stress or anxiety, you will benefit from reading this special newsletter from cover to cover.

Before we begin, I would like to share with you some current popular press documentation and statistics that will shock you. The following information will help you to understand just how pervasive stress is in our society today and make you aware of the potentially devastating side effects that stress can have on your health. I believe it will also empower you to commit TODAY to taking a few simple steps that will lead you on the path to stress reduction and optimal well-being.

- Stress related disorders cost U.S.A. industry up to \$150 billion each year in decreased productivity, disability and absenteeism.
- Between 75% and 90% of visits to doctors are stress related.** Job stress is considered the foremost adult health problem in America today.
- Stress is being increasingly linked to such diseases as cancer, hypertension, heart attacks, allergies and a host of addictions.
- Stress can reduce the effectiveness of the body’s disease-fighting immune system.** The evidence is clear that anxiety and anger is just as dangerous for the heart as poor nutrition, lack of exercise and a genetic inheritance.
- Center for Disease Control has documented that 54% of heart disease, 50% of strokes, 49% of hardening of the arteries, and 37% of cancer is preventable through simple lifestyle changes.

Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies. It may not be possible to remove all of the stress from life. However, there are safe, all-natural, and effective stress reduction/adaptation strategies, which help offset the bad effects stress produces, as well as strengthen the function of the nerve and immune systems, so you can make stress your friend, not your enemy.



Stress Producing 'Desk Rage'

USA Today December, 2000

"Workplace stress and long hours are blamed for a growing phenomenon called "desk rage." A recent survey found some disturbing signs:

- *10% of workers have been driven to tears by stress.*
- *12% of workers have called in sick because of workplace stress.*
- *23% of workers report physical violence at work because of stress.*
- *26% of workers say stress drives them to consume chocolate.*
- *29% of workers say stress causes them to yell at co-workers.*

Today, stress in the workplace can be caused by deadlines, conflicts, and demands on our time and money, and this stress certainly can take a huge toll on our health and well-being. As I stated earlier, I was shocked to learn how many people in today's work force suffer anxiety, stress and feelings of overwhelm – nearly all the time. Many times that inner stress is taken out on other innocent co-workers.

For almost 107 years, chiropractic has provided an immediate, drug-free and long-term solution to physical and emotional stress by reducing tension and normalizing the function of your nerve system. Chiropractic care is the #1 best, fastest, and least expensive way to reduce stress and anxiety. The happiest, stress-free people I know are people that get regular adjustments from their family chiropractor.

The Pressure's On... A Hypertension Drug Taken By 28 Million People Is Under Scrutiny

- TIME, September 11, 2000

*Many patients suffering from high blood pressure were surprised to hear that one of the most popular class of drugs for treating their condition - **calcium channel blockers** - was being blamed for some 85,000 avoidable heart attacks and heart failures a year. Their doctors were less likely to be surprised. They know that these drugs have been under scrutiny for the past five years.*

Clinical trials found that the risk of heart attack is 27% greater - and the risk of heart failure is 26% greater - among users of calcium channel blockers than among patients choosing alternative options.

It should really surprise you that every year thousands of people suffer 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. **As you know, drugs simply mask symptoms and inevitably allow the body to slip further into a diseased state.** I hope it is becoming as evident to you as it is to me that drugs are **NOT** the solution to health and wellness because
HEALTH COMES FROM WITHIN.



Kids' Use Of Antidepressants Is Rising

Newsday October, 2000

“A recent study of the prescribing habits of doctors in three states found that of 1 million young patients, 20,000 received written prescriptions for antidepressants. The use of antidepressants has increased six-fold in the past decade, and the bulk of the prescriptions were written by the child’s primary care provider, not by a psychiatrist. Little is known about the acute and long-term effects of antidepressants on the developing brain.”

Even kids experience stress including peer pressure, school studies, competitive sports, relationships and many others. **I am concerned that we are nurturing a generation of drug dependent kids.** What kind of mixed message are we sending when we counsel kids to just say no in the schoolyard, but greet them with a kiss and a pill when they get home?

What can you do? Keep your expectations of your children reasonable. Give just a little more of your valuable time and attention to your children. Let them know how much you love them and how proud of them you really are. Hug them and make them laugh at least 3 times every day. **Get their spines checked regularly for vertebral subluxation and nerve system stress. As a practicing chiropractor specializing in pediatrics, I find that adjusting children and removing stress to their nerve systems, insures the best possible healthy and stress free futures.**

Happiness Helps Keep You Healthy

Self-Magazine January, 2001

“A happiness lapse could put your health in jeopardy, hints a major new study. This study sheds new light on the way we view the mental-health component in breast cancer and disease in general. The connection between psychological and physical wellness is only beginning to be understood, but it’s the way of the future in medicine.”

A good mood will definitely have your health on the upswing. **Happiness does not come to us. Happiness comes from us. It simply takes making the decision to be happy in the moment.**

Today, trade your negative and weakening thoughts for positive thoughts. Allow your powerful thinking and your smiles and happiness helps you immediately break through self-imposed limitations that you may have believed insurmountable. You will see your health and well-being improve instantly. Happiness will take you a long way! Share your happiness with others.

Happiness is contagious! Make our world a much brighter place!

WOW! I bet you didn't realize that stress could have such a profound negative effect on your health. You must be wondering when will I be getting to the secret that will absolutely, beyond a shadow of a doubt, give you all the tools necessary to relieve your stress in less than 3 minutes. I'm getting to it, I promise! **So sit back, relax, read carefully and share this valuable information with those you love...**

STRESS RELIEF IN 2.7 MINUTES

It's time to "get back in touch" with your inner voice and inner wisdom (Innate Intelligence), your bodies' wisdom that always knows what you need to be perfect. Here are some strategies you **MUST** take action on **TODAY**. Perform any one of these at any time during the day and you will experience stress relief almost instantly.

Step #1: Learn about simple meditation and controlled breathing exercises. I'm referring to proven mind and body relaxation techniques. Many of the most successful athletes, television personalities, and movie stars use these regularly, to perform at their best. How do you think most Broadway actors put on the "performance of their life" night after night? They use meditation and breathing exercises that help them relax. It's a hidden secret of all successful people.

Step #2: Listen to soothing music. Choose any type of music that pleases you. Studies find that instrumental music specially composed to be calming decreases tension in the muscles and relaxes the nervous system. Another hidden secret that is simple and will make you feel more relaxed.

Step #3: Get a specific Chiropractic adjustment. For almost 107 years, chiropractic has provided an immediate, drug-free and long-term solution to physical and emotional stress by reducing tension and normalizing the function of your nerve system. Chiropractic care is the #1 best, fastest, and least expensive way to reduce stress and anxiety. The happiest, stress-free people I know are people that get regular adjustments from their family chiropractor.

So, Now That You Are Aware Of The Potentially Devastating Effects Of Stress On Your Health AND You Are Absolutely Ready To Take Back Control Of Your Life And Regain Your Health...Here's What To Do Next...

Having a mentor or a coach is a vital part of success. ***If you need a health coach, call me!*** I have coached thousands of people to reduce their stress permanently, 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 readers of "Chiropractic Miracles" during the month of August.***

If you suffer from stress related disorders and you are finally ready to take back control of your life and conquer stress once and for all... ***Call us at (516) 221-9336 and schedule an appointment for a FREE spine and nerve system stress evaluation normally valued at \$200 and is FREE to readers of "Chiropractic Miracles" in the month of August. We will let you know what's going on in your body and if we can help you. We only accept those whom we are certain we can help.***

Answering Your Important Questions...

A very important factor in guiding you to wellness through chiropractic is answering your important questions. 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. If you are already under regular care, the following information will help you to achieve the best results in the quickest time.

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

It is important to be evaluated by your chiropractor as soon as possible following a work related injury or auto accident. This will help to correct any injuries sustained as well as minimize any long-term effects of your accident. Most chiropractors specialize in caring for people injured at work or in auto accidents. If any other medical or legal consultations are warranted, we can make the appropriate referrals. If you are injured at work, it is critical that you contact your supervisor and inform them of your accident. They will provide you with the necessary paperwork to document your injury.

What's That Cracking Noise?

Most patients will sooner or later ask this question. A joint contains fluid that helps keep it healthy and lubricated (like oil for the joints.) This "synovial fluid" contains gas (like carbonation in soft drinks). When an adjustment is made you **may** hear a noise, which we call an "audible release." The audible release is simply the release of the gas in the joint much like when you open a can of soda. Some patient's joints make louder audible releases than others and some make no audible releases at all. It is NOT better or worse or good or bad, it simply depends on the person. Every one is unique.

Why Doesn't My Medical Doctor Refer To Chiropractors?

I feel bad when I hear this, because prejudice against chiropractors really has nothing to do with the great work we do. Why would every state license chiropractors, and why would a chiropractor's malpractice insurance be a fraction of what a medical doctor pays, if chiropractic was bad or dangerous, or if it wasn't helping people?

Most of the time I find that medical doctors who speak negatively about chiropractic and would not refer to a chiropractor simply have no understanding of chiropractic, are unaware of the research performed or have never been to a chiropractor nor do they know the miraculous benefits that chiropractic has to offer. Other biased doctors may have influenced him or her, or maybe he or she had an isolated bad experience. **Many medical doctors refer to me on a regular basis.** I would be happy to call your doctor, and offer to speak to him or her about modern and effective chiropractic and what it has to offer. Maybe we can help your doctor to open up to some new possibilities that could help other patients as well.

AUGUST IS...

"National Baby's Month"

Does "Touch Therapy" promote health for babies too? Psychologist, Tiffany Field says YES!

Research at the Touch Research Institute has shown that "touch therapy" for people of all ages promotes health and saves lots of money.

"Hospital charges averaged \$10,000 less for premature babies that were massaged than those that were not and they were discharged to their parents an average of six days earlier. And, eight months after birth, massaged preemies have superior motor skills and mental development. Massaged babies sleep better, have less colic symptoms and are much more relaxed children." (USA Today, 1998)

This continues to document what chiropractors have been saying for almost 107 years. Current research proves that touch promotes healing. This is a part of the secret recipe found in chiropractic.

"National Baby's Month," is a perfect opportunity to become more educated and empowered on how to make the best health decisions for your children and to help them to achieve optimal health.

As a practicing chiropractor specializing in pediatrics, I consistently find that babies that are adjusted soon after birth are healthier, more relaxed, and grow up to be healthy adults. If your children are already under chiropractic care, CONGRATULATIONS! If our specialists have not yet evaluated your children, please schedule an appointment TODAY!



**“We are Earth People on a
Spiritual Journey to the Stars.
Our Quest, Our Earth Walk,
is to Look Within, to Know Who We Are,
to See that We are Connected to
ALL Things,
that There is No Separation,
ONLY IN THE MIND”**

A Lakota Seer

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