



# 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,

With the holiday season just around the corner, **this is a perfect opportunity for me to wish my family of wonderful patients and friends, the happiest and most joyous holiday season ever and a "Dream-come-true New Year."** This is the time of year to be most grateful for all of the miracles in our lives. What a perfect opportunity to share precious moments with family and friends. There has never been a better time to share your love with all of those around you. Together, we can all help to make our world a better and healthier place to live.

**Now is the time to begin setting your New Year's resolutions and health goals for 2004. Are you ready to make this year the healthiest, happiest and most prosperous year EVER? Are you ready for a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health? If you answered YES to these questions, READ ON to learn my secrets to accomplishing ALL of your health goals.**

In this "Special Edition" Patient Newsletter I am going to share with you my most closely guarded secrets about setting and achieving all of your goals. I have studied and practiced goal setting for years and I have coached thousands of people to achieve all of their health goals. The results have been astonishing. I love witnessing improve quality of life in others.

**Wouldn't it be great if you could tell the universe EXACTLY what it is that you want? Wouldn't it be great if you could simply decide to lose weight, increase your energy levels, improve your fitness levels, reduce stress, relieve pain, improve your overall well-being and self-image, and even feel 10 years younger and then proactively take every action step to accomplish that? Well, I am here to tell you that you absolutely CAN. You are the artist of your life and your health. You can create the "life of your dreams" and you certainly can be healthier than you have ever dreamed by simply making better lifestyle choices.**

Here are the four components necessary to every goal...

1. Write down *exactly* what it is that you want.
2. Write down when you want it by (exact date)
3. Write down the action steps you will take to achieve your goal.
4. Write down how the achievement will benefit you.

My suggestion is that you limit the amount of goals that you set so that you do not become overwhelmed. Put the rest of your goals on a "long term" goal list. As you achieve any one of the primary goals, move another up from the "long term" list. **And, most importantly, as you achieve any one of your goals, CELEBRATE like crazy.** Buy yourself a gift or do something you have always wanted to do but never got to it. **Reward yourself for being the "WINNER" that you are!**



Now that you are an expert, you are ready to set your 2004 New Years' goals. Don't be stingy. GO FOR IT. You can have it ALL.

**In the next few pages, I will share with you valuable information that will absolutely direct you on the path that will lead you to accomplishing all of your health goals.**

So sit back, relax and enjoy. Together we will make 2004 your healthiest and happiest year ever!

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## **A Super Feeling**

### **Are There Signs Of Hope In Christopher Reeve's Modest Recovery?**

**-U.S. News & World Report, September 23, 2002**

*"Doctors have long told people paralyzed by spinal-cord injuries that after a year or two, the odds of improvement are basically nil or none. **But recent discoveries have offered tantalizing hints that perhaps the devastating damage isn't permanent after all- that the central nervous system can in fact repair itself.**"*

*"Reeve's injury was among the worst possible, crushing the spinal cord just below the neck's two top vertebrae. Completely immobilized, he couldn't breathe without being hooked to a ventilator. Traditionally, rehabilitation for such impaired patients has focused simply on making the most of what little function remains. However, a growing number of researchers are now trying to coax the central nervous system to heal itself. Their work has profound implications for the 200,000 Americans with spinal cord injuries in addition to people with strokes, multiple sclerosis, Parkinson's disease, and other neurological disorders."*

***"Perhaps even more amazing is the fact that Reeve's improvements are the result not of cutting-edge drugs or surgery."***

Christopher Reeve is an extra-ordinary human being. His strength, determination, and positive mental attitude, in addition to hard work and lots of love and support from his family and friends is what enables Christopher Reeve to recover from this devastating injury which not many doctors thought he would survive, no less begin to walk again.

**For over 108 years, chiropractors have been preaching that the body is self-healing. It can heal from a simple cut or cancer by allowing the body's wisdom to express itself maximally. When subluxations are removed through a chiropractic adjustment and communication from brain to body is restored, miracles happen.**

I am blessed to have the opportunity to experience miracles in my practice everyday. People who have suffered from debilitating injuries and illness for years begin to feel healthy, young and vital and are able to live their lives to the fullest once again. Christopher Reeve has an extra-ordinary healing ability inside of him as do each of you. With commitment, hard work and love, there's nothing our bodies can't heal.

# "I Only Need One Adjustment To Get Better" FACT...

The number of adjustments varies with each patient and their individual health goals. Many patients experience relief of pain fairly 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.

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## Exercise An Hour? No Sweat!

USA Today, September 12, 2002



*The Institute of Medicine's pronouncement that adults and kids need at least an hour of physical activity every day to stay healthy and control their weight was a stunner for many Americans.*

*Activity can mean walking briskly, playing tag, biking, cleaning the house and a wide variety of other moderately vigorous activities. And it can be done in 10 or 15 -minute increments. Yes, daily chores count toward these goals as well.*

The evidence is becoming clearer everyday. **Many common and life threatening diseases, including cancer, heart disease and stroke, can be prevented through simple lifestyle changes.** The lack of regular exercise leads to disease and slows down the healing process as well as places unnatural demands on our bodies. Regular exercise is essential for optimal health and well-being. Exercise increases energy levels, speeds up the metabolism, and makes you FEEL GREAT! If you want to fly like a jet, you **MUST** prepare your body to fly like a jet!

**In conjunction with wellness chiropractic care, exercise is a MUST in today's world in order to help promote optimal healing, and to feel strong, alive, and "On Top Of The World!"**

## Hot Flash: Hormone Therapy Doesn't Work As Claimed

-USA Today, February 7, 2002

*"The release of a new study casts doubt on the effectiveness of hormone replacement therapy for the 17 million women worldwide who take the drug and the multi-billion dollar industry they support. How did hormone replacement become the second most prescribed drug in the U.S., taken by 40% of all post-menopausal women? And why are doctors prescribing it with increasing frequency despite growing evidence that it is less helpful and more harmful than originally believed? Worse, these studies come on top of new evidence of estrogen's health dangers. In 1995, studies found that women on long term hormone therapy have a higher risk of breast cancer than women who never take hormones."*

The truth has finally been uncovered and by now, most health conscious Americans know the risk of taking hormone replacement therapy. And yet, the medical profession continues to prescribe these hormones as if they had no long term, negative effect on the human body. **As you know, hormone therapy simply masks symptoms and inevitably greatly increases the risks of other potentially devastating diseases. Are you willing to make that trade? I hope NOT! As a chiropractic patient for life, you have already chosen the "chiropractic lifestyle" for yourself and your family.** You are empowered to live longer, feel better and stay younger by living a more effective, more natural lifestyle. Congratulations for making the best decision.

### A VERY SPECIAL HOLIDAY GIFT FOR READERS OF THIS NEWSLETTER

By now you must be busting at the seams, ready to set your health goals for 2004. I highly recommend that you begin immediately. **So now that I have given you all of the tools necessary to set your New Years' health goals...I have an amazing gift for you to help you move forward and take action TODAY.**

#### HOLIDAY GIFT:

Practicing chiropractic for more than 10 years, I have been at the leading edge in healthcare and I have coached thousands of patients of all ages to accomplish all of their health goals. **I would be honored to coach you to make 2004 a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health!** I will absolutely empower you to accomplish all of your health goals and help you to make **2004 the best year ever!**

**Call me TODAY at (516) 221-9336** and schedule a one-on-one coaching consultation so that I may help you to program your mindset, find solutions to your very unique needs and wants and lead you to the path of optimal health. **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 December as my special holiday gift to you.

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## ***“Dream Come True New Year.”***

This is a new year, a pivotal year in my life. A year of abundance, joy, health, vitality, peak experiences, of maintaining the highest standards, and of releasing tremendous amounts of wondrous love in all those that I come in contact with.

I realize that the secret to living is in giving. I pledge to give more of myself, my time, my talents, my resources, and my love than ever before. This is the year that I will fully arrive, and clearly create big time results in my life. I will control my emotions and my behavior more consistently as I control my destiny.

I am committed to constant and never-ending improvement in my life. My innate door will remain wide open because I have complete confidence, faith, and belief in myself. I will completely follow the explicit directions that I receive from my inner voice, and I will always take massive action based on these crystal clear signals from within.

I will communicate far more effectively to myself, and externally to all those around me. I have clarity in my life, in my goals, and in my purpose. Clarity is power, and I am getting more powerful every day. I love my life so that I regularly experience tremendous amounts of pleasure. I take persistent and consistent action steps to accomplish all of my goals, and to receive the abundance that the universe is prepared to release to me.

I am aware that my life is improving in all ways every single day. I am a creator of possibilities, an instigator of joy, a catalyst for growth, and a producer of passion. I constantly focus on those things that empower me, and add joy and happiness to my life.

I have been blessed with wonderful healing and leadership abilities. I always think big thoughts, and relish small pleasures. My life is in balance, and I am committed to my lasting purpose: to give, to love, and to serve out of my abundance.

I have prepared myself to be in the right place at the right time to always make right decisions. I am ready, willing, and able to receive the empowering and prosperous gifts the universe has for me. I am expanding my vision and healing more completely each and every day.

I am opening my arms to change, but never let go of my values. I am disciplined, determined, and directed from within. Life for me is about exploring the miracles of life, and in expanding my loving influence every day.

Life is great, grand, and glorious. This is a magical year, a prosperous year, a year of incredible growth, and a year for all of my dreams to come true. Life is truly magical and perfect...and so am I.

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# CHIROPRACTIC MIRACLES

## “Listen To What Our Patients Are Saying”

I first became acquainted with Louca Chiropractic through a newsletter from a co-worker. The main article talked about headaches; what causes them and how to avoid them. This caught my attention because I have suffered with migraine headaches for most of my 39 years. Having never been to a chiropractor before, I was skeptical as to whether or not they would be able to help me, and nervous about how experienced they were.

**By the end of my first visit I felt completely comfortable with Dr. Louca.** A combination of meeting his staff and his personal experiences with chiropractic convinced me that I had come to the right place.

Within 2 weeks of getting adjusted, I can honestly say I could not remember when I got my last headache. **And while they are not completely gone...YET... I might only get one or two a month, whereas before I was getting adjusted, I had them daily.**

Dr. Louca not only helped me with my headaches, but also suggested ways to decrease stress and change my diet in a way that will help me to live a healthier lifestyle. **The staff is extremely friendly and adds to an already warm and professional environment. I strongly recommend them to all my friends.**

- Cindy B.



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**ALL OF US AT LOUCA CHIROPRACTIC HOPE  
AND PRAY THAT YOUR NEW YEAR IS FULL  
OF HEALTH, LOVE,  
JOY AND PEACE.**

**MAY IT LAST A LIFETIME.**

**Thank you all for all your love and support.  
We hope to exceed your expectations in 2004.**

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