

# Chiropractic Miracles



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 want to live longer? Are you ready to live a healthier lifestyle?  
Are you ready to maintain a healthy body and mind this New Year?**

If you answered **YES** to these questions, you join millions of people who are running away quickly from the traditional and previously accepted ways of trying to treat disease and are searching for wellness, health and vitality. Thank God! They have finally come to the awareness that taking a pill for every illness poses tremendous risk and they are tired of suffering from the potentially devastating side effects of drugs. **Are you ready, willing and able to accept a new model of health? If you want to add years to your life and life to your years read on...**

This special edition Practice Member Newsletter is filled with all of the tools necessary to lead you on the path to **"optimal health."** But, before I begin, I want you to have a good understanding of exactly what the true meaning of **"health"** is. As a Practice

Member, **Living the Chiropractic Lifestyle**, you must know by now that health and wellness always come from within each of us and that our body always knows exactly what is needed to be truly healthy. Achieving “optimal health” is a result of making the best lifestyle choices for yourself and your family.

**Inside this issue you will find a wealth of information** regarding safe, natural and effective healthcare options as well as warnings about potentially dangerous treatments of disease. These articles I will mention on the next few pages *are not my opinion or a chiropractic opinion*. I will share with you valuable, popular press documentation from medical journals, newspapers and magazines. **Remember, it is my job to always be at the leading edge in healthcare and to coach you to accomplish all of your health goals and to ultimately live a life of wellness.**

So sit back, relax and read carefully because... **What you are about to learn will absolutely ....Add Years To Your Life And Life To Your Years.**

### **X Marks the Surgical Spot** -Newsday 12/06/01

“Citing an increase in surgeries on the wrong body parts or even the wrong patient, hospitals are urging patients themselves to make sure the doctor marks in ink on the body the correct site before the operation.”

“Seventy six percent of the mistakes involved operating on the wrong body part, 13 percent involved surgery on the wrong patient and 11 percent involved the wrong surgical procedure. Some surgeons complained they do not have the time to mark the site and double check that they have the right Practice Member and procedure.”

*It should be shocking to you that the next time you or a loved one has surgery, there's a good chance the doctor performing the surgery will not take the time to protect you and ensure your safety. There is a good chance that the treatment you are offered will be based more on good intentions than on good medicine.*

*The public is rapidly moving away from invasive procedures and surgery. Thank God! I hope the reason WHY is as obvious to you as it is to me. It is clear to me, and I hope to you and your family, that the answer to health is not surgery or drugs. This has never worked. Better living and better lifestyle choices are the answer.*

### **Kids Get Psychiatric Drugs Too Often** -USA Today 10/23/01

“Doctors are increasingly prescribing psychiatric drugs such as Ritalin and Prozac to preschoolers, despite questions about safety and effectiveness. The use of Ritalin more than tripled in preschoolers between 1991 and 1995, and prescriptions for antidepressants doubled in that age group during the same period.”

“Side effects range from mild to severe headaches, stomachaches, sleep disorders and a loss of appetite. There is very little research on safety and effectiveness in kids under age 4. These drugs change how brain chemicals work and can cause permanent changes in children taking them long term.”

Are we simply doping up otherwise healthy, but unruly kids for our own convenience? What kind of mixed message are we sending our children when we tell them just say no in the schoolyard, but greet them with a kiss and a pill when they get home? Unfortunately, the traditional response is to dose a child with Ritalin - a Class II narcotic related to cocaine, methadone, and meth-amphetamines. I am concerned that we are nurturing a generation of drug dependent kids with well-intentioned parents and teachers. Being a practicing chiropractor specializing in pediatrics, I find that children that are adjusted are much more relaxed, have higher concentration levels and behave much more appropriately.



Children are a perfect innate expression of health. Don't interfere with a child's potential to be a great athlete, a great student, a great leader or a healthy adult by subjecting them to the hazards of drugs.

By adjusting children and removing interference to their nervous systems, we insure the best possible healthy future for them.

## Three Ways To Foil The Flu

-Natural Health Magazine Oct/Nov 2001

**An estimated 95 million Americans will get the flu this season. Here's how to avoid being one of them.**

"A flu shot is often not your best defense. With a long list of potential side effects, ranging from fever and headache to nerve disorders, shots are only suited for people at high risk for flu complications (heart disease, asthma, diabetes, or suppresses immune systems)." If you are not at high risk, try these gentler flu-fighting strategies instead:

1. **GET STRONG.** A healthy body and rested mind are your first defense. Reduce stress, get eight hours of sleep, and exercise regularly.
2. **KEEP HYDRATED.** Be sure to drink six 8-ounce glasses of water daily. To re-establish the moisture that traps and disposes of viruses, mist your nostrils with a saltwater nasal spray.
3. **GET YOUR SPINE ADJUSTED.** Practice Members who receive regular chiropractic care strengthen their body's own immune system to adapt to the environmental circumstances and fight off the germs and bacteria that they come in contact with every day.

## **MOVING TOWARD WELLNESS...**

The common assumption today is that most doctors treat illness with external forces, such as drugs. As chiropractors, we see ourselves as health and wellness coaches, working to help activate your body's ability to heal itself from the inside out. By gently adjusting the spine and removing interference to the nervous system, your body has the greatest ability to heal naturally. Ironically, the body often doesn't need a lot of help to self-heal, as long as the spine and nervous system are free of interference and stress.

Fortunately, you can do a lot to keep healthy without the side effects and risks of unnecessary drugs. By living the "chiropractic lifestyle" everyday, you will shift your focus from curing illness to encouraging wellness and boost your body's own remarkable ability to heal itself. If you take prescription drugs, make sure you do your homework. Get all the information about interactions, side effects, warnings and other potential problems.

**Understanding the chiropractic message is very simple. Everyone has an inner wisdom within them that always knows what the body needs to be perfect. Chiropractors are the only health care specialists that are committed to releasing the perfect power within you by unwinding your nervous system stress. Chiropractic is a lifestyle that someone chooses to do for the rest of his or her life.**

### **AGAIN I ASK...**

**Do you want to live longer? Are you ready to live a healthier lifestyle?  
Are you ready to maintain a healthy body and mind this New Year?**

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

I have been studying health trends for 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... **CALL TODAY and...**

**Schedule a one-on-one coaching consultation, so that I may 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 Practice Members as well as all readers of  
"Chiropractic Miracles" during the month of February.**

February is...

# Random Acts Of Kindness Month

## What Is “Random Acts of Kindness?”

“Random Acts of Kindness” are those sweet or lovely things we do for no reason except that, momentarily, the best of our humanity has sprung into full bloom. When you spontaneously give an old woman the bouquet of red carnations you had meant to take home to your own dinner table, when you give your lunch to the guitar-playing homeless person who makes music at the corner between your subway stops, when you anonymously put coins in someone else’s parking meter because you see the red “Expired” medallion signaling to a meter maid – **you are doing not what life requires of you, but what the best of your human soul invites you to do.**

### Here are some suggested Random Acts of Kindness:

- Give another driver your parking spot
- Really listen when someone is talking
- Spend an afternoon visiting the residents at a senior center or nursing home
- Baby-sit for a parent of young children to give them a day to themselves
- Look for the good in everyone you meet
- Give an extra concert or ball game ticket to a stranger
- Help someone struggling with heavy bags
- Invite someone who doesn’t drive to lunch and a movie
- Compliment a stranger about something they’re wearing
- Offer to answer phones for your secretary for ten minutes
- Write a letter of appreciation to someone who makes a difference in your life
- Hand out coffee and hot chocolate to a passerby on a cold, wintry morning
- Bring coffee, donuts, or chocolate kisses to co-workers who don’t usually get thanked
- Pay the toll for the stranger in the car behind you

### **KIDS:** Send letters, artwork, or special treats to soldiers in other parts of the world

- Draw Kindness Buddy names and secretly do something kind for that person
- Write positive notes to another child in their class
- Write letters of appreciation to teachers who have made a difference in his or her life
- Bring coffee, donuts, and goodies to crossing guards, bus drivers, school staff, etc.
- Help school staff by cleaning lunch trays to give the adult monitors a break

**Lead With Your Heart by Practicing Random Kindness and Senseless Acts of Beauty!** There are so many wonderful ways you can practice “Random Acts of Kindness”! Regardless of the activities you choose, it will be fun, rewarding, and will impact the lives of the community and the world. Children and adults alike can demonstrate the magical, transformational power of simple kindness to our fellow humankind. **Help Make The World A Better Place. PRACTICE “RANDOM ACTS OF KINDNESS” EVERYDAY !!!!!**

# “What I Have Learned”

by Andy Rooney

I've learned...that the best classroom in the world is at the feet of an elderly person.

I've learned...that when you are in love, it shows.

I've learned...that just one person saying to me, “you have made my day!” makes my day.

I've learned...that having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned...that being kind is more important than being right.

I've learned...that I can pray for someone when I don't have the strength to help in some other way.

I've learned...that no matter how serious life requires you to be, everyone needs a friend to act goofy with.

I've learned...that sometimes all a person needs is a hand to hold and a heart to understand.

I've learned...that we should be glad God doesn't give us everything we ask for.

I've learned...that money doesn't buy class.

I've learned...that it's those small daily happenings that make life so spectacular.

I've learned...that under everyone's hard shell is someone who wants to be appreciated.

I've learned...that the Lord didn't do it all in one day so what makes me think I can?

I've learned...that to ignore the facts does not change the facts.

I've learned...that love, not time, heals all wounds.

I've learned...that the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned...that everyone you meet deserves to be greeted with a smile.

I've learned...that no one is perfect until you fall in love with them.

I've learned...that life is tough, but I am tougher.

I've learned...that opportunities are never lost, as someone will take the ones you miss.

I've learned...that a smile is an inexpensive way to improve your looks.

I've learned...that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you are climbing it.

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Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

# Chiropractic Miracles

## 'Listen To What Our Members Are Saying'

My education of and experience with Chiropractic began quite some years ago.

*But, it wasn't until I became a practice member of Louca Chiropractic that I became fully aware of the innate ability of the body to heal itself and how that process is aided through the ultimate and holistic method of the Chiropractic Adjustment.*

Being from a conventional medical family, (my father and grandfather are both M.D.'s as well as several first cousins), I was taught that Chiropractic was "quackery." I have since learned this was apparently taught to them in medical school, with no scientific basis. It is also the furthest thing from the truth.

Dr. Onisis Louca's dedication and commitment to educating others on the pathway to better Health is boundless. **Dr. Louca always has information to share and articles that I am free to peruse at my leisure. He has empowered me to fight unnecessary fears and reap the rewards of confidence in my own body's innate awareness and ability to heal itself.** He is always willing to listen and always explains things in a manner a "lay" person can easily understand!

I can also honestly say, Dr. Onisis Louca is certainly one of the best out there!!

Keeping an open mind is important and Chiropractic just makes sense!! Personally I swear by it. Learn more about it and decide for yourself.

Malibu Sue McCaskie  
Morning Radio Host at 92.7 WLIR FM  
and Mommy to healthy 4-year-old twins, thanks to Louca Chiropractic.

**We hold these truths to be self-evident, that all people are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the Pursuit of Health and Happiness.**

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