

# Chiropractic Miracles



Dr. Louca's Breakthrough Practice Member Newsletter  
Keeping YOU At The Leading Edge In Healthcare

**Louca Chiropractic**  
**1879 Bellmore Ave.**  
**Bellmore, New York 11710**

516. 221.9336 Voice  
516. 221.8842 Fax

[www.loucachiropractic.com](http://www.loucachiropractic.com)

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Dear Practice Member and Friend,

It seems like just yesterday we were setting our New Year's resolutions and health goals for the year 2001. And yes, as quickly as the year came, 2001 has now come to an end, opening a brand new door, a golden door filled with peace, love, growth and opportunity to make 2002 a "**Dream-Come-True New Year.**" For all of us this year included many joyous times, births of newborn babies, job promotions, graduations and many other celebrations giving all of us much to be grateful for.

Before we begin I would like to share with you all that I am grateful for. I am grateful to have a practice filled with wonderful members and friends. I am grateful for your loyalty, friendship and commitment to living the "**Chiropractic Lifestyle**". As well, I am grateful to have the honor of serving all of your health care needs. I wish for you a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health.

**YOU DESERVE IT!**

## Warning...Warning...Warning...

### The Most Serious Threat To You And Your Family's Health And Happiness Isn't Disease. It is Not Having Necessary Information To Empower You To Make The Best Health Decisions.

The information you will read during the next 10 minutes will absolutely change your life. The information I am about to share with you is not my opinion nor a chiropractic opinion. These are popular press articles from newspapers, medical journals and magazines that clearly document the philosophy that chiropractors have been educating their patients about for over 106 years.

**“Health does not come from a bottle. Health comes from within each of us. It is time to reconnect and listen to our inner wisdom which always knows what is needed to be PERFECT.”**

It is time to raise your standards for your health and the health of your family. Stop settling for feeling tired and stressed out all of the time. Your God given right is to be truly healthy and to feel vital, alive and “On Top Of The World.” **YOU DESERVE IT!**



### Flu Shot Reactions Worry Officials

A recent article in *Health Canada* states that 1,113 people in five provinces have reacted to the influenza vaccine this year. That is more than eighty times as many for the same period of time last year. This has set off alarm bells among public health officials.

*“Safety and the perception of safety is the key to our immunization programs,” says Dr. Greg Hammond, Director of Public Health for Manitoba Canada. “Those affected suffered a combination of symptoms known as oculo-respiratory syndrome. This is characterized by conjunctivitis (red eyes), respiratory symptoms such as cough and*

sore throat and occasionally a facial rash that all occur within 48 hours of the flu vaccine inoculation.”

More than 20 million vaccine doses are administered annually in Canada, making vaccination the most frequent medical act.

I ask you...Is it true patient safety or simply the “*perception of safety*” that drives the medical profession? Do you truly believe that the flu vaccination is protecting you from becoming ill or is it simply the perception of being protected? **Statistics show clearly that the potential for risk involved with the flu vaccine is much greater than the potential benefit.** Here is yet another example of the failure of “better health through better chemistry.”

***Patients 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.***

## **Carpal Tunnel Syndrome: What Doctors Don’t Know**

-Bottom Line Health, September 2001

Carpal Tunnel Syndrome (CTS) has become a near epidemic among computer users, musicians and others who perform repetitive hand movements in their work or hobbies. Luckily, there’s much that can be done for this condition- including several treatments your doctor may **not** have learned in medical school.

Characteristic symptoms include numbness and tingling into the hands, which can often wake sufferers up at night. Left uncorrected, these symptoms can progress to permanent nerve damage.

A 1998 study published in **The Journal of the American Medical Association** found that *yoga, stress reduction and improving spinal posture can be more effective than wrist splints, a standard treatment for CTS.*

Almost everyone can avoid or reverse the problems caused by poor posture at any age. ***By balancing postural distortions and reducing structural stress through chiropractic adjustments, the power within you to heal is released.*** The result is healing energy that strengthens and normalizes your immune and nervous systems, all of which helps to increase your personal power.

***As an expert in the detection and long-term correction of carpal tunnel syndrome and poor posture, I have found that chiropractic care is the fastest and least expensive way to improve posture, reduce stress and help to correct the cause of CTS, and not simply mask the symptoms.*** The happiest, stress-free people I know are people that care about their health and get regular adjustments from their family chiropractor.

## A New School For The Old School

The venerable Harvard Medical School gets its own institute for complimentary medicine.

Natural Health Magazine, September 2001

The world's most prestigious medical school is creating an institute to see if natural therapies stand up to science.

"We believe that there should not be an alternative medicine; if something works, it should be included in what's available to doctors and patients," says Dan Federman, M.D., a senior dean at Harvard Medical School.

*I hope it is as obvious to you as it is to me that natural healthcare techniques that used to be considered the "alternative" are no longer. **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."***



## Some Schooling On Backpacks

Doctors are concerned that looking cool could be hurting kids

TIME, September 10, 2001

According to the U.S. Consumer Product Safety Commission, 5,900 kids were treated at hospital emergency rooms, clinics and doctors' offices last year for sprains and strains directly caused by backpacks.

Indeed, such injuries are so widespread that more than 70% of physicians surveyed by the American Academy of Orthopedic Surgeons listed backpacks as a potential clinical

problem for children, and 58% said they had treated patients for pain caused by heavy backpacks.

**The physical stress of wearing a heavy backpack often causes vertebral subluxations (*misalignments of the vertebrae of the spine affecting nerve function*), which if left uncorrected can cause other serious health consequences.**

*Parents who often appreciate the importance of checkups for their child's teeth, hearing, eyes, ears, nose and throat draw a blank when it comes to their child's spine. **In fact, a spinal checkup could be one of the most important of your child's life.***

*Corrective Chiropractic Care gently realigns the misaligned vertebrae into its normal, healthy position and frees the nervous system from any interference and stress. This allows your child's nervous system and immune system to strengthen and function properly. **As a practicing chiropractor specializing in family care and pediatrics, I have clearly found that children that have their spine adjusted are much healthier, get sick far less often, have greater attention and concentration levels, and are much more relaxed children.** Adjusting their subluxations and removing interference to their nervous system, insures them the best in health and human performance.*

By now you should have a clear understanding why more people than ever before are saying, **"Chiropractic Brings Out The Best In ME"** AND how you and your family can achieve maximum benefit from living the "Chiropractic Lifestyle."

***It is your God given right to experience the lifetime rewards of being PAIN FREE AND HEALTHY! This is why for over 106 years, chiropractors have been offering a natural, safe and effective solution to achieving optimal health without the potentially devastating side effects of drugs and surgery. Chiropractic Care focuses on YOU!***

I am certain that you have many questions, and the truth is that I have so much more information to give to you that I cannot possibly cram into this jam packed monthly newsletter. So, here is what I will do to insure that I have given you all of the tools necessary to make the very best health decisions for you and your family...

**Schedule a one-on-one coaching consultation TODAY, so that I may help you to re-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 January.**

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...

# Chiropractic Miracles

## "Listen To What Our Patients Are Saying"

Dear Dr. Louca,

What do you say to someone who has empowered you to change the way you think, feel and therefore change your life? Thank you doesn't seem quite enough.

It is really all about believing that you can and will get better. When one is in terrible pain, it is easier to just sit or lie down and feel sorry for yourself. In my case I have been going to chiropractors for years. This I know... **YOU ARE A CUT ABOVE THE REST.** The education you have given me has encouraged me to think differently about life in general and my own health in particular. How I handle stress has changed dramatically. **My anxiety level has decreased and my health has improved for the better.** Death, job changes you name it, I have been through it since coming to Louca Chiropractic. Through it all, you have been there with knowledge and encouragement.

In the past, I have always felt that *"whatever the doctor ordered"*, that is what must be done. You have taught me to question what I am being told, to do research into the viability of taking medications prescribed for me. We would all do well to take our health and well being into our own hands. I truly believe that having my body balanced has enriched my life and allowed me to overcome adversity - emotionally and physically. In these dark times we need to find the rainbows and we must care for ourselves and others. **THANK YOU SO MUCH FOR BEING THERE.**

To my fellow practice members, good health and less pain to you in the New Year. Happiness is being part of the **Louca chiropractic Family.**

Faithfully yours,

Kathleen H.  
1/3/02

## Interesting Facts To Brighten Your New Year

- Fact #1:** At least 5 people in this world love you so much that they would die for you.
- Fact #2:** At least 15 people in this world love you in some important way.
- Fact #3:** The only reason anyone would ever hate you is because they want to be just like you.
- Fact #4:** A smile from you can bring happiness to anyone, even if they don't like you.
- Fact #5:** Every night someone thinks about you before they go to sleep.
- Fact #6:** You mean the world to someone right now.
- Fact #7:** Without you, someone would not be living today.
- Fact #8:** You are special and unique in your own way.
- Fact #9:** Someone you don't even know exists loves you very much.
- Fact #10:** When you make the biggest mistake, something good will come from it.
- Fact #11:** When you think the world has turned its back on you, take a closer look because you probably turned your back on the world.
- Fact #12:** Always remember the compliments you received and forget any rude remarks you ever heard.
- Fact #13:** Always tell others how you feel about them. You will feel much better when they know.
- Fact #14:** If you have a great friend, take the time to let them know they are great.
- Fact #15:** You can have anything you want if you are just willing to go after it.

We covered a ton of information in this powerful newsletter. I am proud to be a chiropractor and equally proud of you, my family of wonderful practice members and friends. You should be proud of yourselves for being at the leading edge in healthcare and for choosing the "Chiropractic Lifestyle" for you and your family.

Life is wonderful and we all live a blessed life. It is a privilege and honor to serve, help and to team up with you to accomplish all of your health goals. Please share this wealth of valuable information with those you care for. The best gift you can give anyone is a gift of **HEALTH & HOPE**.

- **Please add a FREE subscription to your monthly newsletter for the following people. I understand you will send them a note explaining I suggested they get this FREE subscription, and that all they have to do is contact us if they wish to cancel.**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Thank you for making 2001 a great year. I promise  
2002 to exceed your expectations.

We at Louca Chiropractic wish you all a year full  
of Health, Love, Joy and Peace. May all your  
Dreams come true.

Dr. Louca

"Some see things; and...say, "Why?"  
But we dream things that never were;  
and...say, "Why not?" George B. Shaw

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**1879 BELLMORE AVE.**

**BELLMORE, NY 11710**

[www.loucachiropractic.com](http://www.loucachiropractic.com)

[drlouca@loucachiropractic.com](mailto:drlouca@loucachiropractic.com)

**516.221.9336**