



# 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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## IN THIS ISSUE

**Page 2: Topic:** Flu Shot Reactions Worry Officials

**Page 3: Topic:** "I Feel Fine Syndrome" - A Common Myth About Chiropractic

**Page 4: Topic:** Are There Signs Of Hope In Chris Reeve's Modest Recovery?

**Page 5: Topic:** Chiropractic Device Helping In Treatment Of Addicts

**Page 6: Topic:** January Is..."National Prescription Awareness Month"

**Page 7: Topic:** Interesting Facts To Brighten Your New Year

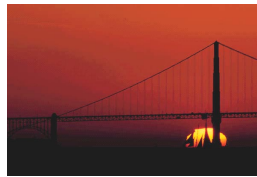
**Page 8: Topic:** AS A MAN THINKETH

Dear Patient and Friend,

It seems like just yesterday we were setting our New Year's resolutions and health goals for the year 2002. And yes, as quickly as the year came, 2002 has now come to an end, opening a brand new door, a golden door filled with peace, love, growth and opportunity to make 2003 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.

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Before we begin I would like to share with you all that I am grateful for. I am grateful to have a brand new practice filled with wonderful patients 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!



## 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, viruses and bacteria that they come in contact with every day.

All scientific studies show that germs are NOT primary causes of disease. What causes us to get sick is a weak immune system that allows germs to invade and take control. Did you know that what controls your immune system is your nerve system? In fact, the nerve system controls EVERY system and function within your body and this is why Doctors of Chiropractic focus entirely on maximizing the function of the master control system...your nerve system.

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## Exploring a common **MYTH** about **CHIROPRACTIC...** ***“I Feel Fine. I Don’t Need To Continue Care.”***

### **FACT...**

You entered your chiropractor’s office feeling terrible and now you are experiencing the wonders of what happens when your spine and nerve system are free of interference. You have less spinal nerve stress and can send more healing energy throughout your body. You’d be happy to return if your health deteriorates to the point where you feel terrible again. But your chiropractor suggests you return even if you feel fine. “Why should I return if I am feeling fine?” you may ask.

**You may be making a big mistake if you wait until you have symptoms to do something about your health. Lack of pain is a poor way of determining how healthy you are.** We’ve all seen people looking like death warmed over who “feel fine.” They are walking targets, waiting for disease to strike before they decide to do anything about their health. They “feel fine” but have no energy; they “feel fine” but sleep poorly; they “feel fine” but are tired, have aches and pains, headaches or backaches.

Too many people who “feel fine” one day have a sudden heart attack, stroke, debilitating pain or are diagnosed with a serious disease such as cancer the next day. Surely “feeling fine” is no indicator of your health status.

**Of course you can wait until you are miserable to continue chiropractic care, but you would be making a BIG mistake. Take ownership of your health and commit to a consistent program of care that allows you to function at an optimal level and be healthy every day.**



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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. **But recent discoveries have offered tantalizing hints that perhaps the devastating damage isn't permanent after all - that the central nerve 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 nerve 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 is enabling Christopher Reeve to recover from this devastating injury which not many doctors thought he would survive, no less begin to walk again.

**For over 107 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. You have this exact same healing ability inside of you. With commitment, hard work and love, there's nothing our bodies can't heal.

You are a healing machine and I am blessed to assist you in healing. Let us honor the bodies ability to heal and make sure that we consistently live the chiropractic lifestyle which includes exercise, good nutrition, mediation, proper hygiene, relaxing techniques, massage, proper breathing, stretching and of course...chiropractic adjustments.

## **“Chiropractic device helping in treatment of addicts.”**

- St. Joseph, Missouri Newspaper April 7, 2001

*“Patients in a residential drug-addiction program who received treatments with a chiropractic device that realigned their vertebrae completed the treatment program at a remarkable 100 percent rate. Statistics show that nationally only 72 percent of participants make it all the way through, when not utilizing chiropractic care.”*

*“This correction of what chiropractors call subluxation results in a sense of well-being that allows patients to benefit more thoroughly from the group therapy and medical care of addiction treatment. Chiropractic does not treat addiction - it doesn't treat any disease. We're allowing those things that treat addiction to be embraced more thoroughly.”*

Chiropractic does not treat any disease. **By adjusting subluxations and freeing the nervous system from stress, the body has the ability to heal and function according to our God-Giving Genetic Potential.** Be rest assured that at Louca Chiropractic we utilize the latest in Chiropractic Adjusting Techniques including the “Integrator”. The “Integrator” is the Chiropractic Device mentioned in the above article. I hope it is as evident to you as it is to me that the market for alternative health care choices, including chiropractic, has never been stronger and will continue to grow.

**It is your God-given right to experience the lifetime rewards of being PAIN FREE AND HEALTHY! This is why for over 107 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.



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

Life is wonderful and we all live a blessed life. It is a privilege and honor to serve my patients and to team up with you and help 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 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 \_\_\_\_\_

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**The Body is the Servant of the Mind.  
Disease and Health are rooted in thought.  
Sickly thoughts will express themselves through  
a Sickly Body. Strong, Pure and Happy  
thoughts build up the body in vigour and grace.  
There is no physician like cheerful thought for  
dissipating the ills of the body.**

As A Man Thinketh, James Allen

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**Peace, Love and Chiropractic**

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