



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,

Do **YOU** take for granted the way you feel today and the good health you may have now? Are you planning ahead now for a healthy future? How do you expect to spend the later years of your life... vital, joyful, healthy, and young? Or will you be unable to care for yourself, dependent on drugs? I realize that these are some very serious questions. However, I want you to be aware that what you do now, the lifestyle you choose today, sets the stage for what your life will be like in years to come.

It makes great sense to plan ahead for a healthy future by making chiropractic a part of your lifestyle now...a positive habit you develop forever. **Chiropractic as part of your lifestyle? Why Chiropractic?**

I am frequently asked by my patients, "Why do I need to continue to come if my pain is gone?" My response is simple. Chiropractic is a lifestyle that people choose to live for the rest of their lives **because...when you invest in your spine, nerve system and posture the return is a "better quality life," ensuring a healthy future.**

We all want to live a life full of vital health and well-being during our later years. How we live our lives now is setting the stage for what our lives will be like when we are older. Just as we try to prepare for our financial future by setting aside some savings, we can help prepare for our physical future by taking care of our spine and nerve system health today. By choosing to live the chiropractic and wellness lifestyle, we give ourselves the greatest chance for quality health tomorrow.

The chiropractic model of health and wellness does not focus on pain and symptoms. The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

In this extraordinary Patient Newsletter, **Chiropractic Miracles**, we will discuss different topics of interest, documented research studies, and even personal success stories. **I will reveal to you my personal "Guide to Chiropractic Wellness" which will absolutely arm you with the tools necessary to make the best health decisions for yourself and your family.**

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the "Chiropractic Lifestyle." I commend you for taking charge of your health and the health of those you love!

“The doctor of the future will give us no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

-Thomas Edison

Chiropractic Patients Have Fewer Strokes

-Journal of Vertebral Subluxation Research, September 2001

Current research reports that patients under chiropractic care experience far fewer strokes than people who are not under regular chiropractic care.

The report states that people who are not under regular chiropractic care suffer twice as many strokes than people who are under regular chiropractic care. People not under chiropractic care may be as much as 27,500 times more likely to have a stroke than chiropractic patients.

I find this research to be critical since a few medical researchers have attempted to link chiropractic care with the occurrence of strokes. Research has proven that a chiropractic adjustment is much safer and more beneficial than typical medical procedures and doctor prescribed drugs. In fact, **properly prescribed and dispensed legal drugs kill 20 times the number of people that illegal drugs do.**

It should shock you that every year hundreds of thousands of people die 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. I hope it is becoming as evident to you as it is to me that chiropractic is safe for people of all ages and that the solution to health and wellness always 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.**

Colds Uncommonly Costly...Lost Work, Doctor Visits, Drugs Add Up To Yearly \$39.5 Billion

USA Today, February 25, 2003

According to the latest research, it is estimated that viral respiratory tract infections not related to the flu, in other words, colds- cost the USA \$39.5 billion a year. That's more than osteoporosis and congestive heart failure combined.

Such doctors think, "Well, just in case it's a bacterial infection, I'll order this antibiotic." What doctors don't realize is that unnecessary prescriptions are the major contributor to antibiotic resistance disease. "Truly, there is an education problem here. Clearly, patients need to be better informed."

Chiropractic: Bringing Out The Best In You...Pregnancy

If you are pregnant, one of the best things you can do for yourself and your baby is visit a Doctor of Chiropractic. Chiropractic care provides so many things a pregnant body needs: a flexible and balanced spine, hips and pelvis; internal organs without postural stress and free from nerve stress—all essential for a healthy pregnancy and an easy natural delivery.

So many women who receive chiropractic care during pregnancy say to us, “**How in the world do other women get through pregnancy without chiropractic adjustments?**” A pregnant woman needs to have her body as healthy, flexible and as strong as possible in order to handle the rigors of pregnancy and childbirth.

Let me share with you some frequently asked questions regarding chiropractic and pregnancy...

Is chiropractic care safe in pregnancy?

YES. It is very safe for both mother and baby. Chiropractors spend many hours training to specifically adjust the spines of pregnant women and many chiropractic adjusting tables have special modifications for the comfort and safety of pregnant women.

How late in pregnancy is it possible to get an adjustment?

Patients can receive adjustments even during labor. However, the sooner in the pregnancy Chiropractic care starts the better for both mom and the baby.

Do I have to have a problem in pregnancy to see a chiropractor?

No, not at all. Periodic spinal checkups during pregnancy should be as common as periodic weight checkups. Chiropractic should be utilized as preventative care for pregnant women.

Can my baby receive chiropractic care?

I am frequently asked by my pregnant patients to give the infant a spinal checkup immediately after birth. This is because the birthing process can be traumatic for the infant and can cause very serious misalignments (subluxations) to their spine.

Along with a proper diet, exercise and avoiding drugs, alcohol and cigarettes- Chiropractic care should be an essential part of a pregnant woman’s health care regimen.

“Independence From Ill-Health”

July 2003

We all know someone, a loved one, a co-worker, a friend, who needlessly suffers from all types of body aches and pains, such as: lower back pain, headaches, neck pain, chronic fatigue and stress, just to name a few. In fact, it is so pervasive in their life that it is accepted as “normal” which of course, is just ridiculous.

Today is a perfect day to educate and inspire people to the awareness that there are natural (NO DRUGS and NO SURGERY) and effective techniques to elevate one’s Health quickly, easily, and permanently. Nothing in nature will naturally suffer.

Commit today to freeing someone you care about from the handcuffs that their problem placed on their lives. Research shows that chiropractic is one of the most effective methods of reducing and even eliminating pain once and for all. Share the miraculous benefits of chiropractic and make a difference in someone’s life.

Thank you for being a solid chiropractic patient for life!

Your friendship and loyalty are always appreciated!



PROMISE YOURSELF

Promise yourself to be so strong that nothing and nobody can disrupt your peace of mind. Promise to talk health, happiness and prosperity to every person you come in contact with. Promise to make all the people you meet feel better about themselves, that there is something extra-ordinary about them.

Promise yourself to look at the sunny side of everything and make your optimism come true. The glass is not half full. It is always overflowing. Think only the best thoughts. Promise yourself to always work your hardest and always expect only the best.

Promise yourself to forgive and forget mistakes of the past and press on to greater achievement in the future. Promise yourself to always wear a cheerful expression and to greet every living creature you meet with a big smile.

Promise yourself to give so much time for improving yourself that you do not have any time to criticize others.

Promise yourself to be too big to worry, too noble to be angry, too strong to be afraid and happy just to be alive! Promise yourself to live every day to the fullest and always remember... Everything you will ever desire and every answer you will ever need is within YOU!

Louca Chiropractic

Is celebrating it's 8th Year Anniversary.

Invite all your friends and family whom are not yet members at our office during the month of July for a Chiropractic Check up (Consultation, Computerized Exam and X-rays, if necessary) for a reduced fee of \$35.

Help us Raise the Health of our Community

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