



# 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**

LOUCA CHIROPRACTIC  
1879 Bellmore Ave. Bellmore, NY 11710  
voice: 516.221.9336 - fax: 516.221.8842  
[www.loucachiropractic.com](http://www.loucachiropractic.com)

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Dear Practice Member and Friend,

As the summer sun warms us, and the kids are out of school ***now it's time for you to "get serious" about looking great, maximizing your health, and feeling "on top of the world."*** This is the perfect time to commit to your improved "quality of life."

But before I begin to flood you with valuable information, I want to congratulate you for choosing to live the "Chiropractic Lifestyle." As a chiropractic practice member for life, you are at the "leading edge" in health care and you join millions of others worldwide who experience the miraculous benefits of chiropractic, everyday.

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Last month we reviewed and “took charge” of our “New Year’s Health Goals” for 2002. I hope you took a moment to reflect upon and determine which goals you need to re-focus, re-energize and get passionate about. I would like to share with you one of my “secrets” to accomplishing goals...It makes an enormous difference in my life and I guarantee it will make a difference in yours as well. Are you ready??? Here we go...

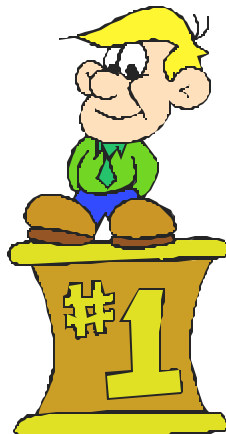
## “Health and success come FROM YOU...NOT TO YOU!”

***The VERY FIRST step to “goal setting your way to optimal health” is to change your mindset.*** I can’t make it any more simple. Every belief you have about yourself, positive and negative, becomes your reality. Therefore, if you believe you are overweight, YOU ARE! If you believe you are unhealthy, YOU ARE! If you believe you are successful in everything you do, YOU ARE! If you believe you are worthy of love, wealth, health and happiness, YOU ARE! ***You have unlimited power and you have the ability to control every thought and belief you have.***

It’s time to re-program your personal computer. It’s time to pop in a new disk with new information that is positive, empowering and re-programs you to the pleasures of the present and away from the pain of the past. Here’s my suggestion...each morning before your day begins, take a moment to affirm very positive thoughts and beliefs...

- ***I AM HAPPY...***
- ***I AM HEALTHY...***
- ***I AM SUCCESSFUL IN EVERYTHING I DO...***
- ***I AM APPROACHING MY IDEAL WEIGHT EASILY AND PERMANENTLY...***
- ***I FEEL YOUNGER AND MORE VITAL THAN EVER BEFORE...***
- ***I LIVE A LIFE OF PEACE AND HARMONY...***
- ***I AM MAGNETIZED TO ABUNDANT HEALTH...***

You can use these or create your own. Simply practicing this exercise each and every day will change your life in the instant. You will be shocked to see the power that positive and emotionally charged affirmations will have on your life and your goals. Make the commitment TODAY to make this simple change in your life. You will be glad you did!



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**WHAT PRICE ARE YOU PAYING FOR YOUR HEALTH?** Have you fallen into the vicious trap of relying on drugs to numb your pain? Are you suffering from the devastating side effects of these drugs, or worse yet, the side effects of the interactions of these drugs? Did your doctor share with you the benefits and risks involved with these drugs?

**ARE YOU READY FOR A NEW CONCEPT ABOUT HEALTH, WELLNESS AND VITALITY?** If your answer is YES, then you join millions of others who are rapidly running away from the insanity of “quick fix” options such as drugs and surgery and are benefiting more than ever before from a safer, more natural approach to health and wellness.

Let me share a wealth of valuable information with you that will guide you to the answers you have been searching for. This information is not my opinion, or even a chiropractic opinion. It is from popular press articles that clearly document what chiropractors have been stating for over 106 years...”Better health through better chemistry has failed...Better health through better living is the answer!”

## **Rx: Not For The Elderly**

-TIME, December 24, 2001

“Something is wrong with the way drugs are prescribed to the elderly in this country. Every year, according to last week’s Journal of the American Medical Association, nearly 7 million older Americans- about one-fifth of the population age 65 or older- are given medications that are rarely appropriate for people their age. Worse still, nearly 1 million swallow pills that an expert panel has determined senior citizens should probably never be given.”

*It should be shocking to you that the next time you or someone you care about visits a medical doctor, there’s a good chance the treatment offered will be based more on good intentions than on good medicine. Each year more and more people are prescribed drugs inappropriately and hundreds of thousands of people are injured or killed. The public is rapidly moving away from drugs. It is becoming more evident to me as I hope it is to you that drugs are NOT the solution to health and wellness because health comes from within.*

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## **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.”

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*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 practice member, 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.*

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## **New Evidence Of The Self-Healing Heart**

The Associated Press, 1-3-2002

"Challenging generations of medical lore, researchers have found striking new evidence that the human heart can repair itself. Doctors have long assumed that damage from a heart attack or other ailment is irreversible and that the heart cannot regenerate tissue the way other organs can. It could be a milestone discovery if we learn how to exploit this phenomenon for therapeutic purposes to regenerate heart muscle in patients with heart failure."

*Dear Practice Member and Friend, please understand this self-evident truth...**the body is a self-healing organism.**" The medical profession is starting to catch onto what chiropractors have known for over 107 years. The entire body, each and every organ, tissue and cell has the ability to regenerate and heal itself, as long as there is no interference or blockage in the nervous system. This is called a vertebral subluxation. As you know, chiropractors specialize in and are the only health care providers that detect and correct vertebral subluxations, and ultimately help the body to achieve maximum healing.*

### **Did the Doctor Who Prescribed Your Medications Warn You of the Potentially Devastating Side Effects They Can Have?**

Our purpose is not to put you on drugs or to take you off drugs. It is to empower you with valuable information so that you can make the best health care decisions for you and your family today and forever. **Here's How We Can Best Serve Your Needs...**

**Immediately schedule an appointment with the doctor for a FREE personalized Drug Awareness Consultation. The regular fee for this valuable consultation is **\$50. It is FREE to all readers of "Chiropractic Miracles" during the Month of June.****

Our advanced computer system will print a complete report documenting ALL side effects, contra-indications, and adverse reactions of any medication prescribed for you. Let us empower you with the tools necessary to help you make the best health care decisions for you and your family. In essence, we want to return the control of your health back to you. In addition, we will make suggestions and recommendations of alternatives and options available to you that are more natural, more effective, and do not have side effects.

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Did you know that studies show that more people look to the Internet for answers to their health questions than to their primary physician? Yes, it's true. Today, more and more people want to be involved in making their own health decisions. And I believe it is critical to provide a wealth of information so that you can make the best health decisions for you and your family. **The more knowledgeable you are regarding health, wellness and the role that your family chiropractor plays as a valuable member of your health care team, the better decisions you will continue to make.**

I will address just a few of the most pressing questions I am asked every day from members and perspective patients. If after reading this section, you are not absolutely awakened to the benefits that chiropractic has to offer...pick up the phone IMMEDIATELY and call me and I will personally answer them all. If you are not already under regular chiropractic care, I hope the answers to the following questions will encourage you to decide once and for all to live the "Chiropractic Lifestyle."

## **Does Chiropractic Cure Diseases?**

This is a trick question, because the only cure comes from the body, no matter what the treatment or approach. Chiropractic doesn't cure anything. Chiropractic helps the body to heal itself by removing any interference in the nerve system. This is accomplished by gently adjusting vertebral subluxations. In that way, many people suffering needlessly from diseases such as headaches, asthma, allergies and even cancer experience better health with chiropractic as a part of their lifestyle, and many even rid themselves of the disease once and for all.

## **Why Do Healthy Children Need Chiropractic?**

Children are very strong and resilient, and with their active lifestyles, they frequently get small injuries that don't hurt them at the time, but may lead to bigger problems with their spine and nerve system down the road. It's so much better to be safe than sorry, so I recommend that all children have their spines examined periodically for vertebral subluxations to insure their best health and brightest future. As a practicing chiropractor specializing in pediatrics, I have clearly found that children that are adjusted are much healthier, get sick far less often, have greater attention and concentration levels, and are much more relaxed children.

## **How Can I Afford To Pay For My Family's Care?**

Because most insurance policies unfortunately limit chiropractic benefits and some people don't have insurance at all, we offer a revolutionary fee system that allows our patients and their families to receive the long-term chiropractic care they need at an affordable fee. You should never allow a third party, such as an insurance company to determine your health.

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# June 3 - June 9 Is... NATIONAL HUG WEEK

Research indicates that **we need four hugs each day for survival, eight hugs for maintenance, and twelve hugs to grow.** Hugs have a healing effect on the body. Hugs bolster the immune system. Hugs help us to feel extra special. Hugs nurture the little child within each of us. Hugs help us to feel close to our family and friends.

During a one-year research project, it was found that eighty three percent of the people polled received less than one hug each day. They averaged less than four hugs each week. It was also found that **ninety seven percent of the people polled wanted more hugs than they were already getting.**

With this in mind, **please help us celebrate National Hug Week.** We are committed to your growth and your healing. We want you to feel extra special today and every day. We promise that you will receive lots of hugs this week in our office. In fact, **everyone on our staff is a certified "Hug Specialist."**

Please perpetuate **National Hug Week** when you leave our office. **Share this information with your family and friends.** More importantly, share yourself by hugging the people you love. They will appreciate it and feel extra special just like you. Please allow **National Hug Week** remind you to hug others all year long. You will grow and glow as a result.

Hugs and Kisses from all of us.



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# Chiropractic Miracles

## "Listen To What Our Members Are Saying"

If you're reading this, then you are certainly a very fortunate person. Louca *Chiropractic* has repeatedly proven to me that they are exceptional!

Several months ago, in a time of great discomfort and stress, **I came to their practice by way of referral.** The Dr. Louca posses great knowledge of his chosen profession, as well as, what I like to call, **Positivity.**

On my very first visit, it was explained to me in detail, exactly what the cause of my problem was and what it would entail to correct it. I have chosen to live the "chiropractic lifestyle" and after nine months of care, not only is my problem corrected, I truly feel that I am "healthy."

*Dr. Onisis Louca* and his healing assistants have never failed to provide **expert chiropractic care, thorough answers** to all of my questions, and timely advice. **Their perceptive and positive attitudes have played a major role, not only in my recovery, but also now in my growing level of achieving wellness.**

Thank you so much to *Louca Chiropractic* for helping me become the person I know I had the potential to become!

-David G.



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**“We believe our purpose here is to seek the pure spiritual potential that is available to us all. As human beings, the vehicles we use to explore our spiritual potential are the human body, the human nerve system and the human mind. We therefore believe it is worth focusing attention on maintaining optimal functioning of our body/mind so we can seek our true nature as spiritual beings.”**

Deepak Chopra, M.D. Grow Younger, Live Longer

Louca Chiropractic  
1879 BELLMORE AVE.  
BELLMORE, NY 11710

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

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

516.221.9336