



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

March 2003

IN THIS ISSUE

Page 2: Topic: Positive Attitude Month

Page 3: Topic: Migraine Drug Treatment Triggers "Rebound" Pain

Page 4: Topic: How Should I Feel After An Adjustment?

Page 5: Topic: Exploring Common Myths About Chiropractic

Page 6: Topic: The Wellness Revolution

Page 7: Topic: Listen To What Our Patients Are Saying

Page 8: Topic: How You Feel Is A Poor Measure Of Your Health

Dear Patient and Friend,

This month's information-packed Patient Newsletter is guaranteed to totally empower you with all of the action steps to lead and assist you on the path of "optimal health." It will increase your certainty that you have made the very best decision by choosing to live the "Chiropractic Lifestyle."

But first, I want to share with you a very special holiday we will be celebrating in March. Many of you may never have heard of this holiday, however, I believe that if every human being celebrated it, and practiced its principles every single day...

Our world would be a much brighter place!

March Is... “POSITIVE ATTITUDE MONTH”

National “*Positive Attitude Month*” is an observance to encourage you to have a positive attitude while putting your best intentions into action, both personally and professionally.

This month, trade negative, weakening thoughts for positive, powerful thinking and you’ll immediately see yourself break through limitations you may have believed insurmountable. You’ll realize that you can accomplish more than you originally thought possible.

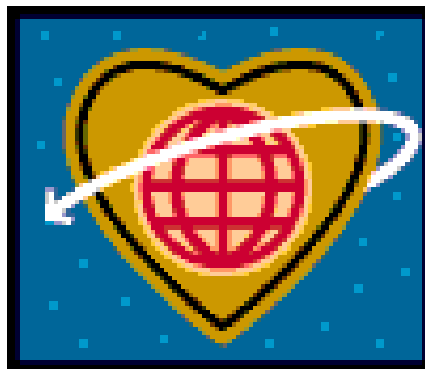
Make today a pivotal day in your life. Make today the day that you commit to creating abundant thoughts, joy, health, vitality, and of demonstrating the highest standards for yourself.

Realize that the secret to living is in *Giving*. Give more of your time, your talents, your resources and your love than ever before. Practice this “*Positive Attitude*” and watch the “*BIG*” results you will create in your life.

Hold yourself to a higher standard today, ask more of yourself, and have an *Attitude of Gratitude*. It will take you a long way! Share this attitude with others.

It’s contagious!

Help make our world a much brighter place!



Migraine Drug Treatment Triggers “Rebound” Pain

An article in USA Today, reports a warning from a Houston neurologist in the October, 2000 issue of Headache, that over-the-counter medications marketed for migraine relief should warn that overuse can cause headaches.

“Virtually all medications used to treat headaches can become a cause of headaches if overused,” says Richard Lipton, a neurologist from Montefiore Medical Center in New York who was a consultant to Bristol-Meyers-Squibb in the development of Excedrin Migraine. “But many doctors, let alone consumers, are not familiar with rebound headaches”, says Dr. Lipton.

Chiropractic has long been successful helping individuals with migraine and other types of headaches to relieve their suffering once and for all. Wouldn't it make more sense to find a solution that actually corrects the neurological cause of the migraines rather than to continue to cover up the symptoms with drugs that may, in fact, cause more of the problem?

C-Section Babies More Likely To Develop Asthma

The April, 2001 issue of the Journal of Allergy and Clinical Immunology reports that children born by C-section are three times more likely to develop asthma than children born vaginally.

In this study, researchers were able to obtain data from the National Public Health Institute on asthma, allergic disorders and obstetric history for 2000 people born in 1996. C-section was done in 5.3% of the population studied and was strongly associated with current doctor-diagnosed asthma.

There is a common misconception that C-section births are less traumatic to the baby and the mommy. This is NOT necessarily the case. **C-section births put a tremendous force on the baby's spine and spinal cord as they are forcibly extracted from the womb.** Subluxations in the neck due to birth trauma are commonly associated with respiratory disorders.

As a practicing chiropractor specializing in pediatrics, I consistently find that newborns that are adjusted soon after birth are much healthier, suffer from common childhood illnesses such as ear infections far less often, have much greater attention levels, and are much more relaxed children.

Chiropractic: Bringing Out The Best In You

How Should I Feel After An Adjustment?

At the very moment that your chiropractor corrects your subluxation, hundreds, if not thousands, of body functions and activities are affected. The flow of nerve impulses from your brain, spinal cord and nerves to your internal organs and tissues is normalized, and your body begins to rebalance, renew and rebuild itself.

A chiropractic adjustment affects more than physical well-being. Many patients report a feeling of deepening peace and relaxation after an adjustment. Others describe a warm feeling flowing to various parts of their bodies. Most feel very relaxed or energetic, or both.

Most chiropractic patients find that the problems that brought them to their chiropractor soon begin to lessen after their first few visits although some people feel little difference after initial adjustments. This does not mean that they are not receiving any benefit; healing may be occurring under the surface. Occasionally, a patient may initially feel muscle soreness after their first adjustment, usually giving the feeling of exercising for the very first time.

As you continue your chiropractic care and your spine and nerve system continue to release deep stresses you will begin to notice:

- ❖ Better balance, smoother movement and increased energy
- ❖ Increased awareness of your spine and body stress
- ❖ Increased ability to breathe more deeply
- ❖ Increased emotional relaxation
- ❖ You may spontaneously change your eating habits, feel an increased desire to exercise, go for more walks and find more ways to relax.

The most important benefits of the chiropractic adjustment are usually found below the level of consciousness and awareness. It is when the nerve communication to the heart, lungs, joints, sexual organs, skin, eyes, ears and the brain itself are improved that the true benefits of chiropractic are experienced. Remember that the nerve system is the “master control” system for the entire body and that your body has the ability to self heal and self correct.

Exploring common **MYTHS** about **CHIROPRACTIC...**

"Chiropractic Care Is Addictive"

FACT...

If only it were, there would be a lot less sick people around and chiropractors wouldn't get patients who last saw a chiropractor "a few years ago when my back went out." It is common to begin feeling more balanced, less stressed, and feel younger and have more energy than ever before as a result of regular chiropractic care. You will become more sensitive and aware of your health and you will know when you are "out of adjustment." If only everyone was addicted to being healthy!!!

"I Only Need One Adjustment To Get Better"

FACT...

The number of adjustments varies with each patient and their individual health goals. Many patients experience relief of pain fairly rapidly, between 1 and 12 visits depending on the severity of the problem. However, relief of pain is **NOT** an indication that the problem is corrected and stopping care at that point can be dangerous and is not recommended. In my experience, when patients choose relief care, the problem usually returns within 1 month to 1 year, only at this point it takes longer to correct and is usually more painful. As your spine stabilizes, visits become less often. In chronic cases, complete healing takes months or years.

"I Don't Feel Pain So I Must Not Have A Subluxation"

FACT...

You can have subluxations and not even know it. Like the early stages of tooth decay or cancer, subluxations can be present before warning signs appear. The result of a complete nerve system exam can show the location and severity of subluxations you may have.

“Americans Mingle Alternative Techniques With Traditional Medical Services”

“Alternative approaches, such as chiropractic, acupuncture or meditation, are so interwoven in the fabric of American health care that it may no longer be relevant to draw firm lines between alternative and conventional medicine.” Results from a recent survey of 1,000 Americans showed that 69% of survey respondents had used some form of complimentary and/or alternative care in the past year. More than 56% of the respondents said they believe their health plan should cover alternative options. On average, respondents said they would be willing to spend an additional \$15.41 per month for health insurance for alternative services such as chiropractic, massage or acupuncture. “What we see from this survey and many other indicators is that people generally want to take control of their own health, using those services they find most effective.”

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. Thank God. As a chiropractic patient for life, you have already chosen the “Chiropractic Lifestyle” for yourself and your family. You are empowered to live longer, feel great, and stay younger by creating total health and well-being, by living a more effective, more natural lifestyle.

Congratulations for making the best decision and for being a leader in the “Wellness Revolution.”

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 or 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 March.

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”

When I first came to Louca Chiropractic I was suffering from migraine headaches for over 12 years. The headaches would occur at least twice a week and would last as long as 3 days. I was unable to work and enjoy the things I loved to do most in life. I finally realized just how severe my problem was when I gave birth to my first child, Ryan, 19 months ago. It was very difficult for me to simply feed him and enjoy parenthood.

I was referred to Louca Chiropractic by my friend Amy, who also suffered from migraine headaches, and was relieved of her suffering through regular chiropractic care. At first, being adjusted decreased the length of time that the migraines lasted, until now, only four months later; **I have been migraine free for one month. Having a properly functioning nerve supply has helped me kick my addiction to painkillers. I have never felt better** and most importantly, I can enjoy my time with Ryan and my husband Steve, 100 percent.

Our confidence in Dr. Louca is what allowed Steve and I to agree to have our son adjusted at only 15 months of age. Ryan sleeps much better now and has stopped getting ear infections. We look forward to Ryan being the healthiest child in school!

Thank you so much for taking such great care of our family and helping us become healthy.

-Alison, Steve & Ryan



How you feel is a poor measure of your Health.
True Health is when your entire body is working as it
should, coordinated by your **Nervous System**.

After you get **Well**,
ask for a program of regular
Wellness Chiropractic Checkups
to help stay **Well**.

Louca Chiropractic
1879 BELLMORE AVE.
BELLMORE, NY 11710
www.loucachiropractic.com
drlouca@loucachiropractic.com
516.221.9336