

Chiropractic Miracles



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

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Dear Practice Member and Friend,

This month's information packed *Practice Member Newsletter* is guaranteed to totally empower and arm you with all of the action steps necessary to lead you to the path of "optimal health." It will increase your certainty and allow you to make 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 event, however, I believe that if every human being celebrated this special event and practiced it's principles every single day...

**Our World Would Be A Much
Brighter Place!**

"Positive Attitude Month"

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

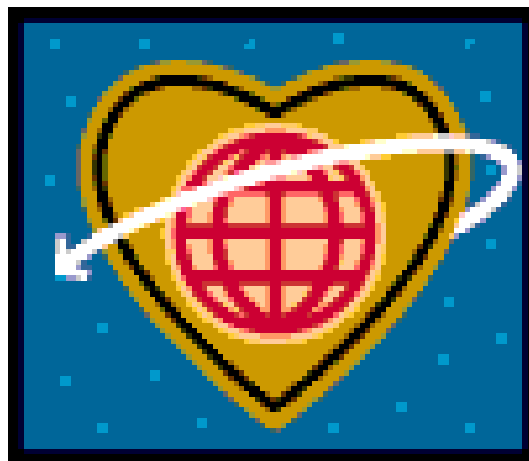
Trade your negative, weakening thoughts for positive, powerful thinking and you'll immediately see yourself break through limitations you may have believed insurmountable. You'll realize that you can accomplish more than you originally thought possible.

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 "*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!

You Make The World A Much Brighter Place!



Five Steps... To Better Health!

Ask yourself a very important question: What is the recipe for health? The answer is NOT “take two pills and call me in the morning.” **After all, if a drug given to a healthy person makes them sick, how can the same drug make a sick person healthy?**

For over a century Chiropractors have been coaching Practice Members that health always comes from within us. Chiropractors have been empowering people with corrective lifestyle habits to obtain and maintain optimal health. **I am about to reveal to you my five secret steps that will absolutely help you to feel alive and on top of the world!**

1. Proper Nutrition. If you frequently eat junk foods, then you are giving your body poor building blocks. Eating unhealthy foods leads to disease, slows the healing process and places unnatural demands on our bodies. Good nutrition is essential for optimal health and well-being. If you want to fly like a jet, you **MUST** put jet fuel in.

2. Proper Rest. Most of the body’s healing occurs when we sleep. During sleep, your body can concentrate its energy on healing rather than driving, working and all other daily activities.

3. Exercise. Exercise helps to build strong muscles, strengthen your heart and is a vital part of achieving optimal health. This does not mean that you have to run a marathon every day. Aerobic exercises such as walking, biking, and swimming for at least 20 minutes, 3 times each week will increase your energy and help you to feel great.

4. Maintain a positive, healthy mental attitude. Research shows that a positive attitude increases mental, emotional, social and spiritual well-being. Exercises such as meditation and reading daily affirmations are great ways to trade weakening thoughts for positive and powerful thinking. Remember to celebrate “Positive Attitude Day.”

5. Proper functioning nerve system. Your nerve system controls and coordinates all body functions. Therefore, to be truly healthy, your nerve system **MUST** express maximum potential. Chiropractors are the only health specialists that focus on removing all interference from the nerve system so that the “doctor” inside us all can do the healing. Chiropractic is a lifestyle that someone chooses to live for the rest of their life.



Cough Medicine May Cause Birth Defects

-Pediatric Research, January 1998

Tylenol Cold, Tylenol Flu, Dayquil, Robitussin, Sudafed Cold Formula, Dimetapp and 40 prescription products contain the drug dextromethorphan. Research shows that this compound can cause birth defects so early in the development of the embryo that in many cases the woman wouldn't even know she was pregnant.

Thomas H. Rosenquist, Ph.D., developmental biologist, Professor at University of Nebraska Medical Center's cell biology and anatomy department says, **"We feel that a single dose is capable of causing a birth defect and that ultimately it could be the cause for a woman to have a miscarriage."**

It should shock you that every year hundreds of thousands of people suffer adverse reactions such as this from medications thought to be risk free and yet, the medical profession continues to prescribe drugs as if they had no long term, negative effect on the human body. **As you know, drugs simply mask symptoms, inevitably allow the body to slip further into a diseased state and just a single dose can cause horrible effects** . I hope it is becoming as evident to you as it is to me that drugs are NOT the solution to health and wellness because health comes from within.

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As a Practicing Chiropractor, I have consistently found that there are many common questions that **ALL** Chiropractic Practice Members and perspective Practice Members ask me about chiropractic. In fact, **I believe that it is a vital part of the healing process for all people to have these questions answered and to have a full understanding of health and the role that your family chiropractor plays as a valuable member of your family's health care team. Let's look at a few...**

Why Do Newborns And Children Get Adjusted?

Children are constantly running, jumping, falling, bumping, tumbling and even wearing heavy backpacks. All of these are a regular part of a child's day and can absolutely cause vertebral subluxation. In fact, even today's "natural" childbirth methods can affect an infant's spine. As a Practicing Chiropractor specializing in pediatrics, I find that children that are adjusted are healthier, have greater concentration and attention levels, get sick far less often and grow up to be healthy adults. Twenty five percent of my practice is children under the age of 15. Some of the more common reasons kids see chiropractors are ear infections, allergies, frequent colds, Attention Deficit/Hyperactivity Disorder, colic, poor sleeping habits, bedwetting and even scoliosis. Of course, we specialize in keeping healthy children healthy as well.

Can People With Osteoporosis Get Chiropractic Care?

YES! It is extremely beneficial for people with osteoporosis to get adjusted. As the nerve system functions at a higher level, and the body becomes healthier, the bones can become stronger. Like a person who has diabetes, osteoporosis will not go away. However, when managed properly through diet, exercise and regular chiropractic care, the person can live a long, healthy and vital life while preventing the osteoporosis from getting worse. When developing a care plan, the chiropractor must consider the unique needs and wants of each Practice Member. There are hundreds of ways to adjust the spine and a tailor-made, low force adjustment plan must be made for a Member with osteoporosis.

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Fighting Cancer: Diet and Exercise

-USA Today, June 1999

“As many as 30% to 40% of all cancer cases worldwide - 3 to 4 million a year - could be avoided if people ate a healthy diet and got enough exercise. That means a diet that’s primarily fruits, vegetables, beans and grains, walking briskly for an hour a day and maintaining a healthy body weight. Just by eating at least five servings of fruits and vegetables a day, cancer cases could be cut by 20% or more over time.”

The evidence is becoming clearer and clearer that many common and life threatening diseases, including cancer, can be prevented through simple lifestyle changes. Eating unhealthy foods leads to disease, slows the healing process and places unnatural demands on our bodies. Good nutrition is essential for optimal health and well-being. If you want to fly like a jet, you **MUST** put jet fuel in! In conjunction with Wellness Chiropractic Care, proper nutrition is a MUST in today’s world in order to help promote optimal healing, and to feel strong, alive, and “On Top Of The World!”

For seven years, our Chiropractic Office has been directing people to the awareness that there are safe, natural, and effective options for all health care needs and that ultimately the maintenance of health is superior to the treatment of disease. How many people do you know that suffer everyday and are simply unaware that there are better and safer options? Please share this information with those you care about.

“The Donkey Story”

One day a farmer’s donkey fell down into the well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway. It just wasn’t worth it to try to retrieve the donkey.

So he invited all of his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly.

Then, to everyone’s amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was doing something amazing. **He would shake it off and step it up.** As the farmer’s neighbors continued to shovel dirt on top of the animal, he would shake it off and step it up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off.

The moral of the “Donkey Story;” life is going to shovel dirt on you. The trick to getting out of the well is to shake it off and step it up. Each of us experiences troubles, including health issues. Each of these is a stepping stone to making our lives better than before. We can get out of even the deepest wells by never giving up.

You always have a choice when it comes to your health. Will you choose to focus on the dirt or shake it off, step up and begin to make better health decisions for yourself and your family? How can you begin to step up now? Are you setting health goals? Have you committed to living the “Chiropractic Lifestyle?” Are you exercising regularly, putting jet fuel into your body, reducing stress, and meditating? Are you stepping up by spending more time with those you care about or even time just for yourself? Are you stepping up by becoming more knowledgeable and more empowered to make better health decisions? Are you always listening to your inner intelligence or inner voice that always knows what is needed to be perfect?

Do you have a coach to help you step up and guide you on the path to optimal health and maximum health expression? Practicing chiropractic, I have been at the leading edge in healthcare and I have coached thousands of Practice Members of all ages to accomplish all of their health goals. **I would be honored to coach you to step up and make 2002 a magical year.**

Call me TODAY at (516) 221-9336 and schedule a one-on-one coaching consultation so that I may help you to 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 Practice Members as well as all readers of “Chiropractic Miracles” during the month of March.

Chiropractic Miracles

"Listen To What You Are Saying"

On September 17, 1999 my son Matthew was born. The labor process for both Matthew and myself was extremely difficult and quite stressful. I was in active labor for 20 hours and when Matthew finally was born, forceps were necessary to deliver him. When all was said and done, Matthew was perfectly healthy, or so I thought.

We took Matthew home and had great joy in nourishing our first child. When Matthew was just 6 months old he experienced his first ear infection and his first antibiotic. It seemed as though the ear infection was cured after just one week, however, over the course of the next 9 months, Matthew had 3 more ear infections and 3 more courses of medication. With no more answers other than to simply hope that Matthew would out grow this, my pediatrician sent me to an E.N.T. specialist. His recommendation was to place tubes in Matthew's ears. After careful consideration, my husband and I decided that surgery was not an option for our one year old child.

Luckily, a very close friend of mine told me about **Corrective Chiropractic Care and that many children with Matthew's problem are cared for Chiropractically and have gotten great results.** As a last resort, I took Matthew to Dr. Louca to see if he could help.

On the very first visit the doctor explained to me how the birthing process can cause the neck vertebrae to shift out of alignment and press on the nerves. He said this may cause ear infections in kids. He then proceeded to check Matthew's spine with a computer test to see if his nervous system was functioning optimally. **The Chiropractor told me that he found the cause of Matthew's problem and that it in fact was coming from his spine.** And, most importantly, that he was confident he could help us. Finally, we had some real answers.

Matthew is now two and a half years old and has not had an ear infection in almost a year. We are very happy and very grateful that Dr. Louca helped us to make our son healthy again. We see our Chiropractor once each week now and Matthew loves to get adjusted. I have to say, I do too!



- Susan Stutzman

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**.

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