



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: Seven Stick-To-It Success Tricks.

Page 3: Topic: Do This and Live Longer.

Page 4: Topic: Answers To The Questions Patients Ask About Chiropractic.

Page 5: Topic: MAY Is: "Perfect Posture Month."

Page 6: Topic: "Interview With God"

Page 7: Topic: "What Our Practice Members Are Saying"... "I no longer have Fibromyalgia"

Page 8: Topic: "...What Lies Within YOU"

Dear Patient and Friend,

WOW! Spring is finally here, and with summer just around the corner, this is the time of year when "weekend warriors" start swinging their golf clubs, lace up their jogging shoes, dig out their tennis racquets, and begin to **"GET FIT and GET HEALTHY!"** It's time to get the bathing suits ready to swim laps in the pool or just relax on the beach. Maybe your goal is to shed that extra few pounds that you put on during the holidays when we all stuffed our bellies to the limit or maybe you simply want to increase your energy, feel younger and more vital than ever. Read on to discover the secrets to your success.

It's been five months since we all very carefully set our "**New Year's Health Goals,**" and it's time to reflect back and determine which ones we have accomplished and which ones we still need to "**take charge of.**"

For each goal you did accomplish, **I CONGRATULATE YOU!** You deserve a reward for a job "*well done.*" Give yourself a hug and a pat on the back; buy yourself a gift and reward yourself with something joyous. You deserve it!

And for those goals you didn't exactly get to yet, well, I am here to help you re-focus, re-energize, and get you passionate about accomplishing each and every health goal once and for all. It's not too late. In fact, **it's never too late to pursue a "New Lifestyle" of optimal health, peak fitness levels, ideal weight, maximum vitality, and positive attitude and have fun in the process!**

So whether you are a "weekend warrior" or in training to become the next Tiger Woods, this Special Edition Patient Newsletter is jam packed with tons of information that will absolutely motivate you to get up off the couch, throw away the boxes of cookies stashed away in the closet and assure yourself that you have made the very best decision to live the "**Chiropractic Lifestyle.**" It will absolutely provide you with all of the tools necessary to empower you to accomplish all of those health goals you set on January 1 and help you to make **2002 the best year ever!**

So sit back, relax, read carefully and share this valuable information with those you love...

Seven Stick-To-It Success Tricks

- SELF Magazine – January, 2002

When Hollywood celebrities (we're talking Jennifer Lopez, Carrie Fisher, Dustin Hoffman) need to shape up, they turn to personal trainer Dion Jackson. His motivational strategies can help anybody (Celebrity or not!) stick with exercising.

- ❑ **Goal for it...** Identify a series of small, attainable goals, and then go for them one at a time. Tie your goal to something that brings happiness. Set clear and specific goals with a definite timetable and you are likely to push yourself harder.
- ❑ **Write it down...** Whether it's in a notebook or a desk calendar; take the time to jot measurements. Getting this on paper as well as reviewing and updating it every week will help you see if you are winning your race or dipping into the cup of excuses.
- ❑ **Start on time...** Having a set time to pull on your workout gear and start sweating enforces good discipline. When you find yourself making excuses, do something that helps you get started.
- ❑ **Use visual aids...** Use what works for you, whether it's watching the ball game or looking in a full-length mirror or at motivational slogans. Cut out pictures of what you want and put them on your refrigerator door.
- ❑ **Do what you like...** Customize your workouts to fit your personality. Decide if you enjoy doing aerobic exercises or weight training and schedule your workouts at different times of the day.
- ❑ **Find your beat...** Instead of counting repetitions, exercise to a song. When you exercise to music you like, before you know it, you have done all your crunches.

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- ❑ **Diet right...** Maintaining a healthy diet is an important part of shaping up, and Jackson favors a plan that features plenty of fruits in the morning, a protein packed lunch and a dinner filled with steamed vegetables.

Do This and Live Longer

- Men's Health -.March, 2002

Ever wonder if the two minutes it took you to scarf down that bag of chips took 2 minutes off your life? Health experts at Loma Linda University studied members of the California Seventh-Day Adventists, many of whom lead rigorously healthy lives and live longer than the rest of us. According to the study, here's how many years each of these habits could add to your life.

■	VEGETARIAN DIET:	Adds 2.4 Years
■	VIGOROUS EXERCISE THREE TIMES EACH WEEK	Adds 2.1 Years
■	MAINTAINING A HEALTHY WEIGHT:	Adds 1.5 Years
■	EATING NUTS FIVE TIMES A WEEK:	Adds 2.9 Years
■	NEVER HAVING SMOKED:	Adds 1.3 Years

I hope that it is as obvious to you as it is to me that better **lifestyle choices** and simple lifestyle changes can dramatically affect the quality of the rest of your life. As a matter of fact, 37 percent of cancers and 50 percent of heart disease cases can be prevented through making these simple, yet critical lifestyle changes. Regular chiropractic care in addition to eating right, exercising, getting proper rest and reducing stress will absolutely improve the overall health and wellness of you and your family. **Remember that chiropractic is not a treatment of any disease; it is a lifestyle that one chooses to live for the rest of their life to stay healthy and improve their quality of life.** How many additional years of life and how much additional quality of life do you think you can add from regular chiropractic care? I would love to discuss this with you this month so please remember to talk with me about it when you come in for your adjustment.



Answering Your Important Questions...

Every day patients and perspective patients ask me questions about chiropractic and health. There are many common questions and concerns that most people have and sometimes are too busy or hesitant to ask. I will address some of them because I believe that knowledge is power. **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.**

In fact, if after reading this section in its entirety, if you still have pressing questions and are not 100 percent confident that you can benefit from long-term Chiropractic...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 critical questions will encourage you to finally take action...

If The Pain Is In My Leg, Why Do You Adjust My Back?

If you step on a dog's tail, the bark comes out of its mouth. If your nerve is irritated in your spine, the symptoms may show up in your leg, but the cause of the problem is still at the spine. The pain in your leg is not the cause of the problem; it's your body's way of letting us know there is a problem. The pain is the symptom, but the cause is the nerve interference. I adjust your spine to correct the underlying cause of the problem, and then, in time, the body heals.

Why Do I Need To Continue Care When I Feel Fine?

The way you feel is only one way to determine what's going on in your body. Often, you can feel fine, but there are still problems that need to be corrected. If you and your family trust me to advise you on these matters, then I promise to be honest and fair and let you know just how much care you need. I use the most high tech and up-to-date methods to determine how you are doing. At each re-exam I'll give you a progress report so that we can plan your needs and wants for the future.

Is There Scientific Proof Of Chiropractic?

YES! Dozens of studies have been performed, showing chiropractic not only helps many health problems, but also improves quality of life. This research has been done by chiropractors, by medical doctors, by governments in many states and in several other countries, and the results are consistent; Chiropractic helps sick people get well, and improves your quality of life. This is exactly why millions of people just like you are choosing chiropractic care for themselves and their families. It makes sense, is scientifically documented, it is highly effective, cost efficient, natural and totally in line with the needs and wants of today's savvy health care consumer.

May Is...

“Perfect Posture Month”

“Stand Up STRAIGHT...Please Don't SLOUCH...
Your Posture Is The Window To Your Health”

Posture is one of the most overlooked keys to best health and performance. Good posture not only improves fitness, thinking ability, emotional state and general vitality, it can actually help reverse the aging process. And, not just cosmetically but functionally.

It's Time To Get The Facts STRAIGHT...

Just as proper attention to teeth can prevent problems later in life, proper attention to the development of **PERFECT POSTURE** will prevent deterioration of your health in the future.

Corrective chiropractic care insures good posture by aligning your spine so the muscles, joints and ligaments can work as nature intended. Good posture contributes to the normal functioning of the nerve system and affects the ability of your body's organs to function at peak efficiency. For years, I have been committed to directing people to the awareness that proper spinal alignment (Subluxation Free) is the MOST IMPORTANT factor affecting perfect posture and maximum health and vitality.

Almost everyone can avoid or reverse the problems caused by poor posture at any age. There is no greater miracle in nature than the body's ability to heal and correct itself. Balancing postural distortions and reducing structural stress through chiropractic adjustments releases the power within you. The result is a healing energy that strengthens and normalizes your immune and nerve systems, all of which helps to increase your personal power.

HERE'S WHAT TO DO NEXT...

Schedule an appointment **TODAY** for a specific postural evaluation. I have helped thousands of people to experience first hand the miraculous benefits of perfect posture, which I believe may be among the best-kept secrets in the current wellness movement. **Schedule a one-on-one evaluation TODAY for yourself, your children, and anyone else you feel can benefit from Perfect Posture and maximum health and vitality. We will help you to find long term solutions to your unique needs and wants. The regular fee for this evaluation is \$100. It is FREE to all readers of this newsletter during “Perfect Posture Month.”**

Interview With God

I dreamed I had an interview with God. “So you would like to interview me?” God asked. “If you have the time,” I said.

God smiled. “My time is eternity. What questions do you have in mind for me?”

“What surprises you the most about humankind...” God answered...”That they get bored with childhood. They rush to grow up and then long to be children again.”

“That they lose their health to make money and then lose their money to restore their health.”

“That by thinking anxiously about the future, they forget about the present, such that they live in neither the present nor the future.”

“That they live as if they will never die, and die as if they have never lived.” God’s hand took mine and we were silent for a while and then I asked...

“As a parent, what are some of life’s lessons you want your children to learn?” God replied with a smile, “To learn they cannot make anyone love them. What they can do is let themselves be loved.”

“To learn that it is not good to compare themselves to others. To learn that a rich person is not one who has the most, but the one who needs the least.”

“To learn that it only takes a few seconds to open profound wounds in the people we love, and it takes many years to heal them.”

“To learn to forgive by practicing forgiveness. To learn that there are persons who love them dearly, but simply do not know how to express or show their feelings.”

“To learn that two people can look at the same thing and see it differently. To learn that it is not always enough that they are forgiven by others. But that they must forgive themselves.”

“And to learn that I am here always.”

It is time that we recognize how wonderful, powerful and perfect we already are.

***Set your goals, raise your standards, and choose to show up as the
“Best YOU Ever!”***

Decide to live in the present and live an “EXTRAORDINARY LIFE”.

AND...know that “God is always here.”

Chiropractic Miracles

"Listen To What Our Practice Members Are Saying"

Hello, my name is Denise. In 1998, I was diagnosed with a disease called Fibromyalgia along with Chronic Fatigue Syndrome. This disease affects the Nervous System and is quite painful. There is not a lot known about this disease within the Medical field. I was unable to drive or even move. It was a struggle to even lift my arms to eat

I went to so many specialists and eventually I was given a drug named "Relafen" which is given to people with Rheumatoid Arthritis to relieve swelling in the joints. At first it helped slightly, but I decided to do some research since I was still in so much pain. I found that Relafen could produce side effects like dizziness, nervousness, anxiety, depression, hepatitis and tremors, just to name a few. I was not comfortable with this. I mean, at the time I was 33 years old! This was unacceptable.

I eventually found a website that mentioned that chiropractic doctors have had great success with patients suffering from Fibromyalgia. It seems that when the master controller of the body, the Nerve System, is in adjustment, the body is better able to heal itself and function more appropriately. In the past I always thought that one goes to a Chiropractor when one has neck or back pain. But, after 3 months of extreme pain and being unable to move or feel any sort of relief from the drugs that was prescribed to me, I decided to give Chiropractic a try. I was recommended by a friend to consult with Dr. Louca at Louca Chiropractic. He mentioned that he personally has had a number of practice members whom benefited from his care with Fibromyalgia at his office and that he was confident that he would be able to help my body become healthy once again. This would allow my body a better chance to heal itself and allow me to TAKE BACK MY LIFE.

At first, I was a little apprehensive because my body was so sensitive. There were times that I couldn't even be touched at all. I signed up on an Unlimited Care Plan and began to see Dr. Louca 3x/week. Within a 3-month period I no longer experienced the extreme pain I had been feeling. My attacks also began to become less frequent as well. I stopped taking the medication and was finally pain free.

To me this was and still is a Miracle. Today, people look and they would never have guessed that I had this crippling disease.

I cannot express how thankful I am for what Chiropractic has given me. I thank Dr. Louca for bringing Health and Happiness back into my Life.



-Denise J.

**"...ALWAYS REMEMBER
THAT WHAT LIES BEHIND YOU
AND WHAT LIES IN FRONT OF YOU
IS NOTHING WHEN COMPARED TO
WHAT LIES WITHIN YOU."**

Robin S. Sharma from The Monk Who Sold His Ferrari

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