



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,

The beautiful autumn season is here. The kids are back to school and our hectic schedules are beginning once again. As we head into the final quarter of 2002, let's stop for a brief moment and reflect on the health goals we set for this year.

Well...how did you do? Did you accomplish all of them or just some of them? If you accomplished most of your New Year goals in 2002, I must congratulate you. Job well done. May I suggest you reward yourself with a special gift or simply do something fun that you don't often get to do. **YOU DESERVE IT!**

Each and every month I share with you my most closely guarded secrets about setting and achieving all of your goals. **I have studied and practiced goal setting for over 11 years and I have coached thousands of people to achieve all of their health goals.** The results have been astonishing. I recommend that you read every last bit of this special Patient Newsletter. This information packed newsletter will give you every tool necessary to give one last push to accomplishing all of your health goals for 2002. Don't leave your life up to fate or chance or luck, hoping that things work out. **YOU DESERVE TO WIN!** In this newsletter you will discover for yourself why so many people say, **"Chiropractic brings out the best in me"** AND how you and your family can achieve all of your health goals from living the chiropractic lifestyle.

Are You Two Feet From Enjoying Better Health?

Your feet may not be hurting, but if you've got pain in your neck, back, hips, or knees- your feet should be evaluated by your chiropractor. Why?

Studies show that at birth, most of us have perfect feet. **By age 20, 80% develop some type of foot problem and by age 40, foot problems plague virtually everyone.**

Your feet are the foundation for healthy posture. If the arch in one or both of your feet collapse or weakens, your body will not get the correct postural support. Like the foundation of a building, your body's foundation, your feet, must be stable to support the weight above it.

Movement at one joint affects movement at other joints. And every time your foot hits the ground to take a step, you are passing that imbalance and weakness all the way up your skeletal structure. As your body compensates, stress is added to other body parts, including hips, knees, and ankles causing pain. **It also will prevent you from holding your adjustments.**

Fortunately, this imbalance can be easily corrected using orthotics, which are custom made for each individual foot. I like to think of orthotics as tailor made foot beds which when properly made will absolutely help you to hold your adjustments longer, improve posture, and give you the support you need for your feet, pelvis and spine. Orthotics will help to speed up the healing process and give you more energy. **I have personally been wearing custom made orthotics for 5 years and strongly recommend them as a vital part of a chiropractic care plan.**

If you think orthotics might help get your body back in balance, speak to your chiropractor today. Your joints, your spine and your health will be happy you did.

You have heard the song...

**"The foot bone's connected
to the leg bone...
The leg bone's connected to
the hip bone"**

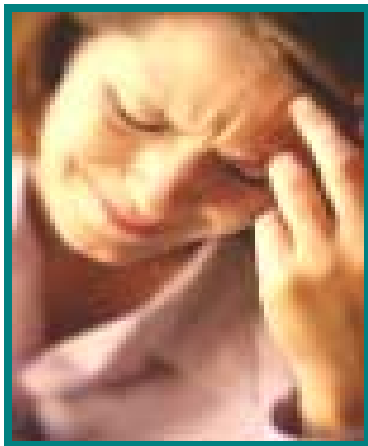
and so on.

Headaches: One Of The Top Three Reasons Patients Seek Chiropractic Care.

Headaches rank as the number one health complaint in America. People risk their health every day as they try to ease their ache. For example, **are you aware that if you take 365 aspirins in one year- or 1,000 in your lifetime- your risk of kidney disease doubles?** Americans spend about \$2 billion dollars each year on over-the-counter drug remedies. Better health through better chemistry has failed. There is a better way and I would like to share the better way with you.

Chiropractors believe that almost all headaches are ultimately caused by one thing - overloading the nerve system. Think of your spine as a fuse box. If you overload your nerve system and the weakest vertebra pops out of alignment (working much like a circuit breaker in the electric system of your house), resulting in symptoms like headaches or digestive disturbances. **Chiropractors reset your nerve system by putting the vertebra back into alignment and allowing the life force to flow freely through your body. When this happens, your body's innate ability to heal itself is restored.**

As a practicing chiropractor for over 7 years, I find that headaches are one of the top three reasons patients come to my office. You see, what I want every patient to understand is that as unique as each individual is when they enter my office, they ALL have certain things in common. **For me, the very best part about being a chiropractor is in knowing that every patient that walks through the door walks in with a problem and a solution inside of him or her. Remember, healing always comes from within each of us. It is my responsibility as the Doctor of Chiropractic to help facilitate that healing by removing vertebral subluxations from the nerve system. When interference is removed, the body can adapt and heal on its own.** How long that will take is unique for each individual.



Did You Know??? The “World’s Greatest Golfer,” Tiger Woods, Attributes His Ultimate Success To Chiropractic?

*Whether you are the
“World’s Greatest Athlete”
or a “Weekend Warrior,”
chiropractic can give your
athletic endeavors a
winning edge.*

That’s why superstars such as Tiger Woods, Dan O’Brien, Barry Bonds, Mark McGuire, and most superstars on the playing field wouldn’t dream of competing without first getting

ADJUSTED!!!

“There are more than 300,000 different over-the-counter drugs being marketed in the U.S., and more deaths and illnesses are caused by misuse or abuse of prescription drugs than by illegal street drugs.”

(U.S. General Accounting Office)

The Stress Factor

In today's fast paced society few of us are free from the effects of stress on our bodies and lives. The key to winning the war on stress is learning how to manage and properly adapt to it. This will help make stress your ally and not your enemy. Here are three steps that will help.

- 1) Know that stress is inevitable as long as you are alive. There is only one place you can be that there is no stress. It is not a place you want to be. You know your "hot buttons" and who pushes them. So why stress out over something you know is going to happen? Easy enough?
- 2) Next, take 10 minutes each night to organize and prioritize the things that must get done the next day. Don't make your list too long or too vague. Be reasonable as to what you can accomplish in one day.
- 3) Finally, proceed through your day with quiet confidence and humility. Proactively setting goals and completing them is very helpful in decreasing stress. Staying focused is a necessity.

Studies show that the inability to handle stress is a major cause of many health problems. Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies. It may not be possible to remove all of the stress from life. However, these are safe, all-natural, and effective stress reduction strategies, which help offset the bad effects stress produces, as well as strengthen the function of the nerve and immune systems, so you can make stress your friend, not your enemy.

Since I have been practicing chiropractic for more than seven years, I have been at the leading edge in healthcare and I have coached thousands of patients of all ages to accomplish all of their health goals. **I would be honored to coach you to make 2002 a year of maintaining the highest standards for your health and your family's health!** I will absolutely empower you to complete this year by accomplishing all of your health goals and help you to make ***2002 the best year ever!***

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. I promise!**

Chiropractic Miracles

***“Listen To What Our Practice Members Are Saying”
Published in The Island Ear 9/02
By Malibu Sue of 92.7FM WLIR***

Chiropractors subscribe to the understanding that you and your body are the doctor, Dr. “YOU”. The body is born with the ability to heal itself, if not interfered with. Each and every function of the body, down to the minutest cell growth, is governed by the central nervous system. Each organ, cell and tissue receives commands from the nervous system. When that is interfered with, the body has more difficulty healing itself, and disease ensues. **Chiropractic keeps the nervous system functioning at 100 percent, allowing the body to heal itself.** Chiropractic also serves in prevention, with regular adjustments to the spine, helping to stave off illness.

Many things can interfere with the accurate transmission of nerve impulses. The moving bones of the spine, which encase your nervous system, are the most common culprits. Improper motion or position of spinal bones can choke or irritate nerve tissue, degrading or distorting essential nervous system messages. Chiropractors call these “subluxations.”

Chiropractic is an alternative for parents looking for less invasive yet, safe and effective means of attaining good health and helping build strong immune systems for their children. Chiropractic Care for children and infants are safe and gentle.

In 1999, **The Journal of Pediatrics** reported, *“Alternative medicine is an aspect of child health care that no longer can be ignored.”* Society is rapidly shifting toward the wellness concept of “better health through better living” rather than relying on a quick fix from medications (better health through better chemistry).

Children running, jumping, playing and even going through the trauma of birth can cause subluxations. A comparative study of the health status of children raised under the healthcare models of chiropractic and allopathic medical care, by Van Breda, WM, and Van Breda, JM, and reported in the Summer 1989 **Journal of Chiropractic**, *“show regular chiropractic adjustments keep children healthier than those treated in an allopathic manner. ”*

“Lower antibiotic use and lower incidence of disease, especially ear infections, were reported in the chiropractic children. If the chiropractic children did get measles, rubella or mumps it was reported that the diseases were quite mild compared to those exhibited by the other group.”

In our house, our Chiropractor, Dr. Onisis Louca is considered our primary care physician. My children's and my own experiences with chiropractic has been nothing short of miraculous. Rarely do my twins get sick or if they do, one would hardly notice. Their immune systems are functioning at 100 percent, allowing their bodies to process any invader with nary a symptom. My children barely get more than a runny nose when experiencing cold symptoms, which are gone within a day or two after getting adjusted. *A chiropractic adjustment brought my son's high fever down in a few minutes on one occasion.* Chiropractic aids the nervous system, ensuring delivery and arrival of the proper message from the brain to ensure proper response in the body. Two years in a row, our family got through the flu relatively unscathed. The first year in three days with only slight symptoms and a one-day fever. The second year we battled an apparently more virulent strain of flu virus to our particular systems, with a cough beginning and ending in less than seven days. We required not so much as an aspirin.

Remember, how you feel is a poor judge of your health. Fevers, sneezing and coughing are all signs the body is functioning as it should, working to expel what does not belong. This is called “expressing symptoms”. Signs that “Dr. You” is on the job.

(This complete Article can be seen in the 9/02 issue of The Island Ear or accessed on line)

<http://www.theislandear.com/archive/v01/i09/bodymindspirit.htm>

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