



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
drlouca@loucachiropractic.com

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Dear Patient and Friend,

How would you like to dramatically increase your ability to be healthy, feel more vital than ever, and achieve it all naturally? When we are unhealthy, we are unable to enjoy the little things in life that give us great pleasure. We are unable to perform to our best at work and ultimately, unable to accomplish the lofty goals in life we set out to achieve. Sometimes, being unhealthy can even interfere in building our loving family relationships. Yes, physical and emotional well being go hand-in-hand.

Make no mistake about it; “optimal health” is a major determining factor to our happiness and success in life. **When we have achieved optimal health, our physical, emotional, mental, and spiritual aspects of health are all in balance.**

In general, most of us have become conditioned to believing that when we have a pain, symptom, or condition we are in fact sick. As well, when we are pain free, symptom free and haven't been diagnosed with a specific condition, we are healthy. This, my friend, is a major misconception. **The truth is...the absence of symptoms does not equal optimal health!** The clearest way to illustrate this is by reviewing the statistics on heart attacks. Research reveals that in approximately 33% of all heart attacks the first symptom of the attack is death!

The chiropractic model of health and wellness does not focus on pain and symptoms. The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

In this extraordinary Patient Newsletter, **Chiropractic Miracles**, we will discuss different topics of interest, documented research studies, and even personal success stories. **I will reveal to you my personal “Guide to Chiropractic Wellness” which will absolutely arm you with the tools necessary to make the best health decisions for yourself and your family.**

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the “Chiropractic Lifestyle.” I commend you for taking charge of your health and the health of those you love!



“Health and success comes 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!



50 Percent Rise In Cancer Cases Seen By 2020

-The Associated Press- April 4, 2003

“The number of new cancer cases worldwide is expected to increase by 50 percent over the next 20 years, partly because poor nations are adopting unhealthy Western habits, says the World Health Organization.”

“The overall message is that we can prevent a third of all cancers. Rich nations have more cancer than poor ones, mostly because of tumors tied to bad habits such as smoking and drinking, eating too much or the wrong kinds of foods, and lack of exercise.”

Billions of dollars are spent each year for cancer research and drugs for treatment of cancer and yet it should shock you to find out that this horrible disease is not decreasing in cases, its killing more people each year than ever. And, **based on current trends, by 2020, 15 million people will be diagnosed with cancer each year.** With all of this money spent, you would expect we would be closer to a cure and yet, we are further than ever.

Empowering people to live a healthier lifestyle is a vital piece of the puzzle. **Making simple lifestyle changes can be the difference between life and death.** Remember that chiropractic is not a treatment of any disease. **Chiropractic is a lifestyle that one chooses to live for the rest of their life to stay healthy and improve their quality of life.**

Happiness Helps Keep You Healthy

-Self-Magazine January, 2001

“A happiness lapse could put your health in jeopardy, hints a major new study. This study sheds new light on the way we view the mental-health component in breast cancer and disease in general. The connection between psychological and physical wellness is only beginning to be understood, but it’s the way of the future in medicine.”

A good mood will definitely have your health on the upswing. **Happiness does not come to us. Happiness comes from us. It simply takes making the decision to be happy in the moment.** Today, trade your negative and weakening thoughts for positive thoughts. Allow your powerful thinking and your smiles and happiness to help you immediately break through self-imposed limitations that you may have believed insurmountable. You will see your health and well-being improve instantly. Happiness will take you a long way! Share your happiness with others. Happiness is contagious! Make our world a much brighter place!

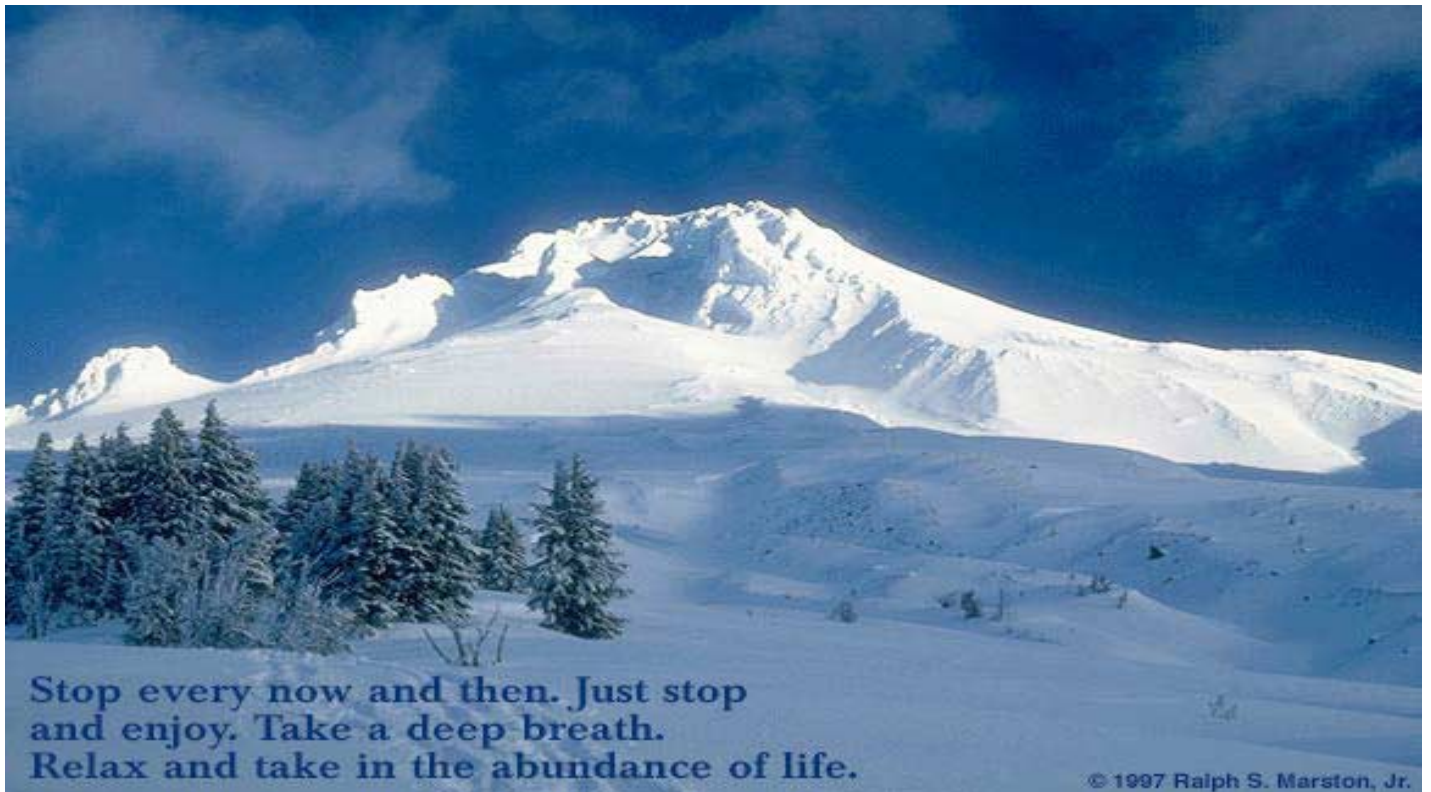
The Chiropractic Way

-San Francisco Chronicle, May 4, 2003

“The chiropractic approach to healthcare is holistic, stressing the patient’s overall health and wellness. It recognizes that many factors affect health, including exercise, diet, rest, environment, and heredity. Chiropractors provide natural, drugless, non-surgical health treatments, and rely on the body’s inbuilt recuperative abilities. They also recommend lifestyle changes—in eating, exercise, and sleeping habits to their patients.”

“Chiropractors emphasize the importance of healthy lifestyles and do not prescribe drugs or perform surgery. As a result, chiropractic care is appealing to many health-conscious Americans. Chiropractic treatment has become more accepted as a result of recent research and changing attitudes about alternative healthcare practices.”

In my many years of experience coaching people of all ages to achieve optimal health, I have found that empowering them to exercise properly, eat healthy foods, manage stress properly, get lots of rest, have love in their lives, and of course maintaining excellent spinal health through regular chiropractic care, greatly improves the overall quality of their lives. **The most common words I hear from patients who have mastered this “chiropractic lifestyle” is that they feel more alive, more vital and “On Top Of The World!”**



Chiropractic: Bringing Out The Best In You

Choosing Your Chiropractor As Your Family Doctor

Millions of people around the world are experiencing the miraculous benefits of living the “Chiropractic Lifestyle.” It is becoming more and more evident that people are sick and tired of taking a pill for every ailment and they will no longer accept it. **The popularity of chiropractic continues to grow and become more widely accepted as a primary health care than ever before.**

As you personally benefit from corrective chiropractic care, you take on some new responsibilities. As your pain is eliminated, your energy increases, your sleep habits improve, and you are living a more vital life than ever, it is your responsibility to share your success with others you care about. Then others can improve their lives as well. **Sharing with your family is the best place to begin!**

More and more families today are choosing to consult their family chiropractor first, before their traditional medical doctor. That is a smart choice. Adverse reactions to drugs are epidemic and surgery is becoming more and more dangerous. Chiropractic offers safe, natural and effective results.

Family care can start from the very beginning. Newborns, infants and children benefit from chiropractic care. Detecting and correcting childhood problems can help to avoid problems later in life. **A healthy spine and nerve system, working at its very best, keeps people of all ages looking and feeling their best!**



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“Listen To What Our Patients Are Saying”

I have been a firm believer in the Chiropractic lifestyle for several years now. I have always been a believer in the body's own ability to heal and take care of itself, and I have never agreed with the attitude of today's society to take a pill for everything. Now I have found a full staff of wonderful doctors who agree with me too!

I have to say I was thrilled to find the exceptional doctors and staff at Louca Chiropractic. I must say they are truly a cut above the rest. I started going to Chiropractors 7 or 8 years ago after a car accident. I had herniated several disks in my lower back. At times I must say I still have some low back pain occasionally, but nothing like I had years ago! I have been to several chiropractors in the past, but Dr. Louca is much different than your average Chiropractor. He is truly dedicated to his patients and their craft.

Dr. Louca truly exemplifies the meaning of Chiropractic! Since I have been going to Louca Chiropractic, I feel I have much more energy, and I am much healthier in general! My immune system is now at peak performance! I have not had to take so much as a single aspirin in over a year!

Years ago, I would catch a cold just by using a phone someone else had used, or just being near someone with a cold, but I have to say I have not had a cold in over a year now; Usually I would have a few a year! On a more personal note I also have to say my menstrual cycles are now normal and regular. Not a benefit you would normally think about, but there nonetheless! I sleep better than I ever have, and don't have the breathing problems, congestion and allergy problems I used to have.

So to Dr. Louca, I thank you all for helping my own body help itself to be healthy! I don't know what I would do without you and your wonderful staff.

Yours in good health,

Susan Clark

“Innate Intelligence becomes associated with the physical body when the new being breathes the first breath of Life. It is fully capable of running all the functions which Creates and Constitutive Life and Assists in the Maintenance of Life (Growth, Regeneration, Repair and Healing). Our Inborn Intelligence is an individualized portion of the All-Wise, usually known as Spirit.

D.D. Palmer, D.C. circa 1895

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