



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.loukachiropractic.com

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Dear Practice Member and Friend,

September is a very special and historic month for the profession of Chiropractic. As we kick off this "**Special Edition**" Practice Member Newsletter, I will ask you September's trivia question of the month...Here we go...Let's test your Chiropractic knowledge...

What very important event occurred on September 18, 1895 in Davenport, Iowa?

Not sure what the correct answer is? READ ON...

Just a few weeks ago I had an unforgettable weekend when I visited the birthplace of Chiropractic, Davenport, Iowa. **I would like to share this incredible experience with you because the lessons I learned made me more proud than ever to be a chiropractor.** I was absolutely overwhelmed when I learned about the history and heritage of this great profession and just what my forefathers had to go through and sacrifice to make chiropractic accepted today as a primary health care option for people of all ages.

I arrived in Davenport and began my weekend of history at “The Fountainhead,” Palmer College of Chiropractic, which was the first chiropractic college. Today, there are dozens of chiropractic colleges around the world, but this is where it all began.

My first stop was the Ryan Building, where Dr. D.D. Palmer gave the first ever chiropractic adjustment to Harvey Lillard, an entrepreneurial businessman, on September 18, 1895. (hint...hint...answer to the trivia question) This was an incredible moment in history. I even had an opportunity to see the actual bench that he was adjusted on. It was simply a hard, wooden bench. It looks nothing like the high tech, comfortable adjusting tables we see today.

Next stop was radio station WOC (Wonders of Chiropractic). This radio station was owned by Dr. B.J. Palmer, son of Dr. D.D. Palmer and was the place where former President Ronald Reagan began his broadcasting career as a sports commentator. Pretty cool huh?

Then, for approximately 12 hours over the course of two days I was mesmerized as I sat in a lecture hall and listened to world-renowned chiropractic pioneers and educators. They spoke on chiropractic philosophy, history and scientific research. I must tell you that I shed a few tears when I found out that many chiropractic pioneers went to jail in the early years of the profession when chiropractic was not yet licensed as it is today. They sacrificed their own lives as they fought for their beliefs and values. Chiropractic would not be what it is today if not for these heroes.

Being there, where it all began, was an experience that I will never forget. When my adventure was complete I could do nothing but sit in silence, feeling a tremendous sense of pride and a deep understanding of my roots. As for my vision of chiropractic, seeing how strong the roots of the past are, I see extraordinary strength and growth for the future.

September 18, 2002

Please celebrate with us and share with others the miraculous results that chiropractic has become famous for, for 107 years.



Being involved in chiropractic for 11 years, I have the opportunity to meet a wide variety of people everyday. When practice members enter my office on their initial visit, they enter with certain symptoms as well as very specific expectations of what it is they want to accomplish. Most commonly, they present with back pain, neck pain, headaches and other symptoms of disease and have a simple understanding, or should I say mis-understanding that chiropractors “fix backs.” And, their expectations are that they want to feel better “NOW.”

For these reasons, it is my belief that it is absolutely critical to take time to educate each and every one of my practice members so that they have a complete understanding of the following 3 things:

1. **What exactly has caused their problem.**
2. **What it is going to take to correct it.**
3. **Exactly how chiropractic can help.**

You see, what I want every practice member 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 knowing that every practice member that walks through the door walks in with a problem and a solution inside of them.** 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.

It is absolutely critical to empower practice members to live a healthier lifestyle...a chiropractic lifestyle. This includes proper diet, exercise, stress reduction and adding love to their lives. **I absolutely find that practice members who own a greater understanding of exactly what it means to be “healthy” can make the best health decisions for themselves and their families. I am truly proud that my chiropractic practice is comprised of families who choose to be lifetime chiropractic practice members because they are empowered to live long, healthy and vital lives.**



“Empathy and Warmth Boost Immune Function”

*A study published in the medical journal, The Lancet, on March 10, 2001, found that high tech medicine and the lack of a personal relationship between patient and doctor may slow down the process of healing. The study went on to find that **the development of warmth and empathy between doctors and their patients makes the difference in care and the patient’s ability to heal completely.** The study found that doctors who showed empathy and acknowledged their patient’s fears and anxieties were more effective than doctors who kept patients at an emotional arm’s length.*

It is my belief that healing begins with a strong, trusting relationship between the doctor and patient. **For over 7 years, I have built a solid reputation based on my ability to work hand-in-hand with each practice member and consistently produce miraculous results together.** Each and every day I see practice members enter my office with a problem and within that practice member is a solution as well. **It is my purpose however, to work with the practice member to remove any interference in their body’s own ability to adapt and heal.** Remember that chiropractic is not a treatment; it is a lifestyle. Serving and loving each practice member individually is a part of the secret recipe found in chiropractic.

“Chiropractic Is The Most Popular, Helpful Wellness Discipline For Arthritis Patients”

*The September 21, 1999 issue of The Annals of Internal Medicine reports that **chiropractic is the most popular and by far the most effective of the wellness disciplines for patients suffering from rheumatologic diseases such as arthritis and fibromyalgia.***

In the study, 63% of patients who went to a rheumatologist also took advantage of the wellness disciplines. 31% of those patients tried chiropractic care at least once.

73% of the patients who began chiropractic care found it useful. *The rest of the wellness disciplines (diet supplements, magnets, etc.) were found helpful by less than 50% of the people who tried them.*

It is no surprise that people with arthritis experience such miraculous results from corrective chiropractic care. **By gently adjusting vertebral subluxations and removing any nerve system interference, your body is able to repair and maintain itself in its healthiest state.** Chiropractic does not treat arthritis or any other disease however, when the nerve system is functioning to its greatest potential, the body has the potential to heal from all diseases, including arthritis.

How Can I Tell If My Spine Is Healthy?

“10 Warning Signs Of An Unhealthy Spine”

Years of education, training, experience, and sophisticated analytical computer tests allow us to detect your subluxations. But, there are some simple things you can look for to determine if your spine and nerve system is healthy. Grab a pencil and answer the following questions.

1. Do the heels of your shoes wear out unevenly?
2. Does one leg appear to be shorter than the other?
3. Do you have poor posture? Do your shoulders slump forward? Does one hip or shoulder appear to be higher than the other?
4. Do you suffer from head, neck, lower back pain or ANY type of body pain or just don't feel as healthy as you would like?
5. Do you suffer from headaches, digestive problems, menstrual problems, allergies or any other chronic health problem?
6. Does your jaw “click?”
7. Do you have a constant stressful feeling and tension especially in muscles and joints?
8. Are you fatigued often?
9. Do you have poor concentration levels?
10. Do you seem to get common illnesses like colds and the flu often?

**If you answered YES to ANY of these questions...
YOU WILL BENEFIT FROM CHIROPRACTIC. Call our office TODAY.**

516.221.9336

**Schedule an appointment for a complete spine and nerve system exam.
We will tell you immediately if we can help you as we only accept those people we are certain that we can help.**

“Intelligence is present everywhere in our bodies...”

Our own inner intelligence is far superior to any we can try to substitute from the outside.”

*-Deepak Chopra, M.D.
circa 1989*

The Rules For Being Human

- 1. You Will Receive A Body.** You may like it or hate it, but it will be yours for the entire period of this time around.
- 2. You Will Learn Lessons.** You are enrolled in a full time informal school called LIFE. Each day in this school you will have opportunities to learn lessons. You may like the lesson or think them irrelevant and stupid.
- 3. There Are No Mistakes, Only Lessons.** Growth is a process of trial and error: Experimentation. The “failed” experiments are as much a part of the process as the experiments that ultimately are a “success.”
- 4. A Lesson Is Repeated Until Learned.** A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
- 5. Learning Lessons Does Not End.** There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
- 6. “There” Is No Better Than “Here.”** When your “there” has become a “here,” you will simply obtain another “there” that will again look better than “here.”
- 7. Others Are Simply A Mirror Of You.** You cannot love or hate something about another person unless it reflects something you love or hate about yourself.
- 8. What You Make Of Your Life Is Up To You.** You have all the tools and resources you need. What you choose to do with them is always up to you.
- 9. All Of Your Answers Lie Inside Of You.** The answers to your life’s questions lie inside of yourself. All you need to do to make the best decisions is look, listen and trust.
- 10. You Will Forget All This, And You Can Remember It Whenever You Want.** Choose to remember these essential rules for being human. Share these rules with others. Learn to live consciously.

I am so proud to be a Chiropractor and so proud of you for making the best decision to live the “Chiropractic Lifestyle.”

By doing so, you have raised your standards of your own Health and Well-being. Congratulations for being the best “Human Being” you can be!

September Is...

**"National Backpack Safety
Awareness Month"**

**"Stand Up STRAIGHT...
Please Don't SLOUCH"...**

***"Your Posture Is The Window To Your
Health"***

It's back to school time and kids are getting ready to fill up their backpacks. Today, more and more schoolwork is given to kids and as a result, their backpacks get heavier and heavier. The heavier the backpack is, the more unnecessary stress is placed on the child's spine. **This can cause the misalignment of vertebrae of the spine (vertebral subluxations), which if left uncorrected can have serious health consequences.**

It may be difficult to control the amount of schoolwork your child receives. However there are things that you can do to ensure that their backpack does not cause damage to their spine.

First...Limit the amount of weight that is placed in the child's backpack at one time. Usually ten percent of the child's body weight is appropriate.

Second...Get your child a spinal checkup on a regular basis. Parents who often appreciate the importance of checkups for their child's teeth, hearing, eyes, ears, nose and throat draw a blank when it comes to their child's spine and nerve system. In fact a spinal checkup, for a common neurological disturbance (vertebral subluxation), could be one of the most important of your child's life.

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