



# 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,

Being a practicing chiropractor for 10 years, I have the opportunity to meet a wide variety of people everyday. When patients 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 misunderstanding that chiropractors just "fix backs." And, their expectations are that they want to feel better "NOW."

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For these reasons, it is my belief that it is absolutely critical to take time to educate each and every one of my patients so that they have a complete understanding of the following 4 things:

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

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 the 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 patients 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 patients 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 patients because they are empowered to live long, healthy and vital lives. They want to improve the quality of their lives.**





## HAPPY BIRTHDAY CHIROPRACTIC September 18, 2003

*Please celebrate with us on Friday 9/19/03  
and share with others the miraculous results that  
chiropractic has become famous for.*

### Back Pain Patients Seen By Chiropractors Receive More Advice Than Those Seen By Physicians

AHRQ - December, 2002

One third as many patients with low back pain go to chiropractors for relief as to medical doctors, and studies suggest that they are more satisfied with chiropractic care. That's because chiropractors are more likely to explain their care plan for low back pain to their patients and to advise them about self-care once they get home.

Chiropractic patients reported receiving more self-care advice than did medical patients; they were more likely to receive an explanation of their treatment; and they visited their providers more often. After 4 weeks of follow up, this study showed that patient satisfaction was 5.5 points higher for chiropractic patients than the score for medical patients.

*It is your God given right to experience the LIFETIME REWARDS OF BEING PAIN FREE AND HEALTHY! This is why for 108 years, chiropractors have been offering a natural, safe and effective solution to back pain that massively reduces and even eliminates back pain without the potentially devastating side effects of drugs and surgery. Natural, corrective chiropractic care focuses on solving back pain at its CAUSE...Because chiropractic care focuses on YOU! It is **critical to take care of the person, not just the pain.***

## Do This, 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.***



## **Are Drug Companies Calling The Shots?**

Bottom Line Health - March, 2003

Drug companies spend an enormous amount of time and money trying to influence the prescribing habits of physicians. And they do it for one reason - it works. Millions of dollars spent swaying physicians can result in billions of dollars of revenue on exorbitantly priced "blockbuster" drugs.

Unfortunately, this practice is usually not in the patient's best interest. This point was recently driven home by a major new study showing that old-fashioned diuretics - "water pills" costing pennies a pill, were more effective for high blood pressure than heavily promoted drugs costing a buck or more a pill.

As a patient, you simply want the best medical care you can get. You'd like your doctors' recommendations to be based on science - not on the marketing efforts of the drug companies.

*It should be shocking to you that the next time you visit a medical doctor for a prescription, there's a good chance the treatment you are offered will be based more on good marketing efforts than on good medicine. The public is rapidly moving away from drugs. Thank God! It is clear to me, and I hope to you and your family, that better health through better chemistry has never worked.*

***Chiropractic philosophy has advocated and educated the public with a better and different paradigm. Better health through better living. As a chiropractic patient, you know that this is what our office has built its solid reputation on.***

**If you are committed to achieving all of your health goals,  
We are committed to helping you succeed!**

I have been studying health trends for over 12 years and I have coached thousands of people to improve their lifestyle, get out of pain, and achieve optimal health. Allow me to coach you to a healthier lifestyle and to improve your "Quality of Life"...

***CALL TODAY and...***

**Schedule a one-on-one wellness coaching consultation, so that I can help you to create your optimal lifestyle, help you set and accomplish all of your health goals and help you to feel healthier, happier and more peaceful than ever before.**

**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 patients as well as all readers of  
"Chiropractic Miracles" during the month of September.**

# Chiropractic: Bringing Out The Best In You

## Ear Infections

Ear infections are affecting children in epidemic numbers. Statistics show that by the age of three, over two-thirds of all children have had one or more episodes of otitis media or middle ear infection. Chiropractic offers a drug-free, less invasive approach to ear infections than the traditional treatment of antibiotics and tubes.

### Antibiotics and Surgery...

Antibiotics, decongestants and tubes in the ears are the most common treatments prescribed for children with ear infections. However, the value of each of these treatments is controversial. Studies performed with each of these treatments show that recovery time from ear infections utilizing each of these treatments was the same as those children who had no treatment at all. Another study showed that 88% of children with ear infections never need antibiotics. In fact, in those treated with antibiotics, recurrence of infection is high. In addition, there are many possible problems associated with antibiotic usage including allergic reaction, intestinal problems and antibiotic resistance. Tubes in the ears have a high rate of recurrence as well and studies show that hearing loss years later may be a risk of tubes.

### The Chiropractic Approach...

Ear infections are one of the most common reasons kids see chiropractors. Every child is born with an inner wisdom that always knows what is needed to be in perfect health. Spinal misalignments (also called subluxations) can occur during childbirth, irritate nerves and eventually disrupt the body's ability to function properly, causing many childhood illnesses, including ear infections. For 108 years, chiropractors have been educating parents to the awareness that by removing interference in a child's nerve system, their inner wisdom can express itself and heal their bodies from the inside out. "Better health through better chemistry has failed. Drugs and surgery are not the answer to health and wellness, because health comes from within." Researchers have finally proven this and are recommending a restraint in the prescription of harmful drugs.



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# CHIROPRACTIC MIRACLES

## “Listen To What Our Patients Are Saying”

When I visited Louca Chiropractic for the first time over 2 years ago, I was very hesitant. I wasn't really certain what chiropractors do and I heard from other people things that made me a bit nervous. I was suffering everyday with headaches, body aches and I was tired all of the time. **I had gone to my medical doctor and he referred me to two other specialists who ran thousands of dollars of tests and they repeatedly told me they found nothing wrong.** Only I knew just how much I was suffering. I couldn't stay awake at night to feed my children dinner. And I was in too much pain to exercise, which I always loved to do.

My friend Beth had been telling me about Louca Chiropractic for months and I put off going until I couldn't take it anymore.

On my very first visit, **Dr. Louca performed a couple of tests and told me that the cause of my problems was coming from my spine and nerve system and that he was certain he could help me to feel heal.** Dr. Louca also answered all of my questions and eased all of my fears. I finally found a doctor that believed that I was suffering and gave me hope that I would get my life back.

After 3 months of regular adjustments 3 times each week, my headaches were down from daily to only 1x/week. My body pains were nearly gone and my energy was better than ever. I actually enjoyed getting up at 6 am and living a full day with my family, full of energy.

**Today, I am headache free and healthier than ever. I visit Dr. Louca weekly for my wellness adjustment and I bring my family with me.** They get adjusted as well because I never want them to suffer like I did. My only regret is that I didn't go sooner.

I thank all of you at Louca Chiropractic for giving me my life back...  
Joanne P.



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# Louca Chiropractic

Is Celebrating Chiropractic's *108<sup>th</sup>* Birthday.

Invite all your friends and family whom are not yet members at our office during the month of September for a Chiropractic Check up (Consultation, Computerized Exam and X-rays, if necessary) for a reduced fee of \$35.

Help us Raise the Health Conscience of our Community

Louca Chiropractic

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